



Take Shape
For Life®

featuring  **Medifast**
Meals

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.

2-Week 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
Medifast: Gluten-Free (74860)	\$154.50

4-Week Enhanced Variety Packages (140 Medifast Meals)

20 boxes of Medifast Meals + 1 bottle of Essential1: Heart Health 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 Variety Packages (140 Medifast Meals)

20 boxes of Medifast Meals in each package

Medifast for Women (74000).....	\$299.50
Medifast for Men (74100)	\$299.50
Medifast for Diabetes (74200).....	\$299.50
Medifast: Gluten-Free (74850)	\$299.50



MEDIFAST SHAKES

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)	\$3.35/box
Calories 90/ Fat 1.5/ Carbs 12/ Protein 11	\$64.95/case
French Vanilla (68800)	\$3.25/box
Calories 90/ Fat 1/ Carbs 12/ Protein 11	\$64.95/case

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	

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 SHAKES *(cont.)*

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

Medifast Plus for Women's 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

Medifast Plus for Women's 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

Medifast Plus for Women's 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

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



MEDIFAST DRINKS

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

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 Lattè (57360) \$15.50/box

Calories 100/ Fat 0.5/ Carbs 14/ Protein 14



Essential 1[®] ANTIOXIDANTS

Essential 1: Antioxidant products offer the essential goodness of fruit and chocolate without the calories or carbs.

Essential 1: Antioxidant Flavor Infusers™

Each box contains 21 servings

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

White Grape Peach (72640).....\$18.95/box

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Raspberry Açai (72650).....\$18.95/box

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Essential 1: Antioxidant Shakes

These shakes are made with whey protein instead of soy.

Cherry Pomegranate (72410).....\$15.95/box

Calories 90/ Fat 0/ Carbs 13/ Protein 14

Dark Chocolate (72420).....\$15.95/box

Calories 90/ Fat 0/ Carbs 13/ Protein 14



Essential 1[®] CALORIE BURN

Essential 1: Calorie Burn products are metabolism boosters with 100 mg caffeine and 90 mg of EGCG.

Essential 1: Calorie Burn Flavor Infusers™

Each box contains 21 servings

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

Green Tea Lemon (72600).....\$15.95/box

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Mixed Berry (72610).....\$15.95/box

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Strawberry Lemonade (72620).....\$15.95/box

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Essential 1: Calorie Burn Cappuccino

Cappuccino (72630).....\$15.95/box

Calories 100/ Fat 0/ Carbs 13/ Protein 14



MEDIFAST 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



MEDIFAST BARS

Medifast Bars give you the variety and convenience that your lifestyle demands, with the nutritional excellence your body needs.

Maintenance Bars

Limit these bars to one per day on the 5 & 1 Plan.

Chocolate Mint Bar (64900).....\$16.25/box

Calories 160/ Fat 5/ Carbs 20/ Protein 11

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

Crunch Bars

These new Bars feature a great crunchy taste and a new formula that's lower in calories, total fat, and carbohydrates than our Maintenance Bars. That means you can enjoy more than one per 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 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



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

- 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
- Homestyle Chili (69700)**.....\$15.50/box
Calories 110/ Fat 1/ Carbs 15/ Protein 14



MEDIFAST PUDDING

Medifast Puddings are vitamin-rich 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 BROWNIE

If you like the taste of freshly baked brownies, still warm from the oven, you'll love this new Medifast Meal.

- Brownie with real chocolate chips (57500)**.....\$15.50/box
Calories 110/ Fat 2/ Carbs 15/ Protein 11



MEDIFAST PRETZELS & PUFFS

Though these sweet and savory new products will tempt your taste buds, they are NOT snacks: Each bag contains a complete, fully fortified Medifast Meal that is ready to go and ready to eat wherever you are! Our new Pretzels and Puffs provide just the right balance of fiber and high-quality protein to keep you feeling full and satisfied, plus your daily requirement of 24 vitamins and minerals!

Pretzel Sticks

Honey Mustard Pretzel Sticks (67260) \$15.50/box
Calories 110/ Fat 3/ Carbs 15/ Protein 11

Cinnamon Pretzel Sticks (67250) \$15.50/box
Calories 110/ Fat 3/ Carbs 15/ Protein 11

Cheese Puffs

Chili Nacho Cheese Puffs (67240) \$15.50/box
Calories 110/ Fat 2.5/ Carbs 14/ Protein 11

Parmesan Cheese Puffs (67230) \$15.50/box
Calories 110/ Fat 2.5/ Carbs 14/ Protein 11



MEDIFAST SNACKS

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

Soy Crisps

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

Crackers

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



Essential 1[®] DIETARY SUPPLEMENTS

Taking these supplements every day is a powerful habit of health that supports your vitality and well-being.

Essential1: Digestive Health

This new dietary supplement combines a custom probiotic capsule and a natural enzyme blend tablet in one convenient daily pack. Eat well, stay balanced, feel great!

Essential1: Digestive Health (0165) \$24.95/box
Calories 0/ Fat 0/ Carbs 0/ Protein 0

Essential1: Heart Health Super Omega-3

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

Essential1: Heart Health Super Omega-3 (0161) \$24.95/btl of 60
Calories 25/ Fat 2.5/ Carbs 0/ Protein 0

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*
Paperback Book (41040)..... \$19.95
4. My Daily Journal (TSFLDJ)..... \$2.95
5. HealthMate Blender (50150)..... \$39.95
6. Recipe Book (41091)..... \$6.95
7. Lean & Green™ Meal Cookbook (42331)..... \$12.95



1.



2.



3.



4.



5.



6.



7.

PROGRAM MATERIALS

Limit one per Client.

- a. Quick Start Guide (32191).....\$1.00
- b. Medifast for Teens Guide (41111).....\$1.00
- c. Medifast for Diabetes Guide (32241).....\$1.25
- d. Medifast for Seniors Guide (32251).....\$1.00
- e. Transition & Maintenance Guide (41061).....\$2.00
- f. Exercise Guide (41071).....\$1.00
- g. Ready, Set, Medifast (41811).....\$2.25



a.



b.



c.



d.



e.



f.



g.

Health Coach: _____

Health Coach ID#: _____

Phone: _____

Email: _____

Your Client ID#: _____

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