

Joe  
Lost 225 lbs.\* with  
Take Shape For Life

An old friend called and told me about this weight-loss program he had started and the incredible results he experienced. I purchased a one month supply of Medifast Meals and my Take Shape For Life journey began. I have now lost 225 pounds and see myself as a "doer", not a "watcher." Thanks Take Shape For Life!



\* Results may vary



**MED  
LISTED  
NYSE**



## Quick Start Guide





# Your Health Coach's Information

Name \_\_\_\_\_

ID# \_\_\_\_\_

Phone No. \_\_\_\_\_

Email \_\_\_\_\_

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



## Congratulations!

You've taken a major first step in controlling your weight and improving your health, and Take Shape For Life is ready to help you, starting right now.

The Take Shape For Life Program gives you what you need to change your lifestyle, reach a healthy weight, maintain it, and enjoy improved health.

As you're reading through this Quick Start Guide, your Health Coach can answer any questions you have, and help you apply the Take Shape For Life BeSlim™ lifestyle to your life.

## How Take Shape For Life works

The Take Shape For Life Program incorporates Medifast Meals, which are individually portioned, calorie- and carbohydrate-controlled, and low fat. Every Meal provides adequate protein and is fortified with vitamins and minerals. Medifast products were developed by physicians and clinically-proven safe and effective for weight loss. **The 5 & 1 Plan** creates a fat-burning state in your body while keeping you feeling full. You can lose weight quickly while preserving muscle tissue.

### With the 5 & 1 Plan...

- You eat 6 meals a day, so **you're not hungry**.
- You **lose weight fast** – 2 to 5 pounds a week, on average.
- With a Variety Package, **you pay about \$10 per day** – less than the \$16 per day that the average American spends on food.
- Your Medifast Meals **go with you anywhere**, so the Plan fits in with even the busiest lifestyles.

Most important, Take Shape For Life pairs you with a Health Coach, who is your personal ally throughout each phase – weight loss, transition, and maintenance – to support you and your new, healthier weight for the long term.

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## VALUABLE CONTACTS

Orders and Information  
**Toll-free: 800.572.4417**  
**Online: TSFL.com**  
Includes a support center and  
inspiring success stories



John, Thuxoan, Jennifer, and Brent lost a combined 443 lbs.\*

\*Individual results may vary

## Let's Get Started

The first three days on the **5 & 1 Plan** are critical to your success, so work with your Health Coach to pick a starting day when you don't anticipate any special events that involve a lot of food. Get ready to commit to your **5 & 1 Plan**, and lasting changes for your new, healthier life.

### Consult with your physician

We recommend that you contact your physician or qualified medical practitioner before starting with Take Shape For Life, and stay in regular touch throughout your weight-loss progress. You'll want your doctor's supervision if you are:

- Over the age of 70
- Under the age of 18
- Living with diabetes, hypertension, or other serious medical conditions
- Taking medications, especially those for diabetes.

In addition, your Health Coach or Health Professional is just a phone call away, and can provide support as you begin. Please note that your Health Coach is not a substitute for a physician or qualified practitioner.

## Client Contact Center (800) 572-4417

### Placing an order

You can:

- Order directly from your Health Coach.
- Order online at [TSFL.com](http://TSFL.com) or through your Health Coach's Web site.
- Call our Client Contact Center at (800) 572-4417.
- Fax your order to (410) 581-2137.

*Be sure to use your Health Coach's ID# and your own Client ID# whenever you order.*

**Payment:** Have your Visa, MasterCard, Discover, or American Express card ready when you call (no C.O.D.s).

**Shipping:** All orders are processed within 24 hours and shipped the next business day. Allow 5 – 7 business days for standard shipping; 3 – 4 business days for expedited shipping (additional charge). BeSlim™ Club orders of \$200 or more (total after coupons and discounts) get FREE standard shipping anywhere in the U.S. Non-BeSlim™ Club orders of \$275 or more (total after coupons and discounts) get half-price standard shipping anywhere in the U.S.

