Welcome to MEDIFAST®

Congratulations!
You’ve taken the first step toward your weight-loss goals. Medifast is here to help you get started and be successful on the Medifast Go™ Plan.

This short guide is full of information about how to lose weight with your plan:

- What is the Medifast Go™ Plan?
- What to eat every day
- Helpful tips for reaching your weight-loss goals
- Sample daily meal plans
- What to expect in the first few weeks
- How to incorporate exercise

What You’ll Eat Every Day
You’ll eat six times a day:

- 5 Medifast Meals
- 1 lean and green meal that you can prepare yourself

Every Medifast Meal:

- Is fortified with 24+ vitamins and minerals
- Provides quality protein for your daily 800-1,000 calories

Tips for Weight-Loss Success on The Medifast Go!™ Plan
For the best and fastest results right from the start, remember to:

- Track all of your meals, water and exercise using your Medifast Food Journal
- Space your meals carefully, eating every two to three hours; never skip a meal
- Eat slowly and mindfully
- Drink plenty of water (at least 64 ounces a day)
- Limit caffeine and avoid alcohol
- Monitor your weight daily using your Medifast Food Journal
- Exercise no more than 45 minutes daily

What is the Medifast Go!™ Plan?

- Delivers fast weight-loss results
- Clinically proven
- Convenient and easy to follow

Medifast recommends you consult a physician before you start a weight-loss plan. Do not use the Medifast Program if you are pregnant. If you have a serious acute or chronic illness (i.e. heart attack, cancer, liver disease, kidney disease, anorexia, bulimia, etc.), do not use Medifast until your physician says you have recovered or that your condition is stabilized. Note: Rapid weight loss may cause gallstones or gallbladder disease for those at high risk.

Serving Suggestions for all product images shown here.
The Medifast Go™ Plan is a clinically proven, easy-to-follow plan for fast weight loss.

Simply eat 6 times a day, space your meals 2-3 hours apart and start losing weight today.

What you’ll eat every day:

5 MEDIFAST MEALS
1 LEAN AND GREEN
The Medifast GO!™ PLAN
This plan is great for busy people who prefer a simple program that delivers fast results.

What You’ll Eat Every Day:
- 5 Medifast Meals
- 1 lean and green meal

Find great recipes for lean and green meals on our blog at medifastblog.com

* Medifast Go™ formerly known as Medifast 5&1 Plan®
**5 Medifast Meals®**

Each day, you’ll choose from more than 65 Medifast Meals. All Medifast Meals are fortified with 24+ vitamins and minerals, and each meal is calorie and carbohydrate controlled. Each meal provides adequate protein and the right balance of macro- and micro-nutrients to help you manage your weight while nourishing your body. Because Medifast Meals all have similar nutritional profiles, they are interchangeable so you can choose your meals based on personal preference.

**1 Lean and Green Meal**

Each day, you’ll eat one lean and green meal. Every lean and green meal includes five servings of non-starchy vegetables and up to two servings of healthy fats, depending on your protein choices. You may have your lean and green meal for breakfast, lunch, dinner or in between — whatever works best for your schedule. If you prefer, you can divide the meal into two portions and eat half at a time. You’ll find a list of choices for your protein and non-starchy vegetables on the pages that follow.

**The “Lean”**

Choose the appropriate portion size of any protein from the Lean Options list. We’ve divided protein options into Leanest, Leaner, and Lean to help you make informed choices easily. While all options are appropriate for Medifast’s weight-loss plans, the Leanest choices allow the largest serving sizes and more Healthy Fats.

**Lean Tips:**

- Choose meats that are grilled, baked, broiled or poached — not fried.
- Strive to eat at least two servings of fish rich in omega-3 fatty acids (salmon, tuna, mackerel, trout or herring) each week.
- Choose meatless options made with soybeans or textured vegetable protein.

*Note: All portion sizes are for cooked weight.*

**The “Green”**

Choose three servings of non-starchy vegetables from the Green Options list on the right. We’ve divided them into Lower, Moderate and Higher Carbohydrate options to help you make informed choices easily. All are appropriate for Medifast’s weight-loss plans.

*Note: 1 serving = ½ cup (unless otherwise specified)*

All vegetables promote healthful eating; however, during the weight-loss phase of your plan, high-calorie and high-carbohydrate vegetables (such as Brussels sprouts, carrots, corn, edamame, peas, potatoes and onions) are eliminated in order to enhance your weight-loss results.

