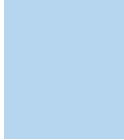




# Medifast for Diabetes

This Medifast® for Diabetes Guide is designed with special care to help guide individuals with diabetes on the Medifast Program. Please read this guide carefully; it provides all the information you need to get started.





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# Welcome to the Medifast Program!

Medifast can help you get to a healthier weight and enjoy living life to the fullest. With over 70 Medifast Meals to choose from, the Medifast for Diabetes Program is convenient and simple to follow; emphasizing portion-controlled eating at regular times throughout the day.

If you have diabetes, this guide will help you use our products and plans to get healthier—safely. Please read this guide carefully to learn what you need to get started!

## About Diabetes

According to the American Diabetes Association, diabetes affects about 25.8 million children and adults in the United States. Diabetes is a chronic disease that affects how the body uses energy from food, and can lead to high blood sugar (glucose) levels.



There are two main kinds of diabetes: type 1 (insulin-dependent) and type 2. There is also a condition called pre-diabetes, which is when your blood sugar is higher than normal, but not high enough to be diagnosed as diabetes.

If untreated, diabetes can have serious consequences. Yet many people can lower their risk of getting type 2 diabetes and prevent complications through lifestyle changes such as regular exercise, and, most importantly, a good diet.

## Type 1 Diabetes

Type 1 diabetes is usually diagnosed in childhood or young adulthood, but can develop at any age. It occurs when beta cells of the pancreas no longer make insulin, which results in blood sugar levels that stay too high.

## Type 2 Diabetes

Type 2 is the more common type of diabetes, and can occur at any age, even childhood. Being overweight significantly increases your risk of developing this type of diabetes, but losing just 5% of your body weight can help control the signs and symptoms of type 2 diabetes.

## About Medifast Products for People with Diabetes

Medifast has been proven to help people lose weight in multiple clinical studies. It's the brand recommended by over 20,000 doctors since 1980.

Medifast Meals give you over 70 different choices, including shakes, soups, sloppy joe, chili, oatmeal, eggs, fruit drinks, iced teas, hot beverages, bars, pretzel sticks, brownies and soft bakes, puddings, soft serve, bites, pancakes, and more.

All Medifast Meals are safe for people with diabetes, and can be used in certain Medifast plans with your health care provider or diabetes specialist's permission.

## Using Medifast with Type 1 Diabetes

If you have type 2 diabetes, any plan on the Medifast Program is safe for you to use. However, if you have type 1 diabetes, there are certain guidelines you must follow to safely lose weight with Medifast.

Low blood sugar (hypoglycemia) can be very dangerous, which is why it's so important to work with your health care provider when you choose Medifast or any weight-loss plan that limits carbohydrates.



**If you have type 1 diabetes, it is essential to discuss Medifast with your health care provider or diabetes specialist before you start any of our plans for weight loss.**

Once your provider reviews your situation and gives you the go-ahead, you may start on Option 3: The Medifast 5 & 2 & 2 Plan. Your health care provider may decide it's safe for you to begin with one of our lower carbohydrate options, as long as he or she is closely monitoring your blood sugar levels and insulin needs. (See page 6 for details on the different options.)

Be sure to follow your health care provider's advice *exactly* to ensure you're getting enough carbohydrates to avoid a low blood sugar.

When you have diabetes, the most important thing is controlling your blood sugar levels, which are affected by what you eat. That's why your health care provider or diabetes specialist needs to know before you start the Medifast for Diabetes Program.

It's important that he or she monitors your blood sugar and medication dosages. Because the programs are low in calories and the products have a low glycemic index, your medications may need to be adjusted before you begin.

Medifast recommends careful blood sugar monitoring throughout your weight-loss program. Work with your health care provider to decide if you need to change any of your diabetes medications (pills, insulin, or both).

## Before Starting Your Medifast Program

We recommend you discuss all of your medical conditions and weight-loss plans with your health care provider before starting the Medifast Program.

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 health care provider says you have recovered or that your condition is stabilized.

**Note:**

- When following a weight-loss program, talk with your health care provider about any prescription medications, especially: Diabetes medications, High blood pressure medications, Coumadin® (warfarin) and Lithium.
- Weight-loss programs can induce rapid weight loss which may cause gallstones or gallbladder disease for those at high risk.

## Specialized Programs

Our special programs can help you get the most out of Medifast. For more information about successfully using Medifast, please visit our website to view specialized program guides for:

- *Medifast for Seniors Guide* (65 years and older)
- *Medifast for Nursing Mothers Guide*
- *Medifast for Gout Guide*
- *Medifast for Teens Guide* (13 to 18 years old)

## Information for Specific Needs

For more information about successfully using Medifast based on your specific needs, please visit our website to view the following handouts or information:

- *Using Medifast with Coumadin® (warfarin)*
- *Gluten-free Fact Sheet*
- *Thyroid Medication, Soy and Your Medifast Plan*
- *Vegetarian Information Sheet*
- *Bariatric Surgery and Medifast Information Sheet*

# Let's Get Started

Healthy weight-loss meal planning for people with diabetes is geared toward limiting calories while maintaining consistent healthy blood sugar levels.