**Returns and exchanges:** Contact your Health Coach, refer to the policy printed on the back of your packing slip, or visit [TSFL.com](http://TSFL.com) for more information.



Shannon lost 75 lbs.\*

\*Individual results may vary

# Take Shape For Life: Your Support System

## Weekly Take Shape For Life support calls

Three times a week, you can touch base through interactive calls that help you achieve your goals and maximize your success with valuable information and tips from health professionals.

### Nurses' Support Call

Monday 8:30 p.m. ET  
Call: (646) 519-5860  
PIN: 0971#  
Recorded playback: (212) 461-2692

### Stay in Shape! Maintenance Call

Wednesday 8:00 p.m. ET  
Call: (512) 225-9427  
PIN: 77421#  
Recorded playback: (512) 505-6863

### Doctors' Support Call

Wednesday 8:30 p.m. ET  
Call: (646) 519-5860  
PIN: 0971#  
Recorded playback: (212) 461-8671

## Nutrition Support

(800) 509-1281  
NutritionSupport@TSFL.com

- Contact a Registered, Licensed Dietitian or a Certified Personal Trainer
- Get help with your program, nutrition information, and exercise guidelines
- Ask questions about products
- Get support

## Support In Motion

This vibrant online community features chats and inspiring message boards that help you connect with other Take Shape For Life clients and share their ups, downs, challenges, and successes. Your Health Coach can help you get connected.



Kelly lost 50 lbs.\*

\*Individual results may vary

# The 5 & 1 Plan

One simple plan, every day:



Every day choose five Medifast Meals from over 60 different, delicious choices, including shakes, soups, stew, chili, oatmeal, scrambled eggs, fruit drinks, iced teas, hot drinks, bars, and puddings. †Limit one bar per day, as they are higher in calories and carbohydrates than other Medifast Meals. Plenty of Medifast Meal choices are vegetarian-friendly, kosher, or soy-based – consult your Health Coach or TSFL.com for more information to meet your individual needs.



## PLUS 1 "Lean & Green" Meal



Once a day, enjoy a meal of lean protein and non-starchy vegetables at any time that works best with your schedule. You can prepare it yourself, grab it on the go, or enjoy it in a restaurant – as long as you follow the Lean & Green Meal guidelines.

# Lean & Green Meal: The “Lean”

Choose meats that are grilled, baked, broiled, or poached – not fried.

<p><b>LEANEST</b></p> <p>CHOOSE A 7 OUNCE PORTION AND 2 FAT SERVINGS (see list on page 6)</p> <p><b>Fish</b> - cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellow fin steak or canned in water), catfish (wild)</p> <p><b>Shellfish</b> - crab, scallop, shrimp, lobster</p> <p><b>Game meat</b> - deer, buffalo, elk</p> <p><b>Ground turkey or other meat</b> - ≥ 98% lean</p> <hr/> <p><b>MEATLESS OPTIONS*</b></p> <p>14 egg whites</p> <p>2 cups of Egg Beaters®</p> <p><b>Boca Burger®, Morningstar Farms®, or Garden Burger®:</b> Choose a variety with less than 6 grams of carbohydrates per patty. Serving size: 2 patties</p>	<p><b>LEANER</b></p> <p>CHOOSE A 6 OUNCE PORTION AND 1 FAT SERVING (see list on page 6)</p> <p><b>Fish</b> - swordfish, trout, halibut</p> <p><b>Chicken</b> - breast or white meat without skin</p> <p><b>Ground turkey or other meat</b> - 95 - 97% lean</p> <hr/> <p><b>MEATLESS OPTIONS*</b></p> <p>Tofu (extra firm variety) 15 ounces</p> <p>2 whole eggs plus 4 egg whites</p>	<p><b>LEAN</b></p> <p>CHOOSE A 5 OUNCE PORTION NO FAT SERVINGS NEEDED (see list on page 6)</p> <p><b>Fish</b> - salmon, tuna (blue fin steak), catfish (farmed)</p> <p><b>Lean beef</b> - beef steak, roast and ground beef</p> <p><b>Lamb</b></p> <p><b>Pork chop</b></p> <p><b>Pork tenderloin</b></p> <p><b>Ground turkey or other meat</b> - 85 - 94% lean</p> <p><b>Turkey or chicken</b> - dark meat</p> <hr/> <p><b>MEATLESS OPTIONS*</b></p> <p>3 whole eggs (limit to 1 time per week)</p> <p><b>Tofu</b> (firm and/or soft variety) 15 ounces</p>
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\*To see our Meatless Options List for additional choices and more detailed information, talk to your Health Coach, visit his or her website, or go to TSFL.com.

