



# Product Menu

## VARIETY PACKAGES

Medifast Variety Packages are an easy, economical way for you to order our most popular Medifast Meals. They contain the exact number of Medifast Meals for you to use in your 5 & 1 Plan.

### 4-Week Enhanced Variety Packages (140 Medifast Meals)

20 boxes of Medifast Meals +  
1 bottle of Super Omega-3 in each package

Medifast for Women (74008).....	\$327.50
Medifast for Men (74108).....	\$327.50
Medifast for Diabetes (74208).....	\$327.50

### 4-Week Core Variety Packages (140 Medifast Meals)

20 boxes of Medifast Meals in each package

Medifast for Women (74001).....	\$299.50
Medifast for Men (74101).....	\$299.50
Medifast for Diabetes (74201).....	\$299.50

### 2-Week Core Variety Packages (70 Medifast Meals)

10 boxes of Medifast Meals in each package

Medifast for Women (74300).....	\$154.50
Medifast for Men (74400).....	\$154.50
Medifast for Diabetes (74500).....	\$154.50

### Momentum by Medifast Variety Packages

Momentum Weight-Loss Package (74820) ..... \$353.50

14 boxes of regular Medifast Meals, 6 boxes of Momentum Meals, and 2 boxes of Momentum Flavor Infusers™ in each package

Momentum Maintenance Package (74800) ..... \$169.50

9 boxes of Momentum Meals and 1 box of Momentum Flavor Infusers™ in each package

## MEDIFAST READY-TO-DRINK SHAKES

Medifast's Ready-to-Drink Shakes are nutritious and fit into today's busy, on-the-go lifestyle. These shakes are sold by the box (1 serving) or by the case (24 servings).

Dutch Chocolate (68700).....	\$3.25/box	
Calories 90/ Fat 1.5/ Carbs 12/ Protein 11		\$69.95/case
French Vanilla (68800).....	\$3.25/box	
Calories 90/ Fat 1/ Carbs 12/ Protein 11		\$69.95/case

## MEDIFAST 70 SHAKES

Medifast 70 Shakes are specially formulated for men, or women who prefer more protein.



Dutch Chocolate 70 (52110).....	\$15.50/box
Calories 100/ Fat 1/ Carbs 13/ Protein 14	
French Vanilla 70 (52210).....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	
Strawberry Crème 70 (52310).....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	
Orange Crème 70 (52410).....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	
Banana Crème 70 (52460).....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	
Swiss Mocha 70 (60400).....	\$15.50/box
Calories 110/ Fat 0.5/ Carbs 13/ Protein 14	

## MEDIFAST 55 SHAKES

Medifast 55 Shakes are specially formulated for women.



Dutch Chocolate 55 (51710).....	\$15.50/box
Calories 90/ Fat 1/ Carbs 13/ Protein 11	
French Vanilla 55 (51810).....	\$15.50/box
Calories 90/ Fat 0/ Carbs 13/ Protein 11	
Strawberry Crème 55 (51910).....	\$15.50/box
Calories 90/ Fat 0/ Carbs 13/ Protein 11	
Orange Crème 55 (52010).....	\$15.50/box
Calories 90/ Fat 0.5/ Carbs 13/ Protein 11	
Banana Crème 55 (52060).....	\$15.50/box
Calories 90/ Fat 0/ Carbs 13/ Protein 11	
Swiss Mocha 55 (60300).....	\$15.50/box
Calories 90/ Fat 0.5/ Carbs 13/ Protein 11	

## HEALTH MANAGEMENT SHAKES

Medifast Health Management Shakes offer innovative weight-control and nutrition options for people dealing with specific health concerns.