The Medifast Plans are a good fit, since they're based on eating small meals every two to three hours that space carbohydrates and protein throughout the day, and reduce fat (especially trans fat).

## Choosing a Meal Plan

There are three different meal plans for people with diabetes. **You and your health care provider should determine which one is best for you.**

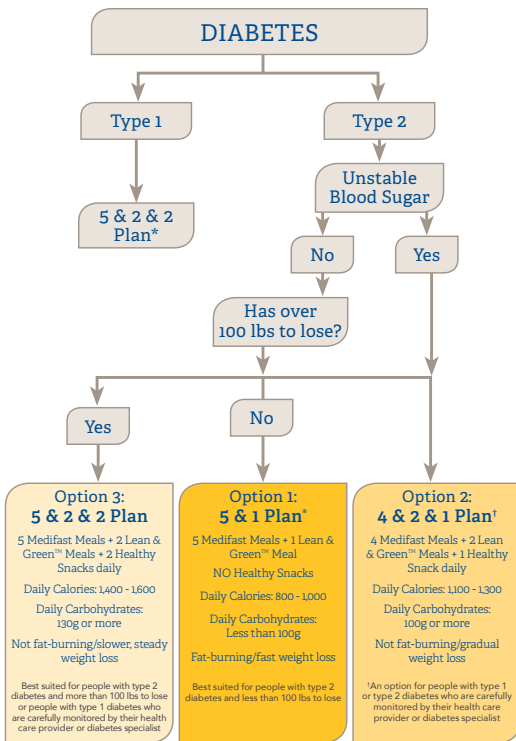
Your health care provider may choose to let you start with one option, then after you lose some weight, move you to another lower calorie plan later on. He or she will need to review your medications as you lose weight.

**The plans consist of:**



### Medifast Meals

Each day, you choose five Meals from over 70 different choices. All of the Medifast Meals have a similar nutritional profile and are interchangeable (except the Maintenance Bars; limit yourself to one per day while on the Medifast 5 & 1 Plan®).





## Lean & Green™ Meals

Each day, you also eat one Lean & Green™ Meal. Every Lean & Green™ Meal includes 5 to 7 ounces of lean protein plus three servings of vegetables and up to two servings of healthy fats, depending on your lean protein choices.

You can have your Lean & Green™ Meal any time of day—breakfast, lunch, dinner, or in-between—whatever works best for your schedule. If you like, you can divide the meal into two portions and eat half of it at a time. You'll find a list of choices for your lean protein and non-starchy vegetables on the following pages.



**Lean = lean protein**



**Green = non-starchy vegetables**



### Healthy Fats

Every day, you'll incorporate up to two servings of Healthy Fats into your Lean & Green™ Meal. Healthy Fats are important to help you absorb certain vitamins, like A, D, E, and K. They also help your gallbladder to work properly, so don't skip them. You'll find a listing of Healthy Fat choices on page 9.

*NOTE: If your plan allows for two Lean & Green™ Meals, you only get Healthy Fat servings for one of them, not both. This ensures your plan stays within calorie limits to help you lose weight.*



### Healthy Snacks

(Options 2 & 3 only) a serving of fruit, dairy, or grain. For examples, see pages 10-12.

# Lean & Green™ Meal: The “Lean”

Choose the appropriate serving size of any protein from this list. We’ve broken down protein options into Leanest, Leaner, and Lean. All options are appropriate for the Medifast for Diabetes program—it’s just divided this way to help you make informed food choices and add appropriate Healthy Fat servings.

## Lean Tips:

- Portion size recommendations are for cooked weight
- Choose meats that are grilled, baked, broiled, or poached—not fried
- Each week, strive to eat at least two servings of fish rich in omega-3 fatty acids (such as salmon, tuna, mackerel, trout, or herring)
- Choose meatless options made with soybeans or textured vegetable protein



### LEANEST

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

#### FISH

cod, flounder, haddock, orange roughy,  
grouper, tilapia, mahi mahi, wild catfish,  
tuna (yellowfin steak or canned in water)

#### SHELLFISH

crab, scallop, shrimp, lobster

#### GAME MEAT

deer, buffalo, elk

#### GROUND TURKEY (or other meat)

≥ 98% lean

#### MEATLESS OPTIONS

14 egg whites, 2 cups of EggBeaters®,  
Boca Burgers (less than 6 g of carbs each)