**Lower Carbohydrate**

<table>
<thead>
<tr>
<th>1 cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>collard greens (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)</td>
</tr>
</tbody>
</table>

**Moderate Carbohydrate**

<table>
<thead>
<tr>
<th>½ cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portobello mushrooms, cooked spinach, summer squash (scallop or zucchini)</td>
</tr>
</tbody>
</table>

**Higher Carbohydrate**

<table>
<thead>
<tr>
<th>½ cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama</td>
</tr>
</tbody>
</table>

---

**Leanest**

Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings

<table>
<thead>
<tr>
<th>Fish</th>
</tr>
</thead>
<tbody>
<tr>
<td>cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, wild catfish, tuna (yellowfin steak or canned in water)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Shellfish</th>
</tr>
</thead>
<tbody>
<tr>
<td>crab, scallop, shrimp, lobster</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Game Meat</th>
</tr>
</thead>
<tbody>
<tr>
<td>deer, buffalo, elk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ground Turkey (or other meat)</th>
</tr>
</thead>
<tbody>
<tr>
<td>98% lean</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meatless Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>14 egg whites, 2 cups of Egg Beaters® 2 Boca Burgers (fewer than 6g of carbs each)</td>
</tr>
</tbody>
</table>

---

**Leaner**

Choose a 6-oz portion (cooked weight) plus 1 Healthy Fat serving

<table>
<thead>
<tr>
<th>Fish</th>
</tr>
</thead>
<tbody>
<tr>
<td>swordfish, trout, halibut</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chicken</th>
</tr>
</thead>
<tbody>
<tr>
<td>breast or white meat, without skin</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ground Turkey (or other meat)</th>
</tr>
</thead>
<tbody>
<tr>
<td>95 - 97% lean</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Turkey</th>
</tr>
</thead>
<tbody>
<tr>
<td>light meat</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meatless Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 oz Mori-nu® extra-firm tofu (bean curd) 2 whole eggs plus 4 egg whites</td>
</tr>
</tbody>
</table>

---

**Lean**

Choose a 5-oz portion (cooked weight) no Healthy Fat servings needed

<table>
<thead>
<tr>
<th>Fish</th>
</tr>
</thead>
<tbody>
<tr>
<td>salmon, tuna (bluefin steak), famed catfish, mackerel, herring</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lean Beef</th>
</tr>
</thead>
<tbody>
<tr>
<td>steak, roast, ground</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lamb</th>
</tr>
</thead>
<tbody>
<tr>
<td>chop or tenderloin</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chicken or Turkey</th>
</tr>
</thead>
<tbody>
<tr>
<td>dark meat</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ground Turkey (or other meat)</th>
</tr>
</thead>
<tbody>
<tr>
<td>85 – 94% lean</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meatless Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 oz Mori-nu® firm or soft tofu (bean curd); 3 whole eggs (limit to once a week)</td>
</tr>
</tbody>
</table>
Healthy Fats

With each lean and green meal, you’ll incorporate up to two servings of Healthy Fats. These are important because they help you absorb vitamins A, D, E, and K. They also help your gallbladder to work properly, so don’t skip them.

Healthy Fat Servings
Add 0 – 2 Healthy Fat servings to your lean and green meal based on your protein choices. One serving is:

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- Up to 2 tablespoons of low carbohydrate salad dressing — 5g of fat and fewer than 5g of carbs
- 5 – 10 black or green olives
- 1½ oz avocado

Too busy to cook?
Try our Flavors of Home® line. It’s the perfect answer to dinner when life’s just too busy for cooking. Each Flavors of Home® option is a complete lean and green meal on the Medifast Go™ Plan — with the right portions of lean protein, vegetables, and fat. Store Flavors of Home® meals in your cupboard, and pull them out whenever you find yourself with a calendar that’s too full for cooking. Each meal is made with nutritious, delicious ingredients that taste homemade but take only minutes to prepare.