### Medifast Plus for Women's Health

- Chocolate (71100)**..... \$15.50/box  
Calories 110/ Fat 1/ Carbs 15/ Protein 15
- Vanilla (71200)**..... \$15.50/box  
Calories 110/ Fat 1/ Carbs 15/ Protein 15

### Joint Health

- Chocolate (70700)**..... \$15.50/box  
Calories 100/ Fat 1/ Carbs 11/ Protein 15
- Vanilla (70800)**..... \$15.50/box  
Calories 100/ Fat 0.5/ Carbs 11/ Protein 15

### Coronary Health

- Chocolate (72200)**..... \$15.50/box  
Calories 100/ Fat 1/ Carbs 11/ Protein 14
- Strawberry (72300)**..... \$15.50/box  
Calories 100/ Fat 1/ Carbs 11/ Protein 14

### Appetite Suppression

- Chocolate (70900)**..... \$15.50/box  
Calories 100/ Fat 1/ Carbs 12/ Protein 15
- Vanilla (71000)**..... \$15.50/box  
Calories 100/ Fat .5/ Carbs 12/ Protein 15

### Medifast Plus for Diabetics Shakes

- Chocolate (69800)**..... \$15.50/box  
Calories 90/ Fat 1/ Carbs 10/ Protein 14
- Vanilla (69900)**..... \$15.50/box  
Calories 90/ Fat 0.5/ Carbs 9/ Protein 14
- Strawberry (70000)**..... \$15.50/box  
Calories 90/ Fat 0.5/ Carbs 9/ Protein 14

## MOMENTUM by Medifast

Momentum products are metabolism boosters with 100 mg of caffeine and 90 mg of EGCG.



**Flavor Infusers™** - each box contains 21 infusers

Add Flavor Infusers™ to your water. Flavor Infusers™ are not Meals.

- Green Tea Lemon (72500)**..... \$16.95/box  
Calories 5/ Fat 0/ Carbs 2/ Protein 0
- Mixed Berry (72510)**..... \$16.95/box  
Calories 5/ Fat 0/ Carbs 2/ Protein 0
- Strawberry Lemonade (72520)**..... \$16.95/box  
Calories 5/ Fat 0/ Carbs 2/ Protein 0

### Momentum Meals

- Banana Crème Shake (72490)**..... \$16.95/box  
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14
- Cappuccino (72470)**..... \$16.95/box  
Calories 100/ Fat 0/ Carbs 13/ Protein 14
- Chai Latte (72480)**..... \$16.95/box  
Calories 100/ Fat 0/ Carbs 13/ Protein 14

## MEDIFAST BARS

Medifast Bars give you the variety and convenience that your lifestyle demands, with the nutritional excellence your body needs. Limit one per day on the 5 & 1 Plan.



- Chocolate Bar (64800)**..... \$16.25/box  
Calories 160/ Fat 5/ Carbs 20/ Protein 11
- Chocolate Mint Bar (64900)**..... \$16.25/box  
Calories 160/ Fat 5/ Carbs 20/ Protein 11
- S'more Granola Bar (65450)**..... \$16.25/box  
Calories 160/ Fat 3/ Carbs 24/ Protein 10
- Fruit & Nut Granola Bar (65500)**..... \$16.25/box  
Calories 160/ Fat 3/ Carbs 24/ Protein 10
- Caramel Nut Bar (65440)**..... \$16.25/box  
Calories 170/ Fat 5/ Carbs 22/ Protein 10
- Oatmeal Raisin Bar (65400)**..... \$16.25/box  
Calories 150/ Fat 3.5/ Carbs 22/ Protein 11



## MEDIFAST CRUNCH BARS

These new Bars feature a great crunchy taste and a new formula that's lower in calories, total fat, and carbohydrates than the original Bars. That means you can enjoy more than one a day as part of your 5 & 1 Plan.