### LEANER

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

#### FISH

swordfish, trout, halibut

#### CHICKEN

breast or white meat, without skin

#### GROUND TURKEY (or other meat)

95 - 97% lean

#### TURKEY

light meat

#### MEATLESS OPTIONS

15 oz Mori-nu® extra-firm tofu (bean curd), 2  
whole eggs plus 4 egg whites



### LEAN

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

#### FISH

salmon, tuna (bluefin steak), farmed  
catfish, mackerel, herring

#### LEAN BEEF

steak, roast, ground

#### LAMB

PORK CHOP (or Pork Tenderloin)

#### GROUND TURKEY (or other meat)

85 - 94% lean

#### CHICKEN OR TURKEY

dark meat

#### MEATLESS OPTIONS

15 oz Mori-nu® firm or soft tofu (bean curd),  
3 whole eggs (limit to once a week)

For additional meatless choices, please refer to our Meatless Options list online.



## Healthy Fat Servings

Add 0 - 2  
Healthy Fat  
servings daily  
based on your  
Lean choices:

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- 1 teaspoon of trans fat-free margarine
- Up to 2 tablespoons of low- carbohydrate salad dressing—Less than 5g of carbs and 5g of fat
- 5 - 10 black or green olives

# Lean & Green™ Meal: The “Green”

We’ve broken down vegetable options into Lower, Moderate, and Higher Carbohydrate levels. All options are appropriate on the Medifast 5 & 1 Plan®—the list is divided this way to help you make informed food choices.

## Choose 3 servings from the Green Options List

1 SERVING = ½ CUP VEGETABLES (unless otherwise specified)

### LOWER CARBOHYDRATE

#### 1 cup

collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)

#### ½ cup

celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)

### MODERATE CARBOHYDRATE

#### ½ cup

asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)

### HIGHER CARBOHYDRATE

#### ½ cup

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 (cooked), Swiss chard (cooked)

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, potatoes, onions, edamame, and Brussels sprouts) in order to enhance your weight-loss results. Once you’ve reached your weight-loss goal, we encourage you to include ALL vegetables for long-term health.



# Healthy Snacks for Option 2 or Option 3

Your Healthy Snack(s) should be incorporated into one of your six mealtimes throughout the day, so you're eating your Healthy Snack(s) at the same time as a Medifast Meal or Lean & Green™ Meal. You should maintain eating six meals each day (spaced two to three hours apart) for optimal blood sugar control.

- If you choose the Option 2 (Medifast 4 & 2 & 1 Plan), you may choose **one** Healthy Snack from the snack category of your choice (fruit, dairy, or grains). Remember to limit yourself to only one Healthy Snack each day.
- If you choose the Option 3 (Medifast 5 & 2 & 2 Plan), you may choose **two** Healthy Snacks from the snack categories of your choice (fruit, dairy, or grains). Remember to limit yourself to only two Healthy Snacks each day.
- If you choose Option 1 (Medifast 5 & 1 Plan®), you should **not** add any Health Snacks to your daily meal plan.



## FRUITS

A Healthy Snack serving of fruit is:

- 1 medium-sized piece of fresh fruit such as pears, apples, oranges, etc.
- ½ cup fresh cubed fruit such as watermelon, cantaloupe, honeydew, etc.
- ½ cup fresh berries such as blueberries, raspberries, boysenberries, etc.
- ½ cup canned fruit such as peaches, pears, or fruit cocktail (choose canned fruit packed in water or natural juices—not syrup)
- 17 fresh grapes
- ½ grapefruit
- ½ large banana or 1 small banana



## DAIRY

A Healthy Snack serving of dairy is:

- $\frac{1}{2}$  -1 cup (4 - 8 oz) low-fat yogurt—yogurt serving should be less than 120 calories, low-fat, and either plain (unflavored) or artificially sweetened (flavored)
- 1 cup unsweetened low-fat or fat-free milk (cow, soy, almond, or buttermilk)
- $\frac{1}{2}$  cup fat-free evaporated milk

NOTE: Always choose low-fat or fat-free dairy foods. Cheese (of any kind) should not be considered a dairy option, and therefore should not be counted as a healthy snack. See the Meatless Options list for information about including cheese in your weight-loss plan as a lean protein.



## GRAINS

A Healthy Snack serving of grain is:

**Bread:** Choose whole-grain varieties that have three or more grams of fiber per slice.

- 1 slice whole-grain bread
- 2 slices low-calorie, “light” whole-grain bread (less than 40 calories/slice)

**Cereal:** Choose a whole-grain option that has three or more grams of fiber per serving.

- $\frac{1}{2}$  -1 cup cold cereal such as bran flakes, etc.
- $\frac{1}{2}$  cup cooked cereal

**Additional whole-grain options:**

- $\frac{1}{3}$  cup cooked brown or wild rice
- $\frac{1}{2}$  cup whole-wheat pasta

Check the food-label ingredient list to ensure the starch or grain products you choose are made from “whole-grain” sources, which should appear first in the ingredient list—examples include whole wheat, whole rye, and whole oats.

