




Product Profile

	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Potassium	Total Carb.	Dietary Fiber	Sugars	Protein	Calcium	Vitamins & Minerals	Vitamin K
	#	grams	grams	mg	mg	mg	grams	grams	grams	grams	mg	% daily value	mcg
Medifast 55													
Dutch Chocolate	90	1	0	0	250	440	13	4	8	11	250	20-55	16
French Vanilla	90	0	0	0	250	420	13	3	9	11	250	20-55	16
Strawberry Crème	90	0	0	0	250	420	13	3	9	11	250	20-55	16
Orange Delight	90	0	0	0	250	420	13	3	9	11	250	20-55	16
Swiss Mocha	90	1	0	0	250	440	14	3	9	11	250	20-55	16
Orange Pineapple	90	0	0	0	250	420	13	3	9	11	250	20-55	16
Banana Blitz	90	0	0	0	250	420	13	3	9	11	250	20-55	16
Medifast 55 Ready-to-Drink Shakes													
Dutch Chocolate	90	1	0	0	200	460	12	3	6	11	350	15-50	16
French Vanilla	90	1	0	0	200	380	12	3	6	11	350	15-50	16
Medifast 70													
Dutch Chocolate	100	1	0	0	250	440	13	4	8	14	350	20-50	16
French Vanilla	100	1	0	0	250	400	13	3	9	14	350	20-50	16
Strawberry Crème	100	1	0	0	260	400	13	3	9	14	350	20-50	16
Orange Delight	100	1	0	0	260	400	13	3	9	14	350	20-50	16
Swiss Mocha	100	1	0	0	250	410	14	3	9	14	350	20-50	16
Banana Blitz	100	1	0	0	250	400	13	3	9	14	350	20-50	16
Medifast Plus for Appetite Suppression													
Chocolate	90	1	0	0	270	400	11	4	6	14	300	20-50	16
Vanilla	90	1	0	0	270	400	11	4	6	14	300	20-50	16
Medifast Plus for Diabetics*													
Chocolate	90	1	0	0	260	400	9	4	5	14	300	20-50	16
Vanilla	90	1	0	0	270	400	9	3	5	14	300	20-50	16
Strawberry	90	1	0	0	270	400	9	3	5	14	300	20-50	16
Medifast Plus for Joint Health													
Chocolate	90	1	0	0	270	400	10	3	6	14	300	20-60	16
Vanilla	90	1	0	0	270	400	10	3	6	14	300	20-60	16
Medifast Plus for Women's Health													
Chocolate	110	1	0	0	190	500	15	4	10	14	500	6-250	28
Vanilla	110	1	0	0	190	480	15	4	10	14	500	6-250	28

Items marked with a * are supplements which are also formulated for use in the Medifast Plus for Diabetics program.

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	#	grams	grams	mg	mg	mg	grams	grams	grams	grams	mg	% daily value	mcg
Medifast Plus for Coronary Health													
Chocolate	90	1	0	0	190	420	10	3	6	14	400	5-250	28
Strawberry	90	1	0	0	190	420	10	3	6	14	400	5-250	28
Take Shape Weight Maintenance													
Outrageous Chocolate	180	2.5	0.5	0	190	500	31	5	20	12	500	35-150	
Luscious Vanilla	180	2	0.5	0	190	500	33	5	20	12	500	35-150	
Strawberry Passion	180	2	0.5	0	190	500	33	5	20	12	500	35-150	
Ray Lewis Pro Drink for men													
Chocolate	260	1.5	0.5	5	330	1000	12	4	5	52	60%	15-150	50%
Vanilla	250	1	0	5	330	1000	11	4	5	52	60%	20-150	50%
Ray Lewis Pro Drink for women													
Chocolate	130	1	0	0	200	480	11	4	5	22	50%	6-250	35%
Vanilla	120	0.5	0	0	200	480	10	4	5	21	50%	6-250	35%
Supplement Bars													
Chocolate Divine	160	4	2.5	0	160	340	21	2	16	10	350	20-65	16-20
Chocolate Mint	160	4	2.5	0	160	340	21	2	12	10	350	20-60	16-20
Peanut Butter	160	4	2.5	0	160	340	20	2	15	10	350	20-65	16-20
Lemon Fantasy	160	4	2	0	160	340	20	2	11	10	350	20-70	16-20
Oatmeal Raisin	160	3.5	2	0	160	340	22	2	16	10	350	20-60	16-20
Caramel Nut	170	5	3	0	160	380	22	2	12	10	300	15-60	16-20
Fruit & Nut Granola	160	3	0.5	0	150	300	24	1	10	10	300	15-50	16-20
S'more Granola	160	3	1	0	150	280	24	1	10	10	250	15-50	16-20
Diabetic Bars*													
Chocolate Crunch	130	3.5	2.5	0	160	330	21	4	1	10	350	10-70	20
Peanut Butter Crunch	140	4.5	2.5	0	160	310	22	4	1	10	350	20-60	20
Creamy Soups													
Cream of Broccoli*	110	2	0.5	10	400	400	10	1	5	15	250	20-60	16
Cream of Chicken*	110	2	0.5	10	370	350	9	1	5	14	250	20-60	16
Cream of Tomato	110	1	0	9	250	450	13	2	6	14	250	20-60	16



