

PRODUCT MENU





Medifast SHAKES

Medifast Shakes are soy-based, heart-healthy, low-lactose and taste great, containing 14 grams of protein per serving. They come in six delicious flavors and mix easily with water.



- **Banana Shake (52530)**
Calories 110 / Fat 0.5g / Carbs 13g / Protein 14g



- **Mocha Shake (52540)**
Calories 110 / Fat 0.5g / Carbs 14g / Protein 14g



- **Dutch Chocolate Shake (52550)**
Calories 100 / Fat 1g / Carbs 13g / Protein 14g



- **Orange Cream Shake (52520)**
Calories 110 / Fat 0.5g / Carbs 13g / Protein 14g



- **French Vanilla Shake (52500)**
Calories 110 / Fat 0.5g / Carbs 13g / Protein 14g



- **Strawberry Shake (52510)**
Calories 100 / Fat 0.5g / Carbs 12g / Protein 14g

Ready-to-Drink Shakes

Medifast's Ready-to-Drink Shakes are nutritious and fit into today's busy, on-the-go lifestyle. These shakes travel with you anywhere. They are sold by the carton (1 serving) or by the case (24 servings).



- **Dutch Chocolate (68700)**
Calories 90 / Fat 1.5g / Carbs 13g / Protein 11g



- **Mocha (68900)**
Calories 110 / Fat 1.5g / Carbs 13g / Protein 11g



- **French Vanilla (68800)**
Calories 90 / Fat 1.5g / Carbs 12g / Protein 11g

Antioxidant Shakes

Antioxidant Shakes are made with whey protein. They offer the essential goodness of fruit and chocolate without the calories or carbs.



- **Cherry Pomegranate (72660)**
Calories 90 / Fat 0g / Carbs 14g / Protein 13g



- **Dark Chocolate (72670)**
Calories 90 / Fat 0.5g / Carbs 15g / Protein 13g



Medifast QUENCHERS

These cool, crisp, refreshing drinks are a great fully fortified Meal option.



- **Cranberry Mango Fruit Drink (66570)**
Calories 90 / Fat 0g / Carbs 10g / Protein 15g



- **Raspberry Iced Tea (66550)**
Calories 100 / Fat 0g / Carbs 13g / Protein 14g



- **Orange Blend (66580)**
Calories 90 / Fat 0g / Carbs 12g / Protein 12g



- **Tropical Punch Fruit Drink (66560)**
Calories 100 / Fat 0g / Carbs 11g / Protein 15g



Medifast HOT DRINKS

Sit back and relax with Medifast Hot Drinks—soothing, delicious, fully fortified Medifast Meals.



- **Calorie Burn Cappuccino (72630)**
Calories 100 / Fat 0g / Carbs 13g / Protein 14g



- **Chai Latté (57360)**
Calories 100 / Fat 0.5g / Carbs 13g / Protein 14g



- **Cappuccino (57350)**
Calories 100 / Fat 0g / Carbs 13g / Protein 14g



- **Hot Cocoa (57300)**
Calories 110 / Fat 0.5g / Carbs 14g / Protein 14g



Medifast SMOOTHIES

Our fruity, frothy smoothies are the perfect antidote to a hot summer day or a reminder of one when it's cool. They quench hunger and taste like a fancy gourmet juice-bar drink!



- **Triple Berry (72870)**
Calories 100 / Fat 0g / Carbs 12g / Protein 11g



- **Pineapple Mango (72880)**
Calories 90 / Fat 0g / Carbs 14g / Protein 12g



Medifast OATMEAL

Medifast Oatmeal is a delicious way to begin your day with plenty of energy. A piping hot bowl warms you up and gives you plenty of energy to face the day.



- **Apple Cinnamon Oatmeal (58000)**
Calories 100 / Fat 1.5g / Carbs 15g / Protein 11g



- **Maple & Brown Sugar Oatmeal (58020)**
Calories 100 / Fat 1.5g / Carbs 15g / Protein 11g



- **Blueberry Oatmeal (58010)**
Calories 110 / Fat 1.5g / Carbs 15g / Protein 11g



- **Peach Oatmeal (58030)**
Calories 110 / Fat 1.5g / Carbs 15g / Protein 11g



Medifast PANCAKES

Rise and shine—anytime! Delicious Pancakes can be enjoyed for breakfast or any time.



- **Chocolate Chip Pancakes (57710)**
Calories 110 / Fat 1.5g / Carbs 14g / Protein 11g



- **Spiced Pancakes (57720)**
Calories 100 / Fat 0.5g / Carbs 15g / Protein 11g



- **Original Pancakes (57700)**
Calories 90 / Fat 0.5g / Carbs 15g / Protein 11g



Medifast SOUPS

For a rich, satisfying meal, Medifast Soups are the perfect choice.