# Extras for Option 1



## Optional Condiments

To flavor your meals and make your Medifast Program more enjoyable, you have the option of adding condiments to your food selections. Medifast recommends reading food labels for carbohydrate information and controlling your condiment portions for optimal weight-loss results. Enjoy up to THREE servings a day.

## Optional Snacks

In addition to your five Medifast Meals and one Lean & Green™ Meal, you may choose to include ONE of the following optional snacks each day. Medifast-approved optional snacks include:

- 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.

## Flavor Infusers™









Enjoy your daily drinking water intake—infuse it with flavor!

- Essential1®: Calorie Burn—add a packet to your drinking water for delicious flavor and an extra metabolism boost!
- Essential1®: Antioxidants—the antioxidants in these convenient flavor packs support health cell at just five calories.

*For a comprehensive list of condiments, healthy fats, and portion recommendations, visit us online.*

# Option 1: The Medifast 5 & 1 Plan®


Every day, it's as simple as: any 5 Medifast Meals +  
1 Lean & Green™ Meal

<b>BREAKFAST</b>		DAY 1
■ Medifast Eggs		
<b>MID-MORNING</b>		
■ Medifast Shake		
<b>LUNCH</b>		
■ Medifast Soup		
<b>MID-AFTERNOON</b>		
■ Medifast Crunch Bar		
<b>DINNER</b>	  	
■ 6 oz grilled chicken breast		
■ 1-½ cups cooked zucchini		
■ 1 tsp olive oil		
<b>EVENING</b>		
■ Medifast Pudding		


KEY	 Medifast Meals	 Lean	 Green	 Healthy Fats
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# Option 1 Meal Plans (cont.)



DAY 2

**BREAKFAST** 


- Medifast Oatmeal

**MID-MORNING** 


- Medifast Hot Drink

**LUNCH**  


- 5 oz grilled salmon
- 2 cups mixed green salad, ½ cup mixed diced tomatoes, cucumbers, and celery

**MID-AFTERNOON** 

- Medifast Pretzel Sticks




**DINNER** 

- Medifast Soup


**EVENING** 

- Medifast Cold Drink


DAY 3

**BREAKFAST**   


- 2 cups EggBeaters®
- 1–½ cups mixed sautéed mushrooms, green peppers, and tomatoes
- 2 tsp margarine

**MID-MORNING** 


- Medifast Hot Drink

**LUNCH** 


- Medifast Soup

**MID-AFTERNOON** 

- Medifast Shake

**DINNER** 

- Medifast Soup

**EVENING** 

- Medifast Soft Serve



## BREAKFAST



- Medifast Oatmeal

## MID-MORNING



- Medifast Crunch Bar

## LUNCH



- 6 oz grilled chicken breast
- 1 cup baby spinach salad greens, 1 cup mixed diced tomatoes, cucumbers and celery
- 2 Tbsp low-carb dressing

## MID-AFTERNOON



- Medifast Iced Tea

## DINNER



- Medifast Bites

## EVENING



- Medifast Pudding

## BREAKFAST



- Medifast Pancakes

## MID-MORNING



- Medifast Soup

## LUNCH



- Medifast Ready-to-Drink Shake

## MID-AFTERNOON



- Medifast Hot Drink

## DINNER



- 2 Boca® Meatless Burgers Original (no bread)
- 1 cup sautéed spinach, ½ cup portabella mushroom caps
- 2 tsp canola oil

## EVENING



- Medifast Soft Serve

KEY



Medifast Meals



Lean



















Green



Healthy Fats

# Option 1 Meal Plans (cont.)











DAY 6	
<b>BREAKFAST</b>	
■ Medifast Hot Drink	
<b>MID-MORNING</b>	
■ Medifast Soup	
<b>LUNCH</b>	
■ Medifast Soft Bake	
<b>MID-AFTERNOON</b>	
■ Medifast Pudding	
<b>DINNER</b>	  
■ 7 oz baked orange roughly	
■ 1–½ cups eggplant	
■ 2 tsp canola oil	
<b>EVENING</b>	
■ Medifast Soft Serve	

DAY 7	
<b>BREAKFAST</b>	
■ Medifast Pancakes	
<b>MID-MORNING</b>	
■ Medifast Oatmeal	
<b>LUNCH</b>	  
■ 7 oz sautéed shrimp	
■ 2 cups fresh baby spinach leaves ½ cup mixed diced tomatoes and mushrooms	
■ 2 Tbsp low-carb dressing	
<b>MID-AFTERNOON</b>	
■ Medifast Bites	
<b>DINNER</b>	
■ Medifast Soup	
<b>EVENING</b>	
■ Medifast Shake	