For a complete list of healthy fats, visit MedifastNow.com

 Extras
In addition to your 5 Medifast Meals and one lean and green meal, you may choose to include ONE of the following optional snacks each day. Plan-approved optional snacks include:

■ Optional Snack

Medifast Approved Snacks

- 3 celery stalks
- 1 fruit-flavored sugar-free Popsicle®
- ½ cup serving sugar-free gelatin, such as Jell-O®
- Up to 3 pieces of sugar-free gum or mints
- 2 dill pickle spears
- ½ oz of nuts: almonds (10 whole), walnuts (7 halves), or pistachios (20 kernels)*

*Be mindful that nuts are a rich source of healthy fat and additional calories—choose this optional snack sparingly.

Medifast Snacks

- Sea Salt Popcorn
- Cheddar & Sour Cream Popcorn
- Apple Cinnamon Crisps
- Barbeque Crisps
- Parmesan & Olive Oil Crisps
- Rosemary Sea Salt Crackers
- Multigrain Crackers

■ Optional Condiments

To flavor your meals and make your Medifast Go™ Plan more enjoyable, you have the option of adding condiments to your food selections. Enjoy up to three condiment servings per lean and green meal.

A condiment serving is:
- Garlic (1 tsp)
- Salt (¼ tsp)
- Pepper (½ tsp)
- BBQ Sauce (½ tsp)
- Salsa (1 Tbsp)
- Reduced Sugar Catsup (1 Tbsp)

For a comprehensive list of condiment portion recommendations, visit MedifastNow.com

Flavor Infusers®
Enjoy your daily water intake — infuse it with flavor! Add up to 5 Flavor Infusers® each day.

- Essential1®: Antioxidants Raspberry Acai Flavor Infuser
- Essential1®: Antioxidants White Grape Peach Flavor Infuser
- Essential1®: Calorie Burn Green Tea Lemon Flavor Infuser
- Essential1®: Calorie Burn Mixed Berry Flavor Infuser
- Essential1®: Calorie Burn Strawberry Lemonade Flavor Infuser
- Mandarin Orange Energy Infuser
- Unsweetened Lemon Energy Infuser

For Serving Suggestions shown for all product images.

Serving Suggestions shown for all product images.

For Serving Suggestions shown for all product images.
SAMPLE DAY 1 MEAL PLAN

**BREAKFAST**
- Medifast Maple & Brown Sugar Oatmeal

**LUNCH**
- 7 oz grilled shrimp
- ½ cup steamed broccoli and cauliflower
- 2 tsp olive oil

**MID-MORNINGS**
- Medifast Cheese Pizza Bites

**DINNER**
- Medifast Dutch Chocolate Shake

**EVENING**
- Medifast Mixed Berry Cereal Crunch

SAMPLE DAY 2 MEAL PLAN

**BREAKFAST**
- Medifast Maple and Brown Sugar Oatmeal
- 2 cups Egg Beaters® (scrambled)
- ½ cups mixed sautéed mushrooms, green peppers, and tomatoes
- 2 tsp olive oil

**MID-MORNING**
- Medifast Peanut Butter Crunch Bar

**LUNCH**
- Medifast Tomato Basil Bisque and Medifast Multigrain Crackers

**MID-AFTERNOON**
- Medifast Triple Berry Smoothie

**DINNER**
- Medifast Macaroni and Cheese

**EVENING**
- Medifast Brownie Soft Bake

SAMPLE DAY 3 MEAL PLAN

**BREAKFAST**
- Medifast Cinnamon and Brown Sugar Cereal Crunch

**MID-MORNING**
- Medifast S’more Crunch Bar

**LUNCH**
- Medifast Pineapple Mango Smoothie

**MID-AFTERNOON**
- Medifast Parmesan Cheese Puffs

**DINNER**
- Medifast French Vanilla Shake and Medifast Sea Salt Popcorn* (provides healthy fat servings)

**EVENING**
- Medifast French Vanilla Shake and Medifast Barbeque Crisps

*For this recipe, visit MedifastBlog.com

SAMPLE DAY 4 MEAL PLAN

**BREAKFAST**
- Medifast Blueberry Oatmeal

**MID-MORNING**
- Medifast Strawberry Crunch Bar

**LUNCH**
- 6 oz grilled chicken breast
- 2 cups romaine lettuce
- ½ cup total diced tomatoes, cucumbers, and celery
- 2 Tbsp low-carb salad dressing

**MID-AFTERNOON**
- Medifast Strawberry Shake and Medifast Barbeque Crisps

**DINNER**
- Medifast Ziti Marinara

**EVENING**
- Medifast Honey Mustard Pretzel Sticks
I joined Medifast and noticed results after just one week. I have since gone from a size 10½ down to a size 4.

