

 **Medifast**® Quick Start Guide







# Welcome to Medifast

## Congratulations!

You have taken the important first step in controlling your weight and improving your health. We are here to help you. Please read this Quick Start Guide carefully; it will provide you with the information you need to get started.

You may place your orders and have your questions answered online at [choosemedifast.com](http://choosemedifast.com) or by calling toll-free 800-638-7867. Also at [choosemedifast.com](http://choosemedifast.com), you may enjoy participating in our message boards and viewing success stories from people just like you.

## Why Medifast Works

Medifast Meals are low calorie, low fat, and nutritionally balanced. There is no counting calories, carbohydrates or points, because Medifast does it all for you. The 5 & 1 Plan was carefully designed to give you the right amount of food to keep you satisfied while you lose weight. Within a few days of starting the 5 & 1 Plan, your body will enter a mild fat-burning state. Not only does this fat-burning state help the body achieve rapid weight loss while preserving muscle tissue, but it also helps eliminate physical hunger while providing you with plenty of energy. Once you've completed the weight loss phase, you will Transition to the Maintenance phase. Transition and Maintenance are important for ensuring that your weight loss results are maintained long term.

Medifast has been recommended by over 15,000 physicians and proven safe and effective in multiple clinical studies.

Visit us online at [choosemedifast.com](http://choosemedifast.com) to learn more about our wide variety of MEDIFAST MEALS, SHOP online, READ and POST comments on our message boards or VIEW SUCCESS STORIES FROM PEOPLE JUST LIKE YOU.

## INDEX

Getting Started.....	2
Medifast 5 & 1 Plan.....	3
Lean & Green (Lean Meat).....	4
Lean & Green (Green Meal).....	6
Sample Meal Plans.....	7
Tips for Success.....	9
Daily Tracker.....	13
Which Shake is Right for You? .....	15
Transition .....	17
Maintenance .....	19
Question & Answers.....	21
MyMedifast.....	23
Customer Care and Support.....	24



John, Thuxoan, Jennifer and Brent lost a combined 443 lbs.

\*Individual results may vary



## Let's Get Started

The first three days are critical to your success, so pick a starting day that makes sense for your schedule. You might want to start when you don't anticipate any special events that involve food. Get ready to commit to your **5 & 1 Plan** and make lasting lifestyle changes to stay healthy for life.

### We Recommend You Consult With Your Physician

We recommend you consult with your physician or qualified medical practitioner prior to beginning, and during any weight loss program and exercise plan. We strongly recommend that you participate in the program under your physician's supervision if:

- You are over the age of 70
- You are under the age of 18
- You have diabetes, hypertension, or any other serious medical condition
- You are taking medications, especially for diabetes

This program or any program materials do not in any way constitute medical advice or substitute for medical treatment.



# The Medifast 5 & 1 Plan

every day, it's as simple as:

Any 5   Medifast Meals\*

Try over 50 delicious Medifast Meals including shakes, soups, flavored oatmeal, chili, beef stew, eggs, hot drinks, cold drinks, puddings and bars. Any combination of Medifast Meals may be used on your 5 & 1 Plan. \* Limit to one bar per day.



and 1 “Lean & Green” Meal



See page 14 to find out which shake is right for you.

Kelly Lost 50 Lbs.\*

\*Individual results may vary

# Lean & Green Meal

In addition to your 5 Medifast Meals per day, you will have one **Lean & Green Meal**, which includes lean meat plus salad or vegetables. We've expanded our **Lean & Green Meal** options to add variety to your Medifast program. We've broken down meat options into **Lean**, **Leaner** and **Leanest**. All options are appropriate on the program; however, we recommend adding fat servings depending on which option you choose. For example if you choose lean beef, no extra fat is recommended for your meal. If you choose chicken (a leaner option), we recommend adding a serving of fat — such as 1 teaspoon of canola oil.

**Lean:** Choose meats that are grilled, baked, broiled or poached (not fried).

## LEANEST

Lean Meat with <6 grams of fat per serving

**Fish** - Cod, Flounder, Haddock, Orange Roughy, Grouper, Tilapia, etc.

**Shellfish** - Crab, Scallop, Shrimp, Lobster

**Game Meat** - Deer, Buffalo, Elk

### MEATLESS OPTIONS

**14 Egg whites**

**2 cups of Egg Beaters**

**Boca Burger®, Morning Star Farms®, or Garden Burger®:**  
choose a variety with less than 6 grams of carbohydrates per patty. Serving size: 2 patties