**NOTE:** Serving ounces represent cooked weight.

## Questions and Answers (cont.)

**Q. What if I’m pregnant or breastfeeding?**

**A.** You should not use the 5 & 1 Plan as a weight-loss program since your body has a higher caloric need while supporting a baby, but you may have Medifast Meals as part of your eating regimen if your doctor allows.

**Q. What if I’m lactose intolerant?**

**A.** You can use a non-prescription enzyme such as Lactaid® or stick with any of Medifast’s low-lactose and lactose-free selections. Talk to your Health Coach or visit TSFL.com for more information.

**Q. What if I’m not feeling well?**

**A.** Chances are you’ll feel great on the 5 & 1 Plan, especially after the first week when your body has adjusted to the program. If you continue to not feel well, consult your Health Coach, the Nutrition Support team, or your doctor.

**Q. What if I get constipated?**

**A.** You’re eating less, which can cause less frequent bowel movements. If you feel constipated or experience hard stools, try:

- More fluids and more physical activity.
- 1 – 2 tablespoons of canola, flaxseed, or olive oil.
- Sugar-free fiber supplement (minimum dose for effectiveness).
- A stool softener or laxative if needed.
- Choose higher fiber vegetables from the Green Options List, such as broccoli, okra, spinach, or turnip greens.



Nancy lost 135 lbs.\*

# Questions and Answers

**Q. Are there any medical conditions or medications that would prohibit me from using the 5 & 1 Plan to lose weight?**

**A.** If any of the following apply to you, you should NOT use the 5 & 1 Plan for weight loss without your doctor's approval:

- Heart attack within the last 3 months
- Unstable angina
- Recent or recurring strokes or mini-strokes
- Severe liver or kidney disease
- Clotting disorders
- Active cancers
- Eating disorders
- Severe psychiatric illness
- Regular use of oral corticosteroids (more than 20 mg/day)
- Type 1 diabetes

**Q. What about other prescription medicines?**

**A.** Most prescription medications will not interfere with the 5 & 1 Plan. However, as you lose weight the dosage may need to be adjusted. Check with your doctor if you are using diuretics (water pills), lithium, or anti-seizure or thyroid medications.

**Q. Are antacids okay?**

**A.** Over-the-counter antacids and acid blockers are acceptable while you're on the 5 & 1 Plan.

**Q. What if I have diabetes?**

**A.** If you're taking medication for type 2 diabetes, make sure you inform your doctor BEFORE starting the 5 & 1 Plan, since losing weight may affect your medication requirements. If you have type 1 diabetes, the 5 & 1 Plan is not right for you. Please check with your doctor to see if you can incorporate Medifast Meals into your medically-approved diet.

**Q. What about high blood pressure?**

**A.** Consult your doctor BEFORE starting the 5 & 1 Plan, because as you lose weight, your blood pressure may go down, and your medications may need to be adjusted to avoid feelings of tiredness or weakness.

# Lean & Green Meal: The "Green"

Enjoy 3 servings of vegetables served raw, steamed, grilled, baked, or broiled – not fried.

