

## Sample Menu

Before you eat or drink anything, start your day with a glass or two of ice water

*Note: Adjust times according to your schedule – DO NOT SKIP MEALS*

7:00am A Medifast Meal (Example: oatmeal or Shake - these meals and times are just examples; you may eat any meal in any order)

10:00am A Medifast Meal (Shake)

1:00pm A Medifast Meal (Soup)

4:00pm A Medifast Meal (Bar)

7:00pm **Lean & Green** (1 a day; breakfast, lunch or dinner)  
5 to 7oz of lean meat, fish or chicken and 1 ½ cups of vegetables or salad with lemon, olive oil & vinegar or light dressing

9:30pm End your day with a Medifast Meal (Shake or Pudding)

Approved snacks between meals: *Small Green Salad, (low fat or light dressing)*  
*Dill Pickles, Raw veggies*

DO NOT EAT:

- Starchy Vegetables (Carrots, Corn, Potatoes, Rice of any color, Beans, or Peas)
- Fruit and Fruit Juices, Sugar, Soda, Sweet Tea or Alcohol
- Bread, Pasta, Regular, low sugar or steel cut Oatmeal.

***Special Note: If you feel hungry you can have another shake***

- *Read the Quick Start guide book that comes with your food*
- *Stay in contact with your health advisor to enhance your success!*
- *Focus on your goal, not on what you can't eat. You'll be enjoying those foods again in a slimmer, healthier body!*