KEY	 Medifast Meals	 Lean	 Green	 Healthy Fats
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# Option 2: The Medifast 4 & 2 & 1 Plan










Every day, it's as simple as: any 4 Medifast Meals +  
2 Lean & Green™ Meals + 1 Healthy Snack

<b>BREAKFAST</b>		
■ Medifast Oatmeal		
<b>MID-MORNING</b>		
■ Medifast Hot Drink		
<b>LUNCH</b>	  	
■ 7 oz grilled shrimp		
■ 2 cups salad greens, ½ cup mixed broccoli and shredded red cabbage		
■ 2 Tbsp low-carb dressing		
<b>MID-AFTERNOON</b>		
■ Medifast Fruit Drink		
<b>DINNER</b>	 	
■ 6 oz grilled chicken breast		
■ 2 cups fresh baby spinach, ½ cup fresh mushrooms and tomatoes		
<b>EVENING</b>		 
■ Medifast Pudding made with		
■ 8 oz (1 cup) skim milk <i>(instead of water)</i>		










KEY	 Medifast Meals	 Lean	 Green	 Healthy Fats	 Healthy Snack
-----	----------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------

# Option 2 Meal Plans (cont.)

DAY 2

<b>BREAKFAST</b>	
■ Medifast Oatmeal	
<b>MID-MORNING</b>	
■ Medifast Hot Drink	
<b>LUNCH</b>	 
<ul style="list-style-type: none"> <li>■ 5 oz grilled salmon</li> <li>■ 2 cups mixed salad greens, ½ cup mixed diced tomatoes, cucumbers, and celery</li> </ul>	
<b>MID-AFTERNOON</b>	
■ Medifast Ready-to-Drink Shake	
<b>DINNER</b>	 
<ul style="list-style-type: none"> <li>■ 6 oz turkey (white meat)</li> <li>■ 1-½ cups mixed green beans and wax beans</li> </ul>	
<b>EVENING</b>	 
<ul style="list-style-type: none"> <li>■ Medifast Shake blended with</li> <li>■ 1 small banana</li> </ul>	

DAY 3

<b>BREAKFAST</b>	 
<ul style="list-style-type: none"> <li>■ 2 cups EggBeaters®</li> <li>■ 1-½ cups mixed sautéed mushrooms, green peppers, and tomatoes</li> </ul>	
<b>MID-MORNING</b>	
■ Medifast Hot Drink	
<b>LUNCH</b>	
■ Medifast Soup	
<b>MID-AFTERNOON</b>	 
<ul style="list-style-type: none"> <li>■ Medifast Shake blended with</li> <li>■ ½ cup raspberries</li> </ul>	
<b>DINNER</b>	 
<ul style="list-style-type: none"> <li>■ 5 oz pork loin</li> <li>■ 1-½ cups cauliflower</li> </ul>	
<b>EVENING</b>	
■ Medifast Soft Serve	

## BREAKFAST



- Medifast Oatmeal

## MID-MORNING



- Medifast Crunch Bar

## LUNCH



- 6 oz grilled chicken breast
- 2 cups romaine salad greens, ½ cup mixed diced tomatoes, cucumbers, and celery

## MID-AFTERNOON



- Medifast Shake

## DINNER



- 5 oz beef tenderloin tips
- 1–½ cups mushrooms
- ⅓ cup whole-grain beef flavored rice

## EVENING



- Medifast Soup

## BREAKFAST



- Medifast Eggs

## MID-MORNING



- Medifast Soup

## LUNCH



- 7 oz fresh flounder
- 1–½ cups steamed asparagus
- 2 tsp trans fat-free margarine

## MID-AFTERNOON



- Medifast Soup

## DINNER



- 6 oz deli turkey
- 1 cup spinach leaves
- 1 cup cooked broccoli
- 1 slice whole-grain bread

## EVENING



- Medifast Shake

KEY



Medifast Meals



Lean



Green



Healthy Fats



Healthy Snack

# Option 2 Meal Plans (cont.)

DAY 6

## BREAKFAST

- Medifast Crunch Bar

## MID-MORNING

- Medifast Soup

## LUNCH

- 2 Boca® Meatless Burgers Original (no bread)
- 1-½ cups sautéed spinach
- 2 tsp walnut oil

## MID-AFTERNOON

- Medifast Pudding blended with
- ½ cup fresh blueberries

## DINNER

- 7 oz baked orange roughy
- 1-½ cups broccoli

## EVENING

- Medifast Ready-to-Drink Shake

DAY 7

## BREAKFAST

- Medifast Hot Drink
- 8 oz (1 cup) fat-free yogurt

## MID-MORNING

- Medifast Pancakes

## LUNCH

- 7 oz sautéed shrimp
- 2 cups fresh baby spinach leaves, ½ cup mixed diced tomatoes and mushrooms