- **Wild Rice & Chicken Flavored Soup (69650)**
Calories 110 / Fat 1g / Carbs 14vg / Protein 12g



- **Maryland Style Crab Soup (69670)**
Calories 110 / Fat 1g / Carbs 14g / Protein 13g



- **Chicken Flavored Noodle Soup (69600)**
Calories 100 / Fat 1.5g / Carbs 11g / Protein 12g



- **Tomato Basil Bisque (52700)**
Calories 110 / Fat 1g / Carbs 15g / Protein 11g



- **Beef Vegetable Soup (69660)**
Calories 100 / Fat 1.5g / Carbs 15g / Protein 11g



Medifast HEARTY CHOICES

Satisfy your hearty cravings with a Medifast Meal that leaves you feeling full and gratified.



- **Hearty Vegetarian Sloppy Joe (66590)**
Calories 110 / Fat 1.5g / Carbs 15g / Protein 11g



- **Vegetable Chili (69700)**
Calories 110 / Fat 1g / Carbs 15g / Protein 14g



- **Ziti Marinara (66650)**
Calories 100 / Fat 1.5g / Carbs 14g / Protein 11g



- **Garlic Mashed Potatoes (66615)**
Calories 100 / Fat 0.5g / Carbs 15g / Protein 11g



- **Macaroni & Cheese (66595)**
Calories 110 / Fat 1.5g / Carbs 15g / Protein 11g



- **Sour Cream & Chive Mashed Potatoes (66610)**
Calories 100 / Fat 0.5g / Carbs 15g / Protein 11g



Medifast BARS

Medifast Bars give you the variety and convenience that your lifestyle demands—while providing the nutrition your body needs.

Maintenance Bars

Limit to one a day when you're on the 5 & 1 Plan®.



- **Caramel Nut Bar (65440)**
Calories 170 / Fat 5g / Carbs 22g / Protein 11g

Crunch Bars

Medifast Crunch Bars feature a great crunchy taste and a formula that's lower in calories, total fat, and carbohydrates than our Maintenance Bars. That means they're completely interchangeable with other Meals, so you can enjoy more than one a day.



- **Caramel Crunch Bar (65445)**
Calories 110 / Fat 3g / Carbs 12g / Protein 11g



- **Chocolate Crunch Bar (64805)**
Calories 110 / Fat 3g / Carbs 13g / Protein 11g



- **Chocolate Mint Crunch Bar (64905)**
Calories 110 / Fat 3g / Carbs 13g / Protein 11g



- **Cinnamon Roll Crunch Bar (65510)**
Calories 110 / Fat 2.5g / Carbs 13g / Protein 11g



- **Fruit & Nut Crunch Bar (65505)**
Calories 110 / Fat 3g / Carbs 12g / Protein 11g



- **Lemon Meringue Crunch Bar (65205)**
Calories 110 / Fat 2.5g / Carbs 13g / Protein 11g



- **Oatmeal Raisin Crunch Bar (65405)**
Calories 110 / Fat 2.5g / Carbs 13g / Protein 11g



- **Peanut Butter Crunch Bar (65005)**
Calories 110 / Fat 3.5g / Carbs 13g / Protein 11g



- **S'more Crunch Bar (65445)**
Calories 110 / Fat 2.5g / Carbs 13g / Protein 11g



- **Strawberry Crunch Bar (65520)**
Calories 110 / Fat 2.5g / Carbs 13g / Protein 11g

Chewy Bars

Chew on this: at just 110 calories, Medifast's Chewy Bars have the full spectrum of vitamins and minerals. And they have a full spectrum of flavor, too!



- **Cookie Dough Chewy Bar (65556)**
Calories 110 / Fat 3g / Carbs 15g / Protein 11g



- **Peanut Butter Chocolate Chip Chewy Bar (64955)**
Calories 110 / Fat 3g / Carbs 15g / Protein 11g



Medifast PUDDING

Medifast Puddings are smooth, creamy, and delicious. They taste like a dessert but are actually fully fortified Medifast Meals!



- **Banana Pudding (72850)**
Calories 110 / Fat 0.5g / Carbs 15g / Protein 14g



- **Vanilla Pudding (57410)**
Calories 100 / Fat 0g / Carbs 15g / Protein 13g



- **Chocolate Pudding (57400)**
Calories 110 / Fat 1g / Carbs 15g / Protein 14g



Medifast SOFT BAKES

If you like the taste of fresh-baked treats warm from the oven, you'll love Medifast Soft Bakes. Pop them in the microwave or conventional oven, and you have a rich, satisfying meal that's full of protein and fiber and fortified with vitamins and minerals.