- Chocolate Mint Crunch Bar (64905)**..... \$16.25/box  
Calories 110/ Fat 3/ Carbs 13/ Protein 11
- Caramel Crunch Bar (65445)**..... \$16.25/box  
Calories 110/ Fat 3/ Carbs 12/ Protein 11
- Peanut Butter Crunch Bar (65005)**..... \$16.25/box  
Calories 110/ Fat 3.5/ Carbs 13/ Protein 11
- Chocolate Crunch Bar (64805)**..... \$16.25/box  
Calories 110/ Fat 3/ Carbs 13/ Protein 11
- Oatmeal Raisin Crunch Bar (65405)**..... \$16.25/box  
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11
- S'more Crunch Bar (65455)**..... \$16.25/box  
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11
- Strawberry Crunch Bar (65520)**..... \$16.25/box  
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11
- Cinnamon Roll Crunch Bar (65510)**..... \$16.25/box  
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11
- Fruit & Nut Crunch Bar (65505)**..... \$16.25/box  
Calories 110/ Fat 3/ Carbs 12/ Protein 11
- Lemon Meringue Crunch Bar (65205)**..... \$16.25/box  
Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

## MEDIFAST COLD DRINKS

Medifast cold drinks are crisp, refreshing, and fully-fortified Medifast Meals.



- Peach Iced Tea (66500)**..... \$15.50/box  
Calories 90/ Fat 0/ Carbs 12/ Protein 14
- Raspberry Iced Tea (66550)**..... \$15.50/box  
Calories 90/ Fat 0/ Carbs 12/ Protein 14
- Tropical Punch Fruit Drink (66560)**..... \$15.50/box  
Calories 90/ Fat 0/ Carbs 10/ Protein 15
- Cranberry Mango Fruit Drink (66570)**..... \$15.50/box  
Calories 90/ Fat 0/ Carbs 10/ Protein 15

### MEDIFAST HOT DRINKS

Medifast hot drinks are soothing and delicious Medifast Meals you can enjoy throughout the day.



- Hot Cocoa (57300)** .....\$15.50/box  
Calories 110/ Fat 1/ Carbs 14/ Protein 14
- Cappuccino (57350)**.....\$15.50/box  
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14
- Chai Latte (57360)** .....\$15.50/box  
Calories 100/ Fat 0.5/ Carbs 14/ Protein 14

### MEDIFAST PUDDING

Medifast Puddings are vitamin-rich Medifast Meals that taste like dessert.



- Vanilla Pudding (57410)**.....\$15.50/box  
Calories 110/ Fat 0/ Carbs 15/ Protein 13
- Chocolate Pudding (57400)**.....\$15.50/box  
Calories 110/ Fat 1/ Carbs 15/ Protein 14
- Banana Pudding (72850)** .....\$15.50/box  
Calories 110/ Fat 0.5/ Carbs 15/ Protein 14

### MEDIFAST SNACKS

Medifast Snacks are the perfect addition to your 5 & 1 Plan when you need something extra. Limit one per day. Snacks do not replace Meals.



- Apple Cinnamon Soy Crisps (57270)** ..... \$6.75/box  
Calories 70/ Fat 2/ Carbs 8/ Protein 4
- Ranch Soy Crisps (57260)**..... \$6.75/box  
Calories 60/ Fat 2/ Carbs 7/ Protein 5
- White Cheddar Soy Crisps (57250)**..... \$6.75/box  
Calories 70/ Fat 2/ Carbs 7/ Protein 5
- Multi-Grain Crackers (57230)**..... \$4.50/box  
Calories 50/ Fat 0/ Carbs 12/ Protein 1
- Garden Vegetable Crackers (57240)**..... \$4.50/box  
Calories 60/ Fat 0/ Carbs 12/ Protein 2

### SCRAMBLED EGGS

Medifast Scrambled Eggs are a great way to add variety at breakfast or any time throughout the day.



- Scrambled Eggs (72860)**..... \$15.50/box  
Calories 100/ Fat 2/ Carbs 10/ Protein 12

### SUPER OMEGA-3

For optimal health and longevity, everyone can benefit from daily omega-3 fatty acid supplements.



- Super Omega-3 (0160)**.....\$27.50/bottle of 60  
Calories 25/ Fat 2.5/ Carbs 0/ Protein 0

### MEDIFAST SOUPS & CHILI

Medifast Soups & Chili are great additions to your Medifast Meal choices.