## MID-AFTERNOON

- Medifast Hot Drink

## DINNER

- 5 oz roast beef
- 1-½ cups seasoned cabbage

## EVENING


- Medifast Soft Bake

KEY  Medifast Meals  Lean  Green  Healthy Fats  Healthy Snack


# Option 3: The Medifast 5 & 2 & 2 Plan

Every day, it's as simple as: 5 Medifast Meals +  
2 Lean & Green™ Meals + 2 Healthy Snacks




**DAY 1**

**BREAKFAST** 


- Medifast Oatmeal

**MID-MORNING** 





- Medifast Hot Drink

**LUNCH**   



- 7 oz grilled shrimp
- 2 cups salad greens, ½ cup mixed broccoli and shredded red cabbage
- 2 Tbsp low-carb dressing

**MID-AFTERNOON** 

- Medifast Shake

**DINNER**    

- 6 oz grilled chicken breast
- 1 cup cooked baby spinach, ½ cup fresh mushrooms and tomatoes
- ⅓ cup brown rice
- Medifast Soup

**EVENING**  

- Medifast Pudding made with
- 8 oz (1 cup) skim milk (*instead of water*)

**KEY**  Medifast Meals  Lean  Green  Healthy Fats  Healthy Snack

# Option 3 Meal Plans (cont.)

DAY 3

## BREAKFAST



- 2 cups EggBeaters® scrambled
- ½ cup cooked spinach, 1 cup chopped mushrooms and tomatoes

## MID-MORNING



- Medifast Crunch Bar

## LUNCH



- Medifast Soup

## MID-AFTERNOON



- Medifast Pudding blended with
- ½ cup fresh blueberries

## DINNER



- 5 oz pork loin
- 1–½ cups cauliflower
- Medifast Shake

## EVENING



- Medifast Soup mixed with
- ½ cup whole-grain noodles

DAY 2

## BREAKFAST



- Medifast Oatmeal
- 8 oz (1 cup) fat-free yogurt

## MID-MORNING



- Medifast Hot Drink

## LUNCH



- 5 oz grilled salmon
- 2 cups mixed salad greens, ½ cup mixed diced tomatoes, cucumbers, and celery
- Medifast Pudding

## MID-AFTERNOON



- Medifast Soft Bake

## DINNER



- 6 oz turkey (white meat)
- 1–½ cups mixed green beans and wax beans

## EVENING



- Medifast Shake blended with
- 1 small banana



## BREAKFAST



- Medifast Eggs

## MID-MORNING



- Medifast Shake blended with
- ½ cup fresh blueberries

## LUNCH



- 6 oz grilled chicken breast
- 2 cups baby spinach salad greens, ½ cup mixed diced tomatoes, cucumbers, and celery
- Medifast Cold Drink

## MID-AFTERNOON



- Medifast Shake

## DINNER



- 5 oz beef tenderloin tips
- 1–½ cups mushrooms
- 1 small whole-grain roll

## EVENING



- Medifast Soft Bake

## BREAKFAST



- Medifast Pancakes

## MID-MORNING



- Medifast Crunch Bar

## LUNCH



- 7 oz fresh flounder
- 1–½ cups asparagus
- Medifast Soup

## MID-AFTERNOON



- Medifast Cheese Puffs
- 1 fresh apple

## DINNER



- 6 oz turkey (white meat)
- ½ cup mixed lettuce, tomatoes, and sprouts, 1 cup cooked broccoli
- 1 slice whole-grain bread
- 1 tsp trans fat-free margarine

## EVENING



- Medifast Shake

KEY



Medifast Meals



Lean



Green



Healthy Fats



Healthy Snack

# Option 3 Meal Plans (cont.)

DAY 6

## BREAKFAST



- Medifast Hot Drink

## MID-MORNING



- Medifast Crunch Bar

## LUNCH



- 2 Boca® Meatless Burgers Original (no bread)
- 1–½ cups sautéed spinach
- Medifast Soup

## MID-AFTERNOON



- Medifast Pudding blended with
- ½ cup fresh blueberries

## DINNER



- 7 oz baked orange roughy
- 1–½ cups sautéed eggplant
- 2 tsp walnut oil

## EVENING



- Medifast Shake made with
- 8 oz (1 cup) skim milk (instead of water)

DAY 7

## BREAKFAST



- Medifast Hot Drink
- 8 oz (1 cup) fat-free yogurt

## MID-MORNING



- Medifast Soup

## LUNCH



- 7 oz sautéed shrimp
- 2 cups fresh baby spinach leaves, ½ cup mixed diced tomatoes, and mushrooms
- 2 Tbsp low-carb dressing