**CHOOSE A 7 OUNCE PORTION and 2 ADDITIONAL FAT SERVINGS NEEDED** (see chart on page 5)

## LEANER

Lean Meat with 6 - 9 grams of fat per serving

**Fish** - Swordfish, Trout

**Chicken** - breast or white meat without skin

**Pork Tenderloin**

**Ground Turkey or other meat 99% lean**

**Light Meat Turkey**

### MEATLESS OPTIONS

**Tofu, extra firm, 15 ounces**

**2 whole eggs plus 4 egg whites**

**CHOOSE A 6 OUNCE PORTION and 1 ADDITIONAL FAT SERVING NEEDED** (see chart on page 5)

## LEAN

Lean Meat with >9 grams of fat per serving

**Fish** - Salmon, Mahi Mahi

**Lean Beef** - Beef steak, roast and ground beef

**Lamb**

**Pork Chop**

**Ground Turkey or other meat 80- 98% lean**

**Dark Meat** - Turkey or Chicken

### MEATLESS OPTIONS

**3 Whole Eggs** (*limit to 1 time per week*)

**Tofu, firm and soft variety, 15 ounces**

**CHOOSE A 5 OUNCE PORTION and NO ADDITIONAL FAT SERVINGS NEEDED**

For additional meat/ meatless options, please visit [choosemedifast.com](http://choosemedifast.com).

## Fat Servings:

We encourage you to choose a healthy fat and limit your intake of trans fat and saturated fat. One role of fat in the diet is to aid in the absorption of fat-soluble vitamins, which includes vitamins A, D, E, and K. Fat adds satiety and a sense of fullness after eating a meal. Another important role of fat is to promote healthy gallbladder contraction. If you have a gallbladder, incorporating the daily fat as recommended on page 4 will work to maintain gallbladder health. Below are the healthier forms of fat.

Each fat serving below = **1** fat allotment.  
Add **0-2** servings daily based on your meat choices (page 4).

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- 5 black olives
- Up to 2 tablespoons of low carbohydrate salad dressing
- 1 teaspoon of trans fat-free margarine



**Green:** Note - All vegetables promote healthful eating; however during the weight loss phase of your plan, we do eliminate the highest carbohydrate vegetables (such as carrots, corn, peas and brussel sprouts) in order to enhance your weight loss results. Once you transition to the Maintenance phase of the program, we encourage you to include ALL vegetables for long-term health.

**MEDIFAST APPROVED VEGETABLE LIST (Select ANY combination of three (3) servings each day)**  
 One serving = 1 cup raw salad greens or 1/2 cup of vegetables (cooked or raw) other than salad greens.  
 Serving size is 1/2 cup unless specified.

LOWEST CARBOHYDRATE			
Mustard Greens (1 cup)	Lettuce, Butterhead (1 cup)	Celery	Sprouts: Alfalfa or Mung Bean
Collards, fresh/raw (1 cup)	Lettuce, Iceberg (1 cup)	Cucumber	
Romaine Lettuce (1 cup)	Spinach, fresh/raw (1 cup)	Mushroom, White	Turnip Greens
Endive (1 cup)	Watercress (1 cup)	Radishes	
MODERATE CARBOHYDRATE			
Asparagus	Eggplant	Mushroom, Portabella	Summer Squash: Zucchini and Scallop
Cabbage	Fennel bulb		
Cauliflower	Kale	Spinach, cooked	
HIGHEST CARBOHYDRATE			
Broccoli	Green or Wax Beans	Peppers: Green, Red, Yellow	Tomato, red ripe or canned
Cabbage, Red	Kohlrabi	Scallions	Turnips
Collard or Mustard Greens, cooked	Okra	Summer Squash: Crookneck and Straightneck	Winter Squash: Spaghetti squash ONLY

All vegetables on the Medifast Approved Vegetable List can be used in conjunction with the 5 & 1 Plan. This chart will help you identify the relative carbohydrate levels of these approved vegetables. If you hit a weight loss plateau, or are having trouble achieving the fat-burning state, we recommend you choose vegetables primarily from the Green category as opposed to choices from the Orange and Blue categories.

\*Note - The optimal fat-burning state can be achieved with a total daily carbohydrate intake of approximately 80-85 grams. If you find it difficult to limit your carbohydrate intake to this level, try reducing the use of condiments, and/or choose not to consume a daily snack.



# Sample 5 & 1 Meal Plan

You can use these sample meal plans as a guide to help you plan your 6 meals each day. There are many other recipes on-line or in the [Medifast recipe book](#).

## Day 1

### **Breakfast - 1st Medifast Meal**

Medifast Scrambled Eggs

### **Mid Morning - 2nd Medifast Meal**

Medifast Dutch Chocolate Shake

### **Lunch - 3rd Medifast Meal**

Medifast Cream of Tomato soup sprinkled with parsley flakes

### **Afternoon - 4th Medifast Meal**

Medifast Beef Vegetable Stew

### **Dinner - Lean & Green Meal**

6 ounces grilled chicken breast and 1 ½ cups (all 3 servings) of cooked asparagus, 1 teaspoon olive oil.

### **Evening - 5th Medifast Meal**

Medifast Vanilla Shake

---

Please refer to Optimal Condiments on page 11 for a recommended list of condiments, and also to learn how you can incorporate condiments (such as parsley) into your meal plan.