Select any combination of 3 servings from the list below. Serving size is ½ cup unless otherwise noted. All vegetables on the Medifast 5 & 1 Plan Green Options List are good choices while on this meal plan; however, if you are having difficulty reaching or maintaining the fat-burning state, it may help to select from the lower and moderate carbohydrate categories (in addition to re-evaluating your condiment use and temporarily cutting back on your optional snack choices).

## MEDIFAST APPROVED VEGETABLE LIST

LOWER CARBOHYDRATE			
Mustard greens (1 cup)	Lettuce, butterhead (1 cup)	Celery	Sprouts: Alfalfa or mung bean
Collards, fresh/raw (1 cup)	Lettuce, iceberg (1 cup)	Cucumber	
Romaine lettuce (1 cup)	Spinach, fresh/raw (1 cup)	Mushroom, white	Turnip greens
Endive (1 cup)	Watercress (1 cup)	Radishes	
MODERATE CARBOHYDRATE			
Asparagus	Eggplant	Mushroom, portabella	Summer squash: zucchini and scallop
Cabbage	Fennel bulb		
Cauliflower	Kale	Spinach, cooked	
HIGHER CARBOHYDRATE			
Broccoli	Green or wax beans	Peppers: green, red, yellow	Tomato, red ripe or canned
Cabbage, Red	Kohlrabi	Scallions	Turnips
Collard or mustard greens, cooked	Okra	Summer squash: crookneck and straightneck	Winter squash: spaghetti squash ONLY

Starchy vegetables such as carrots, corn, onions, peas, potatoes, and brussels sprouts are healthy, but have too many carbohydrates to maintain your fat-burning state on the 5 & 1 Plan. You can enjoy them again – along with all vegetables – in your Maintenance phase once you've reached your weight-loss goal.

## Healthy fat servings

A small amount of healthy fat is essential for your body, helping you absorb certain vitamins, such as A, D, E, and K. Fat gives you a satisfying sense of fullness when you eat, and is essential for your gallbladder to function properly. Not all fats are created equal. Limit your intake of trans and saturated fats, found in things like butter, for best overall health.

Here are examples of Healthy Fat Servings allowed on the **5 & 1 Plan**. Add 0 – 2 servings daily based on your Lean choices (page 4):

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- 5 to 10 green or black olives
- up to 2 tablespoons of low-carbohydrate salad dressing (containing less than 6 grams of carbohydrates and approx. 5 grams of fat per serving)
- 1 teaspoon of trans fat-free margarine.

For additional Healthy Fat Serving options, talk to your Health Coach or visit [TSFL.com](http://TSFL.com).



## Condiments and seasonings

Enjoy up to 3 servings a day. Each of the following equals one serving:

- ½ teaspoon of dried herbs and spices, catsup, BBQ sauce, or cocktail sauce
- 1 tablespoon of yellow mustard, salsa, soy sauce, fresh herbs, unsweetened milk or soy milk, balsamic vinegar, chopped onion, or lemon or lime juice
- Up to 2 tablespoons of sugar-free flavored syrup (Torani®, DaVinci®, etc.)
- 1 packet of artificial sweetener such as Equal® or Splenda®
- Up to 3 tablespoons of hot sauce, Tabasco® sauce, or red, white, or cider vinegar

For a more comprehensive list of condiments, talk to your Health Coach or visit [TSFL.com](http://TSFL.com).

## Optional snacks (NOTE: Snacks are not to be eaten in place of Medifast Meals)

In addition to your 5 Medifast Meals and 1 Lean & Green Meal, you may choose one of the following optional items per day:

- 3 celery stalks
- 1 fruit flavored sugar-free Popsicle®
- ½ cup of sugar-free gelatin dessert, such as Jell-O®
- Up to 3 pieces of sugar-free gum or mints
- 2 dill pickle spears

## Plan ahead

To make sure you don't run out of Medifast Meals, contact your Health Coach and re-order at least two weeks before your supply runs out. Your Health Coach can help you select individual foods or convenient Variety Packages.