## MID-AFTERNOON



- Medifast Pretzel Sticks

## DINNER



- 6 oz sliced turkey breast
- 1–½ cups seasoned cabbage
- Medifast Shake

## EVENING



- Medifast Brownie topped with
- ½ cup sliced strawberries

KEY



Medifast Meals



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# Tips for Success

## The first few days

As you begin the Medifast Program, you may feel hungry, tired, or irritable as your body adjusts to the reduction in calories. This is temporary, but make sure you keep close watch on your hunger during this time. Be sure to monitor your blood sugar levels and medications with your health care provider.

If you're excessively hungry or tired in the first few days, have an extra Medifast Meal or a couple additional ounces of lean protein (egg whites, etc.). It's better to have an extra Medifast Meal than to go off your program entirely. Within a few days, these symptoms will disappear, leaving you feeling energized and confident.

You can make this adjustment period easier:

- Pick a good day to start, when you don't expect any special events centered on food
- Stay busy
- Remind yourself that you are on a journey to improve your health—take it one day at a time
- Avoid the sights and smells of food and stay focused on your health goals

## Going forward

Here are some ways to make your Medifast Program easier and more effective:

**Space your meals carefully.** Eat every two to three hours to help control your blood sugar and maximize steady weight loss.

**Don't skip meals,** which can decrease your nutrient balance and slow down your metabolism—and your weight-loss results.

**Eat slowly and mindfully.** Spend at least 15 minutes eating each meal. Cut bars into small pieces and eat one little bite at a time.

## Tips for Success (cont.)

**Drink lots of fluids.** Make sure you get at least 64 ounces of water each day. In addition, you can have calorie-free beverages like unsweetened tea or coffee, sparkling water, or diet soda.

**Limit caffeine** to 300 mg a day. Following the 5 & 1 Plan® might make you more sensitive to caffeine.

**Avoid alcohol**, even “low carb” versions, since alcohol adds non-nutritious calories, stimulates your appetite, and can deplete your body of water. Even one drink can slow your weight loss.

**Keep a food journal** to track your successes, challenges, feelings, and observations, or track online at [MyMedifast.com](http://MyMedifast.com).



### Seeing results

Some people lose weight quickly in the first few weeks, and then experience slightly slower (yet steady) results as they go along. It's important to weigh yourself regularly (same scale, same time of day, same clothes each time). Sometimes your weight will change, even in the same day, due to differences in fluids, hormones, and other factors.

Beyond pounds, notice how your clothes fit as you lose body fat and inches. Most importantly, check in with how you feel, physically, mentally, and emotionally.

### Hitting a “plateau”

At some point, you may find that your weight loss slows down or seems to stop. If you notice you haven't lost any additional weight within a two-week period:

- Make sure you're following your plan exactly, not skipping meals, and sticking to your Lean & Green™ Meal guidelines, weighing and measuring your portions carefully
- Make sure you're drinking plenty of water—at least 8 glasses (64 oz) a day
- Pick the lowest carbohydrate vegetables from your Green Options list (page 9)
- Skip optional snacks to further reduce your carbohydrate intake
- Try a new form of exercise or add extra time or intensity to your current routine
- Over-exercising can slow weight loss, too. Keep your workouts to 45 minutes or less while you are on the 5 & 1 Plan®



## Exercise

Exercise is a necessary part of losing weight and maintaining your weight loss. If you do not currently exercise and are starting Option 1 (Medifast 5 & 1 Plan®), we recommend waiting two to three weeks before you begin an exercise program. However, if you are following Option 2 (Medifast 4 & 2 & 1 Plan) or Option 3 (Medifast 5 & 2 & 2 Plan), you can begin your exercise program today. Start an exercise program slowly, and gradually increase the time and intensity as your body allows.

## Exercise (cont.)

Choose an activity that you enjoy so you will stick with it. Most of our clients find walking to be the easiest activity to incorporate into each day. 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.

If you currently exercise and are following Option 1, we recommend cutting your exercise program in half for the first three weeks to adjust to the new calorie level. Afterward, you can increase the time and intensity of your exercise plan.

Listen to your body and only do what it allows. If you feel lightheaded or faint, stop your exercise and take a rest before you resume. Fluid intake is important when you exercise. You may find that you need additional water on the days you exercise, especially if it is hot outside.

Talk to your health care provider or a personal trainer to find an exercise program that is right for you. The *Medifast Exercise Guide* can also provide tips and guidance, especially for those just starting an exercise program.

If you have problems with the nerves in your feet or legs, your health care provider may want you to do a type of exercise that won't put stress on your feet, such as swimming, bicycling, rowing, or chair exercises.