Did you know you can use recipes to change the flavor of Medifast products? Mocha Freeze Recipe suggestion from the Medifast recipe book...

*Mix 1 packet Medifast Dutch Chocolate Shake with 1 tablespoon instant coffee, ½ cup cold water, ½ cup ice and blend in a blender until smooth.*

Did You Know... You can have your Lean & Green Meal any time of day. It can be for breakfast, lunch or dinner depending on which works best for your schedule.

Recipe suggestion: *Mix Medifast Vanilla Shake with diet cream soda (be sure not to shake in a shaker jar)*

# Sample 5 & 1 Meal Plan (contd.)

## Day 2

### **Breakfast - 1st Medifast Meal**

Medifast Apple Cinnamon Oatmeal

### **Mid Morning - 2nd Medifast Meal**

Medifast Hot Cocoa

### **Lunch - Lean & Green Meal**

5 oz grilled salmon coated with canola oil  
2 cups mixed salad greens, ½ cup total of diced tomatoes, cucumbers, and celery  
2 Tbsp low-carbohydrate salad dressing

### **Afternoon - 3rd Medifast Meal**

Medifast Vanilla Pudding

### **Dinner - 4th Medifast Meal**

Medifast Chicken Noodle Soup

### **Evening - 5th Medifast Meal**

Medifast Strawberry Crème Shake

Here is a recipe suggestion...

*Medifast Hot Cocoa packet mixed with 1-2 Tbsp of sugar-free Hazelnut syrup and 1 cup water blended. Microwave until warm ( 1-2 minutes).*

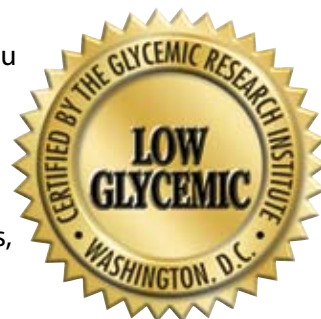
You can choose to have your Lean & Green Meal at lunch, or divide the meal into 2 equal portions and consume one portion during lunch and the remainder at dinner. You would need to make sure you eat only the specified amount of meat and vegetable portions during the day.

---

## Diabetes Nutrition

All Medifast products are suitable for people with type 2 diabetes. It is essential that you see your physician or diabetes specialist prior to starting and during your Medifast program to discuss blood sugar monitoring, potassium monitoring, oral diabetes agents, appropriate calorie levels and potential adjustments to your medications.

Medifast also has a line of shakes that are specially formulated for people with diabetes, which have been certified to be Low Glycemic by the Glycemic Research Institute. Additionally, Medifast offers two bars specially formulated for people with diabetes. [See our product catalog for more details.](#)



# Tips for Success: The Medifast 5 & 1 Plan

## The First Few Days

It takes at least 2-3 days for your body to adjust to the **Medifast 5 & 1 Plan**. Until you reach the fat-burning state, you may feel hungry, tired or slightly irritable. You may also experience headaches or lightheadedness. As your body adjusts, these symptoms will disappear - leaving you energized, confident and feeling great.

- If you experience hunger or fatigue in the first few days, have an extra Medifast shake. It's better to have an extra Medifast shake than to go off your program.
- Stay busy and occupied. Remind yourself that you can do anything for 2-3 days.
- Avoid tempting sights or smells of food as much as possible until you feel strong enough to resist eating. Do whatever it takes.

## Space Your Meals Carefully

Plan to have your **Medifast Meals** every 2-3 hours. Eating consistently will ensure the quick, steady weight loss that comes from the Medifast program.



## Don't Skip Meals

Skipping meals decreases your nutrient balance and can actually slow down your metabolism - making you lose weight slower, not faster.

## Eat Slowly

Spend at least 15 minutes eating each meal. Use a straw for shakes and drinks. Cut bars into small pieces to help you slow down while eating.

## Drink Lots of Fluids

Drink at least 8 cups (64 ounces total) of water each day. In addition, you may drink any non-caloric (calorie-free) beverage including unsweetened hot

or iced tea, herbal tea, coffee, diet sodas, calorie-free drink mixes such as Crystal Light or Diet Kool-Aid.

## Limit Caffeine

Limit coffee and caffeinated drinks to three per day. The low calorie level of [Medifast Meals](#) may increase your sensitivity to caffeine, which may cause anxiety, shakiness or other symptoms.

## Avoid Alcohol

Alcoholic beverages are not recommended on the Medifast program. Alcohol provides unneeded calories and even one drink will slow your weight loss. Low carbohydrate versions of beer or alcohol are not recommended because they too provide extra calories with no nutritional value. Alcohol also stimulates the appetite (encouraging additional food intake) and it can also deplete your body of needed water.

## Watch Out for Additional Calories

Just one slice of bread or piece of cake can put you out of the fat-burning state. If your weight loss slows down, you may be eating off the plan, even if you are not aware. Just small amounts of high carbohydrate or high calorie food can really add up.