Allow 5 – 7 business days for shipping. For fast orders, you can request expedited shipping by calling our Client Contact Center at (800) 572-4417.

**Save with the BeSlim™ Club**, Take Shape For Life's progressive savings program. Following your first order, you'll automatically begin saving!

Months 1 – 3: 5%

Months 4 – 6: 8%

Month 7 and beyond: 12%

Talk to your Health Coach about the great benefits of this program or visit [TSFL.com](http://TSFL.com) for details.



## Transition (cont.)

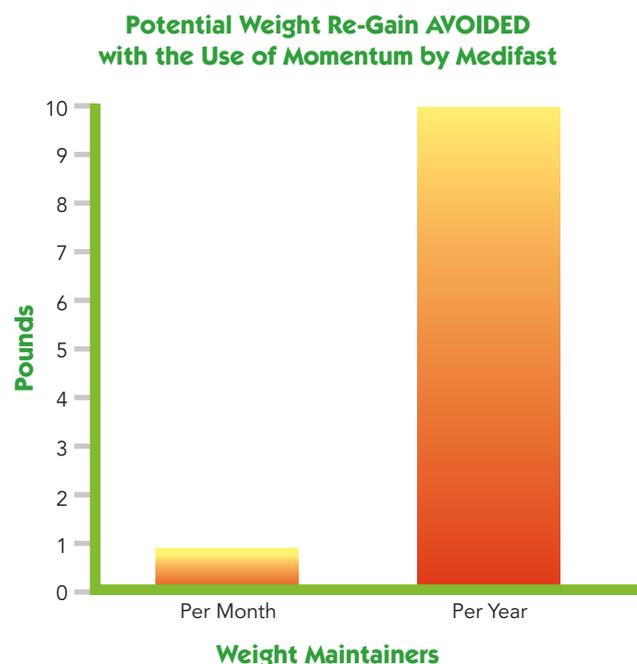
- Drink **calorie-free beverages**, including plenty of plain water.
- Restaurant servings are 2 – 4 times larger than normal. Get a **“to go” box** when you order at a restaurant and put at least half of your meal in the box as soon as it’s served. Or, **split your meal** with someone.
- Order **sauce or dressing on the side**, and use only a portion of it.
- Enjoy the superior nutrition of **Medifast Meals** as part of your lifelong approach to healthy eating.
- Stay in touch with **your Health Coach** and **friends on our Support In Motion Web site**, and reach out to new Take Shape For Life users: It’s a great way to make your new beginning an inspiration to someone else.

### If you regain weight

If you regain five or more pounds, consider going back on the **5 & 1 Plan** for a few weeks. Think of it as a short-term refresher to put you back where you want to be.

For an extra metabolism boost, try **Momentum by Medifast**. Momentum Meals and Flavor Infusers contain 100 mg of caffeine and 90 mg of EGCG to enhance fat burning and decrease appetite, and are specially designed to help you break through a weight-loss plateau and maintain weight in your maintenance phase.

Take an honest look at why the weight came back, and see if there are areas in your life where you can make lasting changes. Watch portion sizes, reduce stress, talk to your Health Coach, and take steps to address the emotional issues that can undermine your success.



Disclaimer: 100 mg of caffeine is equivalent to 1 cup of coffee. Consult with your physician before using this product. (This product may not be appropriate if you are sensitive to caffeine, advised by your doctor to limit caffeine, under the age of 18, or pregnant or nursing.) Recommended usage: Up to three (3) Momentum products daily (any combination of Meals and/or Flavor Infusers.) Consuming more than three (3) Momentum products daily will not have an additional effect on metabolism.

