

The Medifast 5 & 1 Plan is a flexible weight-loss program where you can “mix & match” any of our Medifast Meals five times per day. (Medifast Maintenance Bars, in the green wrapper, should be limited to one per day while on the 5 & 1 Plan, due to their higher caloric and carbohydrate content.)

Don't

- Eat extra carbohydrates. Just one slice of bread or a single piece of fruit can take you out of the Fat-Burning State, risking hunger, loss of energy, stronger cravings, and slower weight loss.

Do

- Make sure to have three Medifast Meals by 2:00 p.m. as part of your daily routine.
- Be sure to enjoy a Medifast Meal every two to three hours.
- Eat slowly! Spend at least 15 minutes eating each Medifast Meal.
Helpful Hint: Cut bars into small pieces to help you slow down while eating.
- Drink lots of water! Drink a minimum of 64 ounces of water a day.
- Use an optional snack if needed (up to 3 stalks of celery, 1 Medifast Soy Crisps, 1 Medifast Crackers, zero-calorie drinks, 2 dill pickle spears, 1/2 cup sugar-free Jello®, 1 sugar-free fruit-flavored Popsicle®).
- Start your Transition once you reach your goal weight. Refer to the Transition & Maintenance Guide.
- Exercise at least three times per week. Limit your exercise to 45 minutes of vigorous activity each day while on the 5 & 1 Plan. Refer to the Exercise Guide per session.
Helpful Hint: Walking is a great way to start your exercise program and keep stress levels low.
- Achieve Optimal Health by following our BeSlim® lifestyle.