## Nobody's Perfect

Making positive lifestyle changes takes time and practice. Don't get discouraged if you are not perfect and fall off plan. One day is never enough to stop you from losing weight. Even if you feel you have slowed your weight loss progress, get back on track as quickly as possible. If you have eaten food not on the [5 & 1 Plan](#), have a [Medifast Meal](#) and continue where you left off -- ensuring that you get



in all 5 [Medifast Meals](#) that day. Learn from your experiences and get back on track as quickly as possible. If you do get out of the fat-burning state, continue with your 5 [Medifast Meals](#) and 1 [Lean & Green](#) meal -- and within 3 days you will be back on track. Don't give up.

## Weight Loss Plateau

There are two things that may influence your weight loss: 1) how closely you stick to the weight loss plan and, 2) water fluctuation. It's possible that you will experience greater weight loss during the first two weeks of the plan – due to loss of water weight. It is very important that you drink 8 glasses

# Tips for Success (contd.)

of water every day. As you progress on the program, some water weight loss may be regained (showing little or no weight loss on the scale), even though you have lost body fat and probably inches. Your body retains water for many different reasons. Look for other indications of progress, such as wearing a smaller size of clothing. Weight loss should resume if you continue to follow the program. Remember to weigh yourself at the same time of day and on the same scale to ensure accurate results. You can contact the [Nutrition Support Team](#) at Medifast if you want assistance.

Hang in there, water weight gain is never permanent.

## Vegetarian Options

There are numerous meatless options available on the Medifast program. The following [Medifast Meals](#) and snacks are vegetarian endorsed:

Medifast 55 shakes, Medifast 70 shakes, Ready-to-Drink shakes, Hot Drinks, Plus for Diabetic shakes, Cream of Tomato soup, puddings, Medifast bars, Oatmeal, Robust Tomato Fast Soup, Appetite Suppression shakes, Plus for Women's Health shakes, Plus for Coronary Health shakes, Iced Teas, Fruit Drinks, Soy Crisps, Crackers.

## Keep a Journal

It is very important to monitor your progress. The Medifast ["Daily Success Tracker"](#) allows you to clearly track your achievements

throughout the program, keeping you focused and motivated. Refer to page 12 or [choosemedifast.com](http://choosemedifast.com) ([Tools & Community](#)).

## Exercise

Exercise is a necessary part of losing weight and maintaining your weight loss. If you do not exercise currently, we recommend you wait 2-3 weeks before you begin an exercise program. Start an exercise program slowly and gradually increase time spent on an activity (and intensity of the activity) as your body allows. Choose an activity that you enjoy so you can stick with it. Most of our customers find walking to be the easiest activity to incorporate into their day on a regular basis. Make exercise a daily habit. Start with a ten 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.

If you currently exercise, we recommend cutting the exercise program in half for the first couple of weeks. This allows your body to adjust to the new calorie level. As your body adjusts to this lower calorie level, you can increase time and intensity of your exercise plan. **Listen to your body and only do what it allows.** If you feel light-headed or faint, stop your exercise and take a rest before you resume.

Remember to drink fluids. Fluid intake is important when you exercise. You may find that you need additional water, especially if it is hot outside.

# Tips for Success (contd.)

## Reaching Your Goal

You may stay on the **5 & 1 Plan** until:

- You've lost your desired amount of weight.
- You develop a new contraindication to the program (such as pregnancy).
- Your physician recommends you transition into the Maintenance phase.

After you've completed the weight loss phase, you will transition into the Maintenance phase.

**Nutrition Support** at Medifast is available to guide you in this transition if you need assistance. For more information about Transition and Maintenance, see [pages 16 -18](#).

## Optional Snacks

(Note: Medifast snacks are not to be used in place of Medifast Meals.)

In addition to the 5 **Medifast Meals** and 1 **Lean & Green Meal**, you may choose the option of including ONE of the following snacks each day. Medifast approved snacks include:

- three celery stalks
- one fruit flavored sugar-free Popsicle
- ½-cup serving sugar-free Jello® gelatin
- up to 3 pieces of sugar-free gum or mints
- two dill pickle spears

## Optional Condiments

To flavor your meals and make your experience more enjoyable, you have the option of adding condiments to your food selections. We recommend limiting to a maximum of 3 condiment choices per day for the greatest success with your weight loss.

Optional Condiment selections include up to:

- ½ teaspoon of most dried herbs and spices, catsup, BBQ sauce, or cocktail sauce
- 1 teaspoon balsamic vinegar
- 1 tablespoon of minced onion, lemon/lime juice, yellow mustard, salsa, soy sauce, most fresh herbs, low-fat or fat-free milk or soy milk
- Up to 2 tablespoons of sugar-free flavored syrup (example brand names are DaVinci® or Torani®)
- 1 packet of artificial sweetener such as Splenda® or Equal®
- Feel free to use hot/Tabasco® sauce and red, white or cider vinegar liberally

For a complete downloadable list of condiment portion size recommendations, please check on-line at [choosemedifast.com](http://choosemedifast.com).