## Sample Meals for the 5 & 1 Plan

Planning what you’ll eat each day – and when – is an important key to success with the **5 & 1 Plan**. Below are two sample meal plans to give you an idea of how the plan can work for you. We recommend eating every 2 – 3 hours. Meal plans can be modified according to your own food preferences and schedule. Talk to your Health Coach today.

Remember, you can have your Lean & Green Meal anytime you like. You can also divide your Lean & Green Meal into two equal portions and consume one at lunch and the remainder with your dinner. For example, try having 3 ounces chicken breast with ½ cup broccoli at lunch and 3 ounces chicken breast plus 1 cup zucchini at dinner. Eat only the specified amounts of meat and vegetable portions each day. Be sure to always get in your 5 Medifast Meals.

**You’ll find lots of recipes and meal planning tools on TSFL.com, or ask your Health Coach.**

DAY 1	DAY 2
<b>Meal #1 – Breakfast</b> Medifast Scrambled Eggs	<b>Meal #1 – Breakfast</b> Medifast Apple Cinnamon Oatmeal
<b>Meal #2 – Mid-morning</b> Medifast Dutch Chocolate Shake	<b>Meal #2 – Mid-morning</b> Medifast Cappuccino <i>Recipe Suggestion:</i> Mix your Cappuccino with 1 tbsp of sugar-free French vanilla syrup
<b>Meal #3 – Lunch</b> Medifast Cream of Tomato Soup sprinkled with parsley flakes	<b>Lean &amp; Green Meal – Lunch</b> 6 oz grilled chicken breast, 2 cups romaine lettuce, ½ cup total diced tomatoes, cucumber, and celery, 2 tbsp low-carb salad dressing
<b>Meal #4 – Afternoon</b> Medifast Caramel Nut Bar	<b>Meal #3 – Afternoon</b> Medifast Strawberry Crème Shake
<b>Lean &amp; Green Meal – Dinner</b> 5 oz grilled salmon, 1-½ cups cooked asparagus	<b>Meal #4 – Dinner</b> Medifast Chicken Noodle Soup
<b>Meal #5 – Evening</b> Medifast French Vanilla Shake	<b>Meal #5 – Evening</b> Medifast Chocolate Pudding

# Tips for Success on Your 5 & 1 Plan

## The first few days

Achieving the fat-burning state on the 5 & 1 Plan takes two to five days. During this time you may feel tired, hungry, or irritable, and/or experience headaches or lightheadedness as your body adjusts.

This is temporary, so hang in there. Within about 72 hours, you start to burn fat, and you'll feel energized and less hungry – and you'll get the thrill of seeing results.

Here are some other tips to get you through the first few days:

- If you're really struggling with hunger or fatigue in your first days, don't give up: Have an extra Medifast Shake, and stick to your program the following day.
- Stay busy and occupied.
- Avoid tempting sights and smells of foods until you're strong.
- Call your Health Coach, who can answer questions and offer support and encouragement.



## Going forward

Here are more ways to make your weight-loss phase easier and more effective:

**Eat every 2 – 3 hours** – Eating consistently will keep you feeling full and help you lose weight and establish a healthy lifestyle habit.

**Don't skip meals** – Make sure you eat all six meals each day to keep your body well nourished and your metabolism active.

**Eat slowly** – Spend at least 15 minutes eating each meal. You can cut bars into smaller pieces to slow you down.

**Drink lots of fluids** – Drink at least 8 cups (64 oz total) of water each day, as well as any calorie-free beverages such as unsweetened hot or iced tea, herbal teas, coffee, diet sodas, and sugar-free drink mixes.

**Limit caffeine** – Your low-calorie Medifast Meals can make you more sensitive to caffeine, so limit coffee and other caffeinated beverages to 3 servings (or 300 milligrams total) each day.

# Maintenance

## Living the BeSlim™ lifestyle

The ultimate goal of the BeSlim™ lifestyle is helping you sustain a healthy weight and an active lifestyle for the rest of your life.