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Hearty Oatmeal*													
Apple Cinnamon	110	2	0	0	130	300	14	4	1	10	250	20-50	16
French Vanilla Berry	110	2	0	0	130	300	16	4	1	10	250	15-55	16
Maple & Brown Sugar	110	2	0	0	130	300	16	4	1	10	250	15-55	16
Fruit Drinks*													
Tropical Punch	90	0	0	0	90	500	10	4	5	15	250	20-100	16
Cranberry Mango	90	0	0	0	90	500	10	4	5	15	250	20-100	16
Iced Tea													
Peach	90	0	0	0	120	500	12	4	8	14	300	3-100	16
Raspberry	90	0	0	0	80	500	12	4	8	14	250	3-100	16
Pudding													
Chocolate	110	1	0	0	90	480	15	4	9	14	350	6-100	20
Banana Cream	110	0.5	0	0	90	365	15	4	9	14	350	6-60	20
Other Foods													
Minestrone Soup*	110	1	0	0	290	500	19	4	2	9	300	20-100	16
Chicken Noodle Soup*	90	1	0	0	350	600	13	4	2	9	300	20-50	16
Chicken & Wild Rice Soup	100	1	0	15	330	400	12	3	1	11	300	2-55	
Homestyle Chili*	110	1	0	0	240	500	16	4	1	11	250	8-50	16
Cappuccino	100	0.5	0	3	140	330	14	3	10	14	250	6-60	20
Chai Latte	100	0.5	0	5	140	330	14	3	10	14	250	6-60	
Hot Cocoa	110	1	0	5	150	400	14	4	10	14	250	15-55	16
Dressings													
Caesar	20	0.5	0	5	100	120	3	0	0	1	20	0-2	0
Creamy Italian	15	0	0	0	210	250	3	0	2	1	40	0-4	0
Honey Dijon	20	0	0	0	90	140	5	0	1	0	0	0	0
Ranch	15	0	0	0	120	190	3	0	2	1	40	0-4	0
Fast Soups													
Delicate Chicken	20	0	0	0	240	390	5	2	1	2	0	0-6	0
Robust Tomato	30	0	0	0	190	410	7	3	1	1	0	0-10	0
Savory Beef	25	0	0	0	400	270	4	0	1	2	0	0-2	0



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Crackers													
Multi-grain	50	0	0	0	65	60	12	1	1	1	0	0-2	0
Garden Vegetable	60	0	0	0	90	30	12	0	1	2	0	0-2	0
Essential 1 Meals													
Grilled Chicken Breasts	120	2.5	1	90	350	0	0	0	0	24	0	0-8	0-15
Grilled Beef Patties	90	3	1	45	280	200	2	2	1	14	0	0-15	0-15
Tuna Salad	90	3	0.5	15	390	180	6	<1	2	10	20	2-10	0-15
Chicken Salad	100	3	1	20	360	200	7	1	2	10	20	2-6	0-15