# 5 & 1 Plan Daily Success Tracker

Date: \_\_\_\_\_

Beginning of Week Weight: \_\_\_\_\_

End of Week Weight: \_\_\_\_\_

(COPY THIS PAGE TO CREATE YOUR OWN SUCCESS JOURNAL)

## Medifast Meals

(write time of meal in each box)

1

2

3

4

5

## Optional Snack

## Lean & Green Meal

Lean Meat

Salad/Vegetable

## Glasses of Water (8 oz.)

(check off each box)

1

2

3

4

5

6

7

8

## How I Felt Today:



good



okay



yucky

## Exercise/Activity:

---

---

---

---

# A Medifast Success Story

## Nnedi Uzowihe



"After the birth of my daughter, I was placed on bed rest and gained a lot of weight. Three months post-delivery I decided to do something about my weight. I had seen an ad about Medifast and I decided to give it a try. Boy I'm glad I did!

In 9 months, I lost 170 pounds, and my energy has gone up dramatically. While I was on the **5 & 1 Plan**, I was never hungry. I loved the taste of each of the different **Medifast Meals**. My favorite shakes were Orange Crème and Strawberry Crème. As a special treat, I would mix up one of these shakes, put it in the freezer for 30 minutes, then eat it with a spoon. It felt like I was eating ice cream!

I would recommend Medifast to anyone who has been battling with his or her weight. Look at my before and after pictures and judge for yourself!"\*

\* Results may vary.

Nnedi lost  
over 170 lbs.

# Which Medifast Shake Is Right for You?

All [Medifast Meals](#) may be used in the [5 & 1 Plan](#). However, Medifast has created shakes that are designed for individual needs.

## Medifast 55 Shakes

Medifast 55 shakes are formulated for women. These great-tasting shakes are soy-based, heart-healthy, low-lactose, and contain 11 grams of protein and 25 essential vitamins and minerals per serving.

## Medifast 70 Shakes

Medifast 70 shakes are formulated for men or women who prefer more protein. These great-tasting shakes are soy-based, heart-healthy, low-lactose, and contain 14 grams of protein and 25 essential vitamins and minerals per serving.

## Medifast Ready-to-Drink

Medifast Ready-to-Drink shakes are a nutritious and convenient option for today's busy, on-the-go lifestyle. These shakes are great for both men and women and travel with you anywhere. Medifast Ready-to-Drink shakes contain only 90 calories per serving and are heart healthy and lactose free.



## Plus for Appetite Suppression Shakes

Medifast Plus for Appetite Suppression shakes are soy-based, heart-healthy, low-lactose, and contain 15 grams of protein and 25 essential vitamins and minerals per serving. Medifast Plus for Appetite Suppression shakes also contain Super CitriMax<sup>®</sup>, a natural appetite suppressant designed to curb appetite while maintaining consistent weight loss.

# Health Management

Medifast has created shakes to help with weight control and specific health-related conditions. For more detailed information, please refer to our Product Catalog. Check with your physician before altering medications.

## Plus for Women's Health Shakes

These shakes contain black cohosh, echinacea and chaste tree berry, which may help reduce the symptoms of menopause. They may be used as a safe and effective alternative to Hormone Replacement Therapy (HRT) or other medicinal remedies. For maximum results, take 1-3 Women's Health shakes each day, either as part of your **5 & 1 Plan** or for general nutrition.

## Plus for Joint Health Shakes

These shakes contain glucosamine and chondroitin, which may reduce pain associated with arthritis and help repair damage to joints. For maximum results, take 3 Joint Health shakes each day, either as part of your **5 & 1 Plan** or for general nutrition.

## Plus for Coronary Health Shakes

These shakes contain Coenzyme Q10, amino acids, and Pycnogenol — providing a natural defense



against heart conditions. For maximum results, take 1-3 Coronary Health shakes each day, either as part of your **5 & 1 Plan** or for general nutrition.

## Diabetes Nutrition - see page 8

DO NOT combine the use of various types of health management shakes. If you have diabetes and wish to use the Women's Health shakes, Joint Health shakes or Coronary Health shakes, please consult with your physician.

# Transition

(after weight loss)

Transition is the next phase of the Medifast Program. During Transition, you will be reintroduced to fruits, low-fat dairy products, whole grains, and higher-carbohydrate vegetables. You'll begin Transition once you've reached your goal weight.