Once you've completed your transition phase successfully, you're ready for the maintenance phase of Take Shape For Life: Monitoring your weight, balancing your calories, making smart food choices, and staying active so you can keep what you've worked so hard to achieve.

Like the transition phase, the maintenance phase isn't one-size-fits-all. Your gender, age, height, weight, and activity level will determine your calorie requirements. Make sure you order your free copy of the **Take Shape For Life Transition & Maintenance Guide** directly from your Take Shape For Life Health Coach, through his or her Web site, or at TSFL.com.

## Other hints for lifelong healthy eating

- Make **vegetables** account for ½ of your plate at mealtime.
- Eat at least 2 servings of **fruit** each day.
- Choose **lean cuts of meat** in 4 – 6 oz servings (about the size of one to two deck(s) of cards or a computer mouse).
- **Bake, grill, steam, poach, and broil.** Avoid fried foods and cream sauces.
- Read **food labels** for serving size information.

## The BeSlim™ Lifestyle

*6 components for achieving Optimal Health*

- **Breakfast every day:** High quality fuel, such as delicious Medifast Oatmeal, Cappuccino, or Chai Latte, is essential to start your day off right.
- **Exercise:** Continued exercise increases metabolism and provides strength, flexibility, and mental clarity.
- **Support:** Your Health Coach helps you reach and maintain your goals, with coaching, tools, education, and caring support.
- **Low-fat meals 5 – 6 times a day:** Eating frequently and controlling portion sizes and total calories, especially those from fat, are critical for success.
- **Individual plan:** Create an individual plan for achieving Optimal Health and building skills and strategies to cope with everyday life.
- **Monitor:** Weighing yourself weekly helps you maintain your optimal weight and catch weight regain before it becomes a challenge.

## Transition (cont.)



The sample transition chart on the previous page reflects an 8-week transition to an ultimate goal of 1,500 calories a day for weight maintenance. Your transition needs may be different depending on your gender, age, height, weight, and activity level.

The **Take Shape For Life Transition & Maintenance Guide** helps you create an individualized approach to staying at your new, healthier weight using the BeSlim™ lifestyle. Get your free copy by contacting your Health Coach or visiting [TSFL.com](http://TSFL.com).

## Tips for Success on Your 5 & 1 Plan (cont.)

**Avoid alcohol** – Alcohol adds calories and may increase your appetite. Even one drink per day (including low-carb versions) can slow down your weight loss.

**Keep a journal** – It's important to track your progress, and the Support In Motion Web site makes it easy. Plus, you can share your thoughts with others who are using Medifast Meal plans. Your Health Coach can help you register.

### Exercise

Exercise is a necessary component for weight management and overall health.

- **If you are not exercising regularly when you start the 5 & 1 Plan, you should wait 2 – 3 weeks before you begin an exercise program.**
- Take it slow at first – just 10 or 15 minutes a day – and gradually increase the time and intensity of your activity.
- Choose something you enjoy and can stick with, such as walking, swimming, or bike riding, and make it a daily habit.
- **If you already exercise, cut back on your workout routine by half (decrease intensity, time, or frequency) for your first 2 – 3 weeks on the 5 & 1 Plan while your body adjusts to the lower calorie food intake.**
- **Limit exercise to a maximum of 45 minutes of vigorous activity daily**, so you're not burning more calories than you're taking in on the 5 & 1 Plan.
- Whenever you exercise, be sure to listen to your body and don't push yourself past your limit. Stop immediately if you feel faint or light-headed.
- Drink plenty of water, especially if you are exercising outside in warm weather.

### Seeing results

Some people may lose weight more rapidly during the first few weeks of the 5 & 1 Plan, then experience slightly slower, yet steady, results as they go along. Weighing yourself in a consistent manner is important: Use the same scale at the same time of day and wearing the same attire each time. Be sure to also consider other factors such as whether you're losing inches or noticing a difference in how your clothes fit.

