

## Medifast Program Choices

Based on your personal, medical and social needs, select the Medifast program that's best for you. If you need to lose a lot of weight or you prefer to avoid all food choices, consider using the complete program for at least the first few months of your plan.

### 5 & 1 Plan (one meal a day)

- ◆ Five Medifast supplements a day
- ◆ Small meal once a day, consisting of a serving of meat plus either a green salad or one serving of low-starch vegetables.
- ◆ For anyone who wants a plan that includes some regular food
- ◆ Also recommended for anyone losing less than 25 pounds as well as for people with a complicated medical history or those over age 70

### Complete program (no food)

- ◆ Five or six Medifast supplements a day
- ◆ No regular food—Medifast replaces all meals
- ◆ For anyone who wants to lose 25 pounds or more
- ◆ If you wish, you can occasionally eat a small green salad, but you still take all five of your Medifast supplements.

### Alternating between plans

You can begin Medifast using the complete program, then later change to a modified plan or even go back and forth between the two options.

For example, you might routinely do the complete program but switch to the modified plan for special occasions or on weekends.

Weight loss averages approximately one-half pound a week slower on the modified plan as compared to the complete program.

## Daily Meal-5 & 1 Plan

On the 5 & 1 program, in addition to five Medifast supplements, you eat a small meal each day. You can eat the meal any time of day; simply schedule your Medifast packets around it.

### Your daily meal includes

1. One serving of lean meat\*
2. A green salad or a serving of low-starch vegetables  
(Do not eat any fruits or starchy foods such as breads or pasta.)

\* Important: The Medifast "Quick Start Guide" says to eat 7 ounces of meat, however, I don't recommend this large of serving size.

Regardless of the type of meat you choose, I recommend **4 ounce** (cooked) servings for women and **5 ounce servings** for men.

Lean meat serving*	Salad or vegetable serving
<p><b>Females: 4 to 5 ounces</b> <b>Males: 5 to 6 ounces</b></p> <p>* See important note above on recommended serving amounts.</p> <p><b>Low-fat meat choices</b></p> <ul style="list-style-type: none"> <li>• Chicken, turkey (no skin)</li> <li>• Fish, including shellfish or canned tuna or salmon</li> <li>• Lean cuts of beef, pork, lamb</li> <li>• Very lean ground beef</li> </ul> <p><b>Suggested preparation</b></p> <ul style="list-style-type: none"> <li>• Grill, bake or poach Use no-stick spray if frying.</li> <li>• You may add salt, pepper, herbs or spices as desired.</li> <li>• May use 1-2 teaspoons of condiments such as ketchup, mustard or barbecue sauce.</li> </ul>	<p>Limit your salad (including dressing) or vegetables to a total of 80 calories and 10 to 15 grams of carbohydrates.</p> <p><b>Option 1: green salad</b></p> <ul style="list-style-type: none"> <li>• 1-2 cups salad greens, any kind</li> <li>• Up to 1/4 cup raw vegetables: Peppers, onions, cucumbers, celery, mushrooms, radishes, alfalfa or bean sprouts, broccoli, carrots, tomatoes, cabbage</li> <li>• May use 1-2 Tablespoons low-fat or non-fat salad dressing.</li> </ul> <p><b>Option 2: cooked vegetables</b></p> <p>May have 1 to 1 1/2 cups of low-starch vegetables instead of salad</p> <p>Choose from asparagus, green beans, beets, broccoli, cabbage, cauliflower, snow peas, spinach, zucchini, tomatoes.</p>