During Transition, you incrementally increase your daily caloric intake by reintroducing a different food group each week. The actual number of calories you need during Transition is individual, and varies depending on factors such as: height, weight, gender, your lean muscle mass, and activity level. In order to help pinpoint a calorie level appropriate for you, please refer to the Medifast Transition & Maintenance Guide. The guide is available free of charge, and can be ordered via [choosemedifast.com](http://choosemedifast.com)

The information provided below will give you an idea of how long you should remain in Transition – depending upon the amount of weight you lost:

- If you lost less than 50 pounds, allow 8 weeks to transition
- If you lost 50–100 pounds, allow 12 weeks to transition
- If you lost more than 100 pounds, allow 16 weeks to transition



# Sample Transition Chart

(after weight loss)

The key to transitioning from the **5 & 1 Plan** is to gradually increase your calorie intake over time.

## NOTE:

This sample Transition Plan is tailored to those looking to ultimately maintain their weight loss results with a 1,500 calorie per day meal plan. This sample chart outlines an 8-week Transition, designed for individuals having lost less than 50 pounds. In order to help pinpoint a calorie level appropriate for you, please refer to the Medifast Transition & Maintenance Guide. This comprehensive guide contains sample Transition Plan Charts and Meal Plans for each of the three weight-loss categories listed page 16.

### Stage 1: Additional Vegetables

#### Week 1 (900-1050 calories)

Any of your favorite vegetables can now be added back to your diet.

5 Medifast Meals  
1 **Lean & Green** Meal  
1 additional cup vegetables

### Stage 2: Fruits

#### Week 2 (900-1050 calories)

Fresh fruit is desired but if canned fruit is used, choose unsweetened or packed in juice - not syrup.

4 Medifast Meals  
1 **Lean & Green** Meal  
1 additional cup vegetables  
1 medium-size piece of fruit  
or 1/2 cup cubed fruit or berries

### Stage 3: Dairy

#### Week 3 (1000-1150 calories)

Dairy includes low-fat and/or sugar-free yogurt, milk, or lactaid product.

4 Medifast Meals  
1 **Lean & Green** Meal  
1 additional cup vegetables  
1 medium size piece of fruit or  
1/2 cup of cubed fruit or berries  
1/2 cup low-fat or fat-free dairy

### Stage 4: Whole Grains

#### Weeks 4-8 (1350-1500 calories)

Whole grain can be 1 slice of whole grain bread, 1/2 whole grain English muffin, 3/4 cup high fiber cereal, 1/2 cup whole-wheat pasta, 1/2 cup brown rice.

3 Medifast Meals  
1 **Lean & Green** Meal  
1 additional cup vegetables –  
raw or cooked  
Additional 4- 6 oz. of meat, chicken,  
fish or seafood that is baked,  
poached or broiled (not fried)  
2 medium sized pieces of fruit or  
1 cup of cubed fruit or berries  
1 cup low-fat, or fat-free dairy  
1 serving of whole grain



# Maintenance

(Your Lifelong Weight Maintenance Plan)

## After Transition, Let Medifast Help

Maintenance essentially is the process of sustaining your weight loss results by making healthy food choices and living an active lifestyle. You'll soon discover that Maintenance is a perpetual "calorie balancing & monitoring act." The ultimate goal of Maintenance is to help you remain at a healthy weight for the rest of your life.

For many individuals, Maintenance begins with a 1,500-calorie per day diet. However, the actual number of calories you need to maintain a stable weight over the long term is individual – and varies depending on factors such as height, weight, gender, your lean muscle mass, and activity level. You may need to experiment with different calorie levels during Maintenance in order to find what level is right for you.

In order to help pinpoint a calorie level appropriate for you, please refer to the Medifast Transition & Maintenance Guide. This comprehensive guide contains detailed information on how to accurately figure out a Maintenance calorie level appropriate for you. The guide is available free of charge, and can be ordered or downloaded at [choosemedifast.com](http://choosemedifast.com)



**Brent lost over 160 lbs.\***

\*Individual results may vary

## Some Helpful Hints:

- Continue to eat 6 SMALL meals each day.
- Make vegetables ½ of your plate during mealtime to reduce calories.
- Have at least 2 servings of fruit each day.
- Choose lean cuts of meat. Measure meat portions to be between 4 – 6 oz. cooked weight. 4 oz. of meat is roughly the size of a deck of cards or a computer mouse.
- Bake, Grill, Steam, Poach or Broil. Avoid fried foods or foods with cream sauces.
- Read food labels for serving size information.
- Drink calorie-free beverages such as plain water, calorie-free flavored water or diet drinks, diet soda, coffee, unsweetened tea.
- In a restaurant, food portions can be 2-4 times larger than the normal serving size. At the beginning of the meal, ask for a “To-Go” box and put at least half of the meal in the container. Or split your meal with someone. Order sauce/dressing “on the side” -- and use only a portion of it.
- Continue to weigh yourself on a weekly basis.
- Begin or continue to exercise daily. Small changes in your activity level can lead to big changes in your overall health.