# Tips for Success on Your 5 & 1 Plan (cont.)

## Hitting a “plateau”

At some point, you may find that your rate of weight loss slows down or seems to stop. Even if you’re following the 5 & 1 Plan properly, you may experience a temporary change in your body weight from time to time, even at different times within one day. So, in addition to weighing yourself, take into account how your clothes are fitting and how you feel.

If you notice you haven’t lost any additional weight within the past two weeks, you can:

- Be sure you are getting in 5 Medifast Meals each day and following the Lean & Green Meal recommendations.
- Reduce the total carbohydrates in your plan. Revisit your Lean & Green Meal options and choose the lower carbohydrate vegetables from the Green Options List (page 5).
- Consider temporarily skipping the optional snack.
- Evaluate your condiment choices to decrease your total daily carbohydrates.
- Add a few more minutes of daily exercise.
- Try our *Momentum by Medifast* products, which are designed to boost your metabolism and help you burn more calories.

Remember, do not skip any Medifast or Lean & Green Meals – your metabolism could slow down and cause you to lose weight more slowly.



## Reaching your goal

You can stay on the 5 & 1 Plan until:

- You’ve lost your desired amount of weight.
- Your doctor determines you’re ready for the transition phase.
- You become pregnant or you develop one of the contraindications listed on page 20.

The best part about Take Shape For Life is that once you’ve lost the weight, there are resource tools such as the Transition & Maintenance Guide to help you keep it off for life. Read about these phases on pages 15 – 19.

# Transition

## Living the BeSlim™ lifestyle

Once you’ve reached your weight-loss goal, it’s time to make the transition into lifelong healthier eating with the BeSlim™ lifestyle. The idea behind the transition phase is gradually increasing your calorie intake over time, while re-introducing a wider variety of foods.

In general, how long you spend in the transition phase depends on how much weight you have lost:

- If you lost less than 50 pounds, transition takes 8 weeks.
- If you lost 50 – 100 pounds, allow 12 weeks.
- If you lost over 100 pounds, allow 16 weeks.

## Sample transition chart

(use after you’ve reached your goal weight)

Week	Target # of Calories	Medifast Meals	Lean & Green Meals	Additions
1	900 – 1050	5	1	1 cup of your favorite vegetables
2	900 – 1050	4	1	1 cup of your favorite vegetables AND 1 medium piece of fruit OR ½ cup cubed fruit or berries*
3	1000 – 1150	4	1	1 cup of your favorite vegetables AND 1 medium piece of fruit OR ½ cup cubed fruit or berries* AND ½ cup low-fat or fat-free dairy
4 – 8	1350 – 1500	3	1	1 cup of your favorite vegetables AND 1 medium piece of fruit OR ½ cup cubed fruit or berries* AND ½ cup low-fat or fat-free dairy AND additional 4-6 oz serving of lean meat** AND 1 serving of whole grain***

\* Fresh, or if canned, unsweetened and packed in juice, not syrup.

\*\* Grilled, baked, broiled, or poached – not fried.

\*\*\* Examples: 1 slice of whole grain bread, ½ whole grain English muffin, ¾ cup high fiber cereal, ½ cup whole wheat pasta, or ½ cup brown rice.

# Health Management Shakes

These special shakes help you lose weight while addressing medical conditions. Enjoy 1 – 3 each day as part of your **5 & 1 Plan**, or for general nutrition. Do not change dosage or discontinue prescribed medication without consulting with your doctor. **Do not use more than one type of Health Management Shake per day.**

## Medifast PLUS for Women’s Health

*For menopause:*

- Black cohosh, echinacea, and chaste tree berry, which may help reduce symptoms of menopause.\*
- May be an alternative to hormone replacement therapy.

## Medifast PLUS for Joint Health

*For painful joints:*

- Glucosamine and chondroitin, which may help reduce the pain associated with arthritis and help repair damage to