- **Brownie Soft Bake (57500)**
Calories 110 / Fat 2g / Carbs 15g / Protein 11g



- **Chocolate Chip Soft Bake (57510)**
Calories 110 / Fat 2g / Carbs 15g / Protein 11g



- **Blueberry Muffin Soft Bake (57520)**
Calories 110 / Fat 1.5g / Carbs 15g / Protein 11g



Medifast *SOFT SERVE*

Chill out with awesome flavor! Try a yummy Soft Serve without the sugar or fat in four flavors you can enjoy for any of your five daily Medifast Meals.



- **Chocolate Mint Soft Serve (57620)**
Calories 110 / Fat 2.5g / Carbs 14g / Protein 11g



- **Mango Soft Serve (57630)**
Calories 110 / Fat 2.5g / Carbs 14g / Protein 11g



- **Coffee Soft Serve (57600)**
Calories 110 / Fat 2.5g / Carbs 15g / Protein 11g



- **Peanut Butter Soft Serve (57610)**
Calories 110 / Fat 2.5g / Carbs 13g / Protein 11g



Medifast *CRUNCHERS*

Though these sweet and savory Medifast Meals will tempt your taste buds, each bag contains a complete, fully fortified Medifast Meal that is ready to go and ready to eat wherever you are!

Pretzel Sticks

Our Pretzel Sticks provide just the right balance of fiber and high-quality protein—plus your daily requirement of 24 essential vitamins and minerals—to keep you full and satisfied!



- **Cinnamon Pretzel Sticks (68250)**
Calories 110 / Fat 2g / Carbs 13g / Protein 11g



- **Honey Mustard Pretzel Sticks (68260)**
Calories 110 / Fat 2g / Carbs 14g / Protein 11g

Bites

Seriously delicious AND crunchy and flavorful too, our Bites are ready to eat right out of the bag—perfect for people on the go!



- **BBQ Bites (68230)**
Calories 110 / Fat 3g / Carbs 12g / Protein 11g



- **Cheese Pizza Bites (68240)**
Calories 110 / Fat 3g / Carbs 11g / Protein 11g

Cheese Puffs

Bite into the tasty crunchiness of Medifast Cheese Puffs! Munch away on these guilt-free cheese flavored delights any time.



- **Chili Nacho Cheese Puffs (67245)**
Calories 110 / Fat 3g / Carbs 14g / Protein 11g



- **Parmesan Cheese Puffs (67235)**
Calories 110 / Fat 3g / Carbs 14g / Protein 11g



Medifast *CEREAL CRUNCH*

Enjoy the satisfying crunch of cereal for breakfast or any time! Medifast Cereal Crunch straight out of the bag or enjoy it in a bowl!



- **Cinnamon & Brown Sugar Cereal Crunch (68400)**
Calories 100 / Fat 0.5g / Carbs 15g / Protein 11g



- **Mixed Berry Cereal Crunch (68300)**
Calories 100 / Fat 0.5g / Carbs 15g / Protein 11g



Medifast EGGS

Medifast Eggs are a great option to add variety at breakfast or any time throughout the day.



- **Original-Style Eggs (57800)**
Calories 90 / Fat 0.5g / Carbs 8g / Protein 14g



- **Southwest-Style Eggs (57810)**
Calories 100 / Fat 0.5g / Carbs 11g / Protein 14g



Flavors of Home Meals™*

Introducing Flavors of Home™. It's the perfect answer to dinner when life's just too busy for cooking. Each Flavors of Home™ counts as the "1" on the 5 & 1 Plan® and is a Lean & Green™ Meal on the Medifast Program, with the right portions of lean protein, vegetables, and fat.



- **Turkey Meatball Marinara (66605)**
Calories 390 / Fat 17g / Carbs 8g / Protein 26g



- **Chicken Cacciatore (66625)**
Calories 300 / Fat 15g / Carbs 15g / Protein 26g



- **Chicken with Rice & Vegetables (66630)**
Calories 300 / Fat 15g / Carbs 15g / Protein 26g



- **Beef Stew (66620)**
Calories 300 / Fat 15g / Carbs 15g / Protein 27g

*Each Flavors of Home™ meal counts as one Lean & Green™ Meal on the Medifast Program. Not a Lean food as per 9 CFR 317.362 for fat content.



Medifast SNACKS

Medifast snacks are the perfect addition to your Medifast 5 & 1 Plan® when you need something extra during the day. They are designed to keep you satisfied without adding a lot of calories. Each counts as one Optional Snack on the Medifast Program.