## If You Regain Weight

Any time you regain 5 - 10 pounds, consider going back on the **Medifast 5 & 1 Plan** for a few weeks. Approach it as a short-term treatment plan that puts you back where you want to be. Also, evaluate your current life issues to see if there are areas where you need to make changes. Have you let your exercise program slip? Are you allowing stress or other emotional issues to affect your eating patterns? Are your portions too big? Take a careful look at where you might be slipping up and change those patterns immediately.

Important!

### Plan Ahead

- **SAVE MONEY WITH MEDIFAST 4-WEEK VARIETY PACKAGES**

or

- **DESIGN-A-MENU** is available on [choosemedifast.com](http://choosemedifast.com), which allows you to pick your favorite foods and flavors quickly and easily.

Make sure to re-order at least one week before your supply runs out. Allow a minimum of 3 to 5 business days for shipping. For orders needed quickly, you may request expedited shipping by calling **Customer Care** at **800.638.7867**.

## A New Beginning

Medifast doesn't end with the 5 & 1 Plan for weight loss. Transition and Maintenance are essential to maintaining weight loss results long-term. Many people include 2–3 Medifast Meals a day as part of their ongoing Maintenance plan. Embrace Medifast as an opportunity to create a better future – a new beginning.

# Questions & Answers

## Issues for Women

Women who are pregnant or breastfeeding should not use Medifast as a weight loss program. Pregnant or breastfeeding women may wish to consult with their physician to determine if Medifast Meals may be appropriate as supplements to a medically-approved eating regimen.

## What If I Am Lactose Intolerant?

Medifast offers a variety of lactose-free and low-lactose products. Please call [800.638.7867](tel:800.638.7867) to find out more or visit [choosemedifast.com](http://choosemedifast.com). Lactaid® pills, a non-prescription enzyme that helps your body digest milk components, can also be used.

## What if I am not feeling well?

Most of our customers report feeling energized and better than they did prior to starting a Medifast program. If you are ill or do not feel well, see your doctor. Unless your doctor says otherwise, you should be able to continue with Medifast, as most symptoms experienced are temporary. If you wish to discuss this with a Registered Dietitian, please call or e-mail [Nutrition Support](#). - see page 23.

## CONTRAINDICATIONS

Significant medical conditions and/or certain medications may prohibit you from using the 5 & 1 weight loss program. In some cases, you may be able to use Medifast products as an occasional meal replacement. However, if you have any of the following conditions, you must consult with your physician before using Medifast products.

These conditions include:

- heart attack within the past three months / unstable angina
- recent or recurrent strokes or mini-strokes
- severe liver or kidney disease
- clotting disorders
- active cancers
- eating disorders
- severe psychiatric disturbances
- chronic use of oral Corticosteroids > 20 mg per day
- current use of lithium
- type 1 diabetes
- peptic ulcer disease

# Questions & Answers

## Do Any Medications Interfere with the Medifast program?

Most prescription medications will not interfere with the **5 & 1 Plan**. As you lose weight however, dosages may need to be adjusted because the **5 & 1 Plan** can improve blood sugar, blood pressure, and cholesterol levels. Make sure your physician is consulted PRIOR to and while you are on the Medifast program.

- If you have diabetes and are taking medication, please check with your physician prior to starting a weight loss program, as your medication requirements may change during the first week on the plan.
- Blood pressure medications usually need to be adjusted as you lose weight. Call your doctor prior to starting the program in order to avoid symptoms associated with reduced blood pressure, such as feeling tired or washed out, legs feeling rubbery or weak, headache, dizziness or light-headedness.
- Antacids such as Maalox, Rolaids, Tums, etc. are acceptable to use with the Medifast program. You may also use acid-blockers and related medications.
- We do not recommend using Medifast as a weight loss program if you are using over 20 mg of oral steroids (such as Cortisone or Prednisone) per day, since these medications may prevent weight loss.

- If you are currently taking a diuretic (water pill), check with your doctor before starting the Medifast program, as the **5 & 1 Plan** may promote frequent urination.
- If you are taking anti-seizure or thyroid medication, check with your doctor to see if this program is right for you.

**Constipation:** You will probably have bowel movements less frequently than normal because of the decreased food intake. If you have hard stools or feel constipated, try the following solutions:

- Drink more fluids
- Increase physical activity
- Take a sugar-free fiber supplement such as Citrucel® capsule and use the minimum dosage for effectiveness. You may also choose sugar free Benefiber®
- Use a stool softener pill or laxative if necessary
- Take 1-2 tablespoons of canola, flaxseed, or olive oil as your fat selection

## Can I continue Medifast if I have a cold?

If you become ill with a cold or the flu, you can stay on the **5 & 1 Plan** provided your symptoms are not too severe. Taking antibiotics (prescribed by your doctor) won't harm your Medifast plan but may temporarily slow your weight loss.

The **5 & 1 Plan** is easy to follow and Medifast makes it simple to stay on the plan. Your success will keep you motivated to reach your weight loss goals.



