



Ready, Set... Medifast!

READ THIS FIRST, IMPORTANT INSTRUCTIONS

Ready, Set... Medifast! is the **NEW, EASY** way to get started with Take Shape For Life! For detailed information, contact your Health Coach or refer to the Take Shape For Life Quick Start Guide in your Welcome Kit.

Medifast 5 & 1 Plan

There's **no counting calories, carbs or points**- all you have to do is eat and you lose weight!

You eat **5 Medifast Meals** a day in any order you want

PLUS...

your own Lean & Green Meal so you can still sit down to eat with your family or go out to dinner.



Jeff & Maureen lost a combined 169 lbs with Take Shape For Life!



JOIN
our FREE interactive support website, Support In Motion

LEARN
the EASY & EFFECTIVE Medifast 5 & 1 Plan for weight loss

BEGIN
with our CONVENIENT Sample 5 & 1 Meal Plans

SUCCEED
you'll look GREAT and feel HEALTHY before you know it



STEP 1: CONTACT YOUR HEALTH COACH

Contact your Health Coach once your order arrives. It's an excellent opportunity to address any questions you may have prior to starting the program. Please write your Health Coach's contact information below:

Name: _____

Phone: _____

Email: _____

Your Health Coach can also help you register for Support in Motion—Take Shape For Life's FREE online support website! TSFLSupportinMotion.com

STEP 2: THE NO-HASSLE 5 & 1 PLAN

The **5 & 1 Plan** is **EASY** to follow and Take Shape For Life makes it **SIMPLE!** Every day, choose any **5 Medifast Meals** (limit to one bar per day) and **1 Lean & Green Meal**. Eat one meal every 2-3 hours—eating consistently will ensure the quick, steady weight loss that comes with the **5 & 1 Plan**. Your success will keep you motivated to reach your weight loss goals!

WHAT IS A MEDIFAST MEAL?

All Medifast food products are Meals—except Fast Soups, Soy Crisps and Crackers, which are snacks. Our Variety Packages (4-week or 2-week) do not contain any snacks—everything in a Medifast Variety Package is a Meal.

WHAT IS A LEAN & GREEN MEAL?

Your **Lean & Green Meal** includes lean meat plus vegetables (raw or cooked). Choose 1 serving from the **Lean Options** list and 3 servings from the **Green Options** list. You'll add 0-2 Healthy Fat Servings to your **Lean & Green Meal**, depending on which lean option you choose. You can have your **Lean & Green Meal** any time of day—breakfast, lunch or dinner! The **Lean & Green Meal** conveniently allows you to prepare and eat a meal with your family—or **GO OUT** to a restaurant with your family, friends or co-workers!

WHAT IS A HEALTHY FAT SERVING?

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

Add 0-2 servings daily based on your **Lean Options** choice.

Lean Options

LEANEST: *Lean Meat with <6 grams of fat per serving*
Choose a **7 oz portion & 2 Healthy Fat Servings***

Fish - Cod, Flounder, Haddock, Orange Roughy, Grouper, Tilapia, Mahi Mahi

Shellfish - Crab, Scallop, Shrimp, Lobster

Game Meat - Deer, Buffalo, Elk

MEATLESS OPTIONS:

14 egg whites

2 cups (16 oz) Egg Beaters®

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

DRINK
at least 64 oz
of water per day
to keep properly
hydrated

LEANER: *Lean Meat with 6 - 9 grams of fat per serving*
Choose a **6 oz portion & 1 Healthy Fat 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:

15 oz tofu, extra firm

2 whole eggs + **4** egg whites

CHOOSE
meats that are
grilled, baked,
broiled, roasted,
or poached—
not fried.

LEAN: *Lean Meat with >9 grams of fat per serving*
Choose a **5 oz portion (No Healthy Fat Servings Required)**

Fish - Salmon

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)

15 oz tofu, firm and soft variety

For additional
lean/meatless
options, please
contact your
Health Coach.



Tip: Take Ready, Set... Medifast with you—to work, the grocery store, even restaurants. It will help you with selecting portion sizes!

All Green Options can be used with the 5 & 1 Plan. This Green Options list will help you identify the relative carbohydrate levels of these approved vegetables.