Popcorn



- **Sea Salt Popcorn (52650)**
Calories 70 / Fat 4.2g / Carbs 6g / Protein <1g



- **Cheddar & Sour Cream Popcorn (52640)**
Calories 70 / Fat 4.5g / Carbs 6g / Protein 1g

Chips



- **Spicy Black Bean Veggie Chips (57255)**
Calories 50 / Fat 3g / Carbs 6g / Protein <1g



- **Sea Salt & Olive Oil Veggie Chips (57275)**
Calories 50 / Fat 3g / Carbs 6g / Protein <1g

Soy Crisps



- **Apple Cinnamon Soy Crisps (57270)**
Calories 70 / Fat 2g / Carbs 8g / Protein 4g



- **Ranch Soy Crisps (57260)**
Calories 60 / Fat 2g / Carbs 7g / Protein 5g



- **White Cheddar Soy Crisps (57250)**
Calories 70 / Fat 2g / Carbs 7g / Protein 5g

Crackers



- **Garden Vegetable Crackers (57240)**
Calories 60 / Fat 0g / Carbs 12g / Protein 2g



- **Multi-Grain Crackers (57230)**
Calories 50 / Fat 0g / Carbs 12g / Protein 1g



Medifast EXTRAS

Syrup, Flavor Infusers™, and Supplements are the perfect companions to the Medifast 5 & 1 Plan®, Transition, Maintenance, and beyond to help ensure optimal success.

Syrup

Enhance your Medifast Pancakes and Oatmeal and enjoy a touch of maple-y sweetness for yourself! At only 5 calories per packet, mouthwatering Medifast Sugar-Free Syrup is rich, sweet, delicious, AND only counts as **two condiments**.



- **Sugar-Free Syrup (57750)**
Calories 5 / Fat 0g / Carbs 2g / Protein 0g

Essential1®: Flavor Infusers™

Add any of these convenient flavor packs to infuse your drinking water with great taste!

Essential1®: Calorie Burn Flavor Infusers™

Just add a packet of Calorie Burn Flavor Infuser™ to your water for an extra metabolism boost! Each serving gives you 100mg of caffeine and 90mg of EGCG to enhance fat burning and decrease appetite. *Each box contains 21 servings*



- **Green Tea Lemon (72600)**
Calories 5 / Fat 0g / Carbs 2g / Protein 0g



- **Strawberry Lemonade (72620)**
Calories 5 / Fat 0g / Carbs 2g / Protein 0g



- **Mixed Berry (72610)**
Calories 5 / Fat 0g / Carbs 2g / Protein 0g

Essential1®: Antioxidant Flavor Infusers™

These Flavor Infusers™ make it easy to get antioxidant power, especially when you're avoiding fruit on the Medifast 5 & 1 Plan® for weight loss. *Each box contains 21 servings*



- **Raspberry Açai (72650)**
Calories 5 / Fat 0g / Carbs 2g / Protein 0g



- **White Grape Peach (72640)**
Calories 5 / Fat 0g / Carbs 2g / Protein 0g

Dietary Supplements

Taking these supplements every day is a powerful habit of health that supports your vitality and well-being.

Essential1®: Digestive Health

A custom probiotic capsule and a natural enzyme blend tablet in one convenient daily pack. Eat well, stay balanced, feel great!*



- **Essential1®: Digestive Health (0165)**
Calories 0 / Fat 0g / Carbs 0g / Protein 0g

Essential1®: Heart Health

For optimal health, most individuals can benefit from daily omega-3 fatty acid supplements.*



- **Essential1®: Heart Health (0163)**
Calories 25 / Fat 2.5g / Carbs 0g / Protein 0g

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

Medifast ACCESSORIES

These Medifast Accessories help you to enjoy all the meals we have to offer! All accessories are sold individually.



- **Shaker Jar (50010)**
Our Shaker Jar has a secure, snap-on lid and is labeled like a measuring cup for easy mixing.



- **Medifast Coffee Mug (50120)**
Enjoy your Medifast Meals in this attractive, high quality, 16 oz ceramic Medifast mug.



- **BlenderBottle® (50110)**
Mix up smooth Medifast Meals quickly and easily! This BlenderBottle® features a rust-proof, stainless-steel blender ball and a handy flip top for easy sipping.



- **Medifast Blender (50155)**
Compact, stainless steel timesaver mixes and blends your favorite Medifast Meals in a flash!



- **Medifast Meal Mug (50130)**
This cleverly designed mug-and-spoon set is perfect for Medifast Meals, hot or cold, wherever you are.



- **Lean & Green™ Meal Cookbook (42330)**
This handy, easel-backed cookbook is packed with photos and step-by-step preparation instructions for delicious, healthy Lean & Green™ Meals.



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Medifast Inc., Owings Mills, Maryland

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