**my Medifast** guides you through every step of your Medifast journey.

**MyMedifast** provides you with additional tools, support and information, which will not only help you with your Medifast plan but will also assist you with nutrition, exercise and motivation.

### My Plan

Easily record your personal meal plan, exercise and weight loss, and receive information and professional advice specific to your Medifast plan.

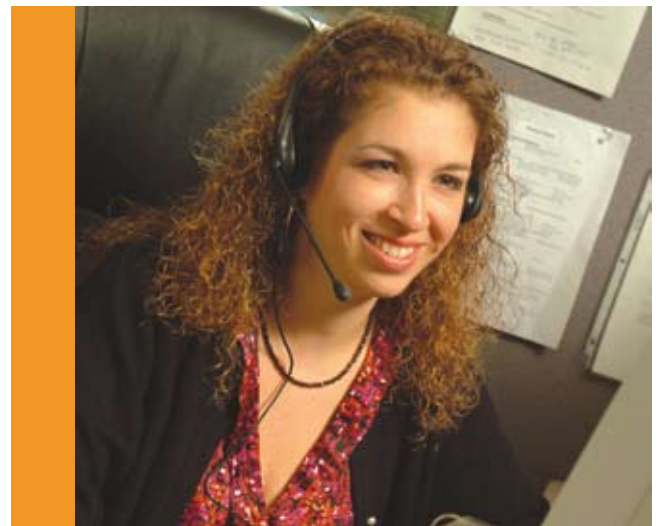
### Success Tools

Use our support tools and stay up-to-date with the latest information on healthy living. Each section is dedicated to a specific aspect of your Medifast journey.

### Community

Receive support, motivation and encouragement through message boards, live chats, personal blogs, and areas to post questions and find answers.

**MyMedifast** is available exclusively to Medifast customers. For more information, please visit [choosemedifast.com](http://choosemedifast.com).



## Customer Care & Support

### Payment

When placing an order by phone, please have your order and credit card ready. Medifast honors the following payment options:

Visa, MasterCard, Discover, and American Express  
 Sorry, we do not allow CODs.

### Placing an Order

To order from Medifast, choose from the options below:

1. Order online at [choosemedifast.com](http://choosemedifast.com).
2. Call our Customer Care Center toll-free at **800-638-7867**.

## Questions

If you have any questions regarding product, program information, orders, returns, or to find a Medifast practitioner in your area, please visit [choosemedifast.com](http://choosemedifast.com). You can also contact our Customer Care Center by e-mail [info@choosemedifast.com](mailto:info@choosemedifast.com) or by phone [800-638-7867](tel:800-638-7867).

## Nutrition Support

You may contact our team of Registered Dietitians for help with meal plans, product questions, diet information, support in your weight loss efforts, or for sharing a success story. We are here to help you reach your goals.  
e-mail:  
[nutritionssupport@choosemedifast.com](mailto:nutritionssupport@choosemedifast.com)  
Phone: [800-509-1281](tel:800-509-1281)

## Medifast Community

Visit [choosemedifast.com](http://choosemedifast.com) for support from our Medifast Community including our helpful and inspiring message boards.

## Shipping Information

All orders will be processed within 24 hours and shipped the next business day. Standard shipping is 5-7 business days. Expedited shipping is 2-4 business days.

## Free Shipping

Orders of \$200 or more (total after coupons and discounts) receive free standard shipping anywhere in the U.S.

## Return Policy

If you are ordering for the first time and are not satisfied with your results for any reason, simply return the unused portion within 30 days of purchase for a full refund. **Full refund is for first-time customers only on orders of \$275 or more.** On subsequent orders, receive a full refund on unopened, unused products within 30 days of purchase. Shipping charges are non-refundable. Customer is responsible for the cost of shipping returned items and package must be postmarked within 30 days of the purchase date to receive a full refund. Customer order number should be clearly marked on the outside of the returned package for proper processing. Please allow 3-4 weeks for the return to be processed.

**Please include in the returned package the following:**

Your Name, Address, City, State, Zip  
Your Order #

**Ship to returned product to:**  
Medifast Returns Department  
601 Sunrise Avenue  
Ridgely, MD 21660







Pamela

Lost 85 lbs. with Medifast

"Before Medifast I had put a lot of time and effort into dieting. I had changed my eating habits and was exercising, but wasn't losing any weight. This left me frustrated and feeling hopeless.

With Medifast, I lost 85 lbs. and went from a size 20 to a 10. My self-esteem and confidence rose to an all-time high. Now that I have lost the weight, I love the way I look and feel. Not only did Medifast help me lose the weight, but it has helped me keep it off." \*



Before  
249 lbs.

\* Results may vary

## SAVE ON 4-Week Variety Packages

see [choosemedifast.com](http://choosemedifast.com) or  
our Product Catalog

---

CHOOSEMEDIFAST.COM  
800.638.7867

---

**MED  
LISTED  
NYSE**