No matter what kind of exercise you do, you should warm up before you start and cool down when you're done. To warm up, spend five to 10 minutes doing a low-intensity exercise such as walking. Then gently stretch for another five to 10 minutes. Repeat these steps after exercising to cool down.

### Exercise checklist for individuals with diabetes:

- Always check with your health care provider before starting any exercise program.

- Check blood glucose/sugar before exercise—do NOT exercise if blood glucose is less than 100 mg/dL or greater than 300 mg/dL.
- Discuss appropriate pre-exercise meal planning with your health care provider, registered dietitian, or certified diabetes educator.
- Drink plenty of fluids (water and sugar-free beverages).
- Wear your medic alert identification while exercising.
- Wear appropriate clothing and shoes.
- Check your feet daily for any sores, blisters, or abnormalities.
- Check blood glucose again after exercise.
- Have a plan in place so you know how to handle a low blood sugar.

## Transition

### Begin the Transition phase after you have reached your goal weight with the 5 & 1 Plan®.




There's life after weight loss, and it starts with Medifast's Transition phase. Once you've reached your weight-loss goal with the 5 & 1 Plan®, it's time to make the transition into lifelong healthier eating. The idea behind the transition phase is to gradually increase your calorie intake over time while re-introducing a wider variety of foods.

During Transition, you incrementally increase your daily caloric intake by reintroducing a different food group each week. The actual number of calories you need after Transition to maintain your weight is individual, and varies depending on factors such as height, weight, gender, age, and activity level.

### Sample transition chart

Once you've achieved your goal weight, follow this 6-week transition to an ultimate goal of less than 1,550 calories a day.

# Transition (cont.)

	Target # of calories	Medifast Meals	Lean & Green™ Meals	Additions
WEEK 1	850 – 1,050	5	1	1 cup (2 servings) of your favorite vegetables
WEEK 2	900 – 1,150	4	1	<i>In addition to your:</i> 1 cup of vegetables  2 medium-sized pieces of fruit <b>OR</b> 1 cup of cubed fruit or berries* (2 servings)
WEEK 3	1,000 – 1,300	4	1	<i>In addition to your:</i> 1 cup of vegetables AND 2 pieces of fruit OR 1 cup of cubed fruit or berries*  1 cup of low-fat or fat-free dairy (1 serving)
WEEK 4-6	1,100 – 1,550	3	1	<i>In addition to your:</i> 1 cup of vegetables AND 2 pieces of fruit OR 1 cup of cubed fruit or berries* AND 1 cup of low-fat or fat-free dairy  4- to 6-oz serving of lean meat** <b>AND</b> 1 serving of whole grain***

\*Fresh, or, if canned, unsweetened and packed in juice, not syrup.  
 \*\*Grilled, baked, poached, or broiled—not fried.

\*\*\*Examples: 1 slice of whole-grain bread, ½ whole-grain English muffin, ¾ cup high-fiber cereal, ½ cup whole-wheat pasta, or ½ cup brown rice.

# Maintenance

Once you've successfully completed your transition phase, the 5 & 2 & 2 Plan, or the 4 & 2 & 1 Plan, you're ready to sustain your weight loss and improved health for good. Monitoring your weight, balancing your calories, making smart food choices, and staying active can help you keep what you've worked so hard to achieve.

Like the transition phase, the maintenance phase isn't one-size-fits-all. Your gender, age, height, weight, and activity level will determine your calorie requirements. Make sure you order or download the Maintenance Guide on MedifastNow.com.



# 5 & 1 Plan<sup>®</sup>

## 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)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3	4	5

### Optional Condiments

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

### Optional Snack

<input type="text"/>
1

### Lean & Green<sup>™</sup> Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

Healthy Fat serving(s)

<input type="text"/>	<input type="text"/>
1	2

### Glasses of water (8 oz)

(check off each box; 64 oz total)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8

### Exercise/Activity

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How I felt today:



good



okay



bad

# 4 & 2 & 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)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3	4

### Healthy Snack

<input type="text"/>
1

### Lean & Green™ Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

Healthy Fat serving(s)

<input type="text"/>	<input type="text"/>
1	2

### Lean & Green™ Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

### Glasses of water (8 oz)

(check off each box; 64 oz total)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8

### Exercise/Activity

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How I felt today:



good



okay



bad

# 5 & 2 & 2 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)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3	4	5

### Healthy Snack

<input type="text"/>	<input type="text"/>
1	2

### Lean & Green™ Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

Healthy Fat serving(s)

<input type="text"/>	<input type="text"/>
1	2

### Lean & Green™ Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

### Glasses of water (8 oz)

(check off each box; 64 oz total)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8

### Exercise/Activity

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How I felt today:



good



okay



bad



**MED**  
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