



**Take Shape  
For Life**  
*Life in Motion*

## • the 5&1 Plan

### **5&1 = Quick, Easy, Clinically Proven Weight Loss!**

Losing weight has never been easier than with Take Shape for Life. With the 5&1 Plan, there is no calorie counting, no points system, no diet pills and no confusion. The program consists of clinically proven foods designed to help you lose 3-5 pounds per week. Here's all you have to do:

**5** **Medifast Meals per day** (any 5 meals; limit 1 bar per day)  
**&1** **"Lean & Green" per day**

**Lean Meat** - 7 ounces of chicken, turkey or fish;  
or 5 ounces of lean beef, pork or lamb

**Salad/Vegetables** - 2 cups salad greens and up to  
1/2 cup raw vegetables (any kind); or 1 1/2 cups cooked vegetables.

You may also use 1-2 tablespoons of Medifast Dressing or  
any low fat and low carb dressing.

**Drink a minimum of 64 ounces of non-caloric fluids per day, preferably water.**

---

Because you eat every 2-3 hours, you will not be hungry or lack energy. You may stay on the 5&1 Plan until you have lost your desired amount of weight, then move to the Take Shape for Life Transition Plan.