- Maryland Crab Soup (69670)**..... \$15.50/box  
Calories 110/ Fat 1/ Carbs 15/ Protein 13
- Beef Vegetable Stew (69660)**..... \$15.50/box  
Calories 100/ Fat 1/ Carbs 14/ Protein 11
- Chicken & Wild Rice Soup (69650)**..... \$15.50/box  
Calories 100/ Fat 1/ Carbs 13/ Protein 10
- Chicken Noodle Soup (69600)**..... \$15.50/box  
Calories 90/ Fat 1/ Carbs 13/ Protein 9
- Homestyle Chili (69700)**..... \$15.50/box  
Calories 110/ Fat 1/ Carbs 15/ Protein 14
- Cream of Broccoli Soup (57000)**..... \$15.50/box  
Calories 110/ Fat 1.5/ Carbs 10/ Protein 15
- Cream of Chicken Soup (54300)**..... \$15.50/box  
Calories 110/ Fat 1.5/ Carbs 9/ Protein 14
- Cream of Tomato Soup (60600)**..... \$15.50/box  
Calories 110/ Fat 0.5/ Carbs 13/ Protein 14

### MEDIFAST OATMEAL

Medifast Oatmeal is a delicious way to begin your day with plenty of energy.



- Apple Cinnamon Oatmeal (58000)** ..... \$15.50/box  
Calories 100/ Fat 1.5/ Carbs 15/ Protein 11
- Blueberry Oatmeal (58010)**..... \$15.50/box  
Calories 100/ Fat 1.5/ Carbs 15/ Protein 11
- Maple & Brown Sugar Oatmeal (58020)**..... \$15.50/box  
Calories 100/ Fat 1.5/ Carbs 15/ Protein 11
- Peach Oatmeal (58030)** ..... \$15.50/box  
Calories 110/ Fat 1.5/ Carbs 16/ Protein 11



### ANTIOXIDANTS by Medifast

Medifast Shakes with antioxidants and Antioxidant Flavor Infusers™ offer a front-line defense against free radical and oxidative stress. These shakes are made with whey protein instead of soy.



**Flavor Infusers™** - each box contains 21 infusers

Add Flavor Infusers™ to your water. Flavor Infusers™ are not Meals.

- Citrus Margarita (72530)** ..... \$21.95/box  
Calories 5/ Fat 0/ Carbs 2/ Protein 0
- White Grape Peach (72540)** ..... \$21.95/box  
Calories 5/ Fat 0/ Carbs 2/ Protein 0
- Raspberry Açai (72550)**..... \$21.95/box  
Calories 5/ Fat 0/ Carbs 2/ Protein 0

### Shakes

- Blueberry (72400)** ..... \$18.95/box  
Calories 90/ Fat 0/ Carbs 13/ Protein 14
- Cherry Pomegranate (72410)** ..... \$18.95/box  
Calories 90/ Fat 0/ Carbs 13/ Protein 14
- Dark Chocolate (72420)** ..... \$18.95/box  
Calories 90/ Fat 0/ Carbs 13/ Protein 14

**PROGRAM MATERIALS**

FREE. Limit one per Client.

- a. Quick Start Guide (32191)
- b. Medifast for Teens Guide (41111)
- c. Medifast for Diabetes Guide (32241)
- d. Medifast for Seniors Guide (32251)
- e. Transition & Maintenance Guide (41061)
- f. Exercise Guide (41071)
- g. Ready, Set... Medifast! (41011)



a.



b.



c.



d.



e.



f.



g.

**ACCESSORIES**

All accessories are sold individually.

- 1. Shaker Jar (50010).....\$1.99
- 2. BlenderBottle® (50110).....\$7.50
- 3. The Secret Is Out: The Medifast Program Book (paperback) (41040).....\$19.95
- 4. My Daily Journal (TSFLDJ).....\$2.95
- 5. HealthMate Blender (50150).....\$39.95
- 6. Recipe Book (41091).....\$6.95



1.



2.



3.



4.



5.



6.

Health Coach: \_\_\_\_\_

Health Coach ID#: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Your Client ID#: \_\_\_\_\_



**TSFL.com**  
**(800) 572-4417**

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