Green Options

1 Serving = 1/2 cup (unless otherwise specified below)

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	Turnip Greens
Romaine Lettuce (1 cup)	Spinach, fresh/raw (1 cup)	Mushroom, White	
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

Choose three (3) servings from our Green Options list for your Lean & Green Meal. 1 serving = 1/2 cup (unless otherwise specified on Green Options list)

STEP 3: SAMPLE 5 & 1 MEAL PLANS

You can use these sample meal plans as a guide to help you plan your 6 daily meals. Just choose any **5 Medifast Meals** and **1 Lean & Green Meal** each day!

Day 1

Breakfast - 1st Medifast Meal

Medifast Peach Oatmeal

Mid Morning - 2nd Medifast Meal

Medifast Dutch Chocolate Shake

Lunch - 3rd Medifast Meal

Medifast Cream of Tomato Soup sprinkled with parsley flakes (*condiment*)

Afternoon - 4th Medifast Meal

Medifast Beef Vegetable Stew

Dinner - Lean & Green Meal

6 oz grilled chicken breast; 1-1/2 cups (*all 3 servings*) cooked asparagus; and 1 tsp olive oil (*healthy fat serving*)

Evening - 5th Medifast Meal

Medifast French Vanilla Shake

Day 2

Breakfast - 1st Medifast Meal

Medifast Maple & Brown Sugar Oatmeal

Mid Morning - 2nd Medifast Meal

Medifast Cappuccino

Lunch - Lean & Green Meal

5 oz grilled salmon; 2 cups mixed salad greens; 1/2 cup (*total*) mix of diced tomatoes, cucumbers and celery; and 2 Tbsp low carbohydrate salad dressing (*condiment*)

Afternoon - 3rd Medifast Meal

Medifast Banana Pudding

Dinner - 4th Medifast Meal

Medifast Chicken Noodle Soup

Evening - 5th Medifast Meal

Medifast Strawberry Crème Shake

Condiments can enhance the flavor of your Meals. For a complete Condiment List, please contact your Health Coach.





Tips for Success

STEP 4: STILL HAVE QUESTIONS?

Questions about meal plans, products or programs? Need help with your weight loss efforts? Maybe you need a touch of support or extra motivation to get you through a particularly tough time? Your Health Coach is just a phone call or email away!

You may also refer to the Take Shape For Life Quick Start Guide included with your Welcome Kit. Your Quick Start Guide is an excellent source of detailed information.

Additional Contact Info:

Customer Care Center: [800-572-4417](tel:800-572-4417)

Nutrition Support: [800-509-1281](tel:800-509-1281) or NutritionSupport@TSFL.com

Nurse Support: [877-270-5704](tel:877-270-5704) or Nurse@TSFL.com

Drink Lots of Fluids—drink at least 8 cups (64 oz) of water each day. In addition, you may drink non-caloric (calorie-free) beverages, including unsweetened hot or iced tea, coffee, diet soda or calorie-free drink mixes (e.g., Crystal Light®, Sugar Free Kool-Aid®). Limit coffee and other caffeinated drinks to 3 per day—the low calorie level of Medifast Meals may increase your sensitivity to caffeine, which may cause anxiety, shakiness or other symptoms.

Don't Skip Meals—this decreases your nutrient balance and can actually slow down your metabolism, making you lose weight slower – not faster!

Take Shape For Life has unique program recommendations for **adults over age 70, adolescents and people with diabetes**. We encourage these individuals to utilize our valuable, program-specific guides.*

Exercise is a necessary part of losing weight and maintaining your weight loss. Please consult the **Medifast Exercise Guide*** for recommendations.

When you reach your weight loss goal, let Medifast help you maintain your results. Please consult the **Medifast Transition & Maintenance Guide*** for instructions and helpful tips.

* Contact your Health Coach for assistance if you would like a copy of any of our program guides.

We recommend that you consult with your **physician** or qualified medical practitioner prior to beginning, and during, any weight loss program and exercise plan. This program or any program materials do not in any way constitute medical advice or substitute for medical treatment.



TSFL.com
800.572.4417