- STEPHANIE, MEDIFAST CUSTOMER

Exercise on the Medifast GO!™ Plan
Exercise is a necessary part of losing weight and maintaining your weight loss. If you do not currently exercise, we recommend waiting two to three weeks before you begin an exercise program.

No matter what type of exercise you’re doing, make sure you …
• exercise no more than 45 minutes each day.
• start an exercise program slowly, and gradually increase the time and intensity as your body allows.
• choose an activity that you enjoy so you will stick with it. Start with a 10-minute walk. You can also dance, swim, walk the dog, take the stairs, go to the gym, or perform any activity that you enjoy and are able to do.
• stay hydrated to burn more calories with less discomfort.
• wear the best shoes you can afford for the right support.
• warm up, cool down and stretch before and after your workout.

The First Few Days
As you begin the Medifast Go!™ Plan, your body will need time to adjust to the reduction in calories. Don’t worry — this is temporary! Just be sure to keep a close watch on your hunger during this time. If you’re excessively hungry or tired, have an extra Medifast Meal or a couple additional ounces of lean protein (e.g., egg whites). It’s better to have an extra meal than to go off the Plan entirely.

To make the adjustment period easier, make sure you …
• drink plenty of water.
• choose a start date when you don’t expect any food-centered events.
• stay busy.
• stay positive.
• avoid the sights and smells of food.
• stay focused on your goals.
• keep your meals at 6 per day, spaced two or three hours apart for optimal blood sugar and hunger control.

Seeing Results
People lose weight differently. Some lose weight quickly, others, slow and steady. To keep track of your progress, weigh yourself regularly at the same time of day using the same scale. Use your Medifast Food Journal every day to record all of your meals, water and exercise. And pay attention to changes beyond pounds, like how much better your clothes fit and how you feel physically, mentally and emotionally.

If at any point you feel like you’ve hit a plateau, don’t give up! If you haven’t lost any weight in a two-week period …
• make sure you’re following the plan exactly; watch your lean and green portions and don’t skip meals.
• keep drinking plenty of water.
• pick the lowest carbohydrate vegetables (see p. 7).
• add to or change up your exercise routine.

Remember, meaningful change takes time, and small changes lead to big results!

The instructions and advice in this guide do not substitute for medical consultation. Consult with your healthcare provider before beginning any exercise plan. If at any point during your workout you begin to feel faint or dizzy or have physical discomfort, stop immediately and consult with a physician.
What’s Next
After the Medifast GO!™ Plan

Right now you are just beginning your weight-loss plan. And getting started is the hardest part! By committing to using this plan, you’re starting on a path to positive changes, be it in the numbers on the scale, the way you feel in your skin, the way your clothes fit, a boost in your confidence or all of the above. Like many of our customers, you may reach and/or exceed your goals. When you do, we will help you maintain your results.

Our Thrive by Medifast™ Healthy Living Plan is designed to help you maintain your new weight. The program takes a common sense approach to healthy weight maintenance based on balancing your food intake with the calories you burn. Thrive by Medifast™ healthy fuelings are portable, convenient and delicious with unique health benefits, just like your Medifast Meals. High in protein and fiber, they’re sure to keep you satisfied and fueled throughout the day.

Right now focus on getting started with the plan and working toward your goals. But remember that Medifast is here to help you every step of the way.

Thanks to Medifast, my attitudes towards food, fitness, and health have changed. Now I find comfort in the pride I feel, in the weight I’ve lost, and in being a healthier, more active person.

— BILL, MEDIFAST CUSTOMER

* Average weight loss for Medifast Direct® customers using Medifast GO™ is 11 pounds.
Brooke
Lost 75 lbs
with Medifast

"I like Medifast because it’s a lot easier than other things I had tried in the past. Medifast made it possible for me to be a good mom, eat healthy, and exercise regularly. I really feel like the me I’m supposed to be. Hey, if I can do it, anyone can do it!"

*Average weight loss for Medifast® customers using Medifast Go™ is 11 pounds. Medifast Direct® customers using Medifast Go™ are in weight loss, on average, for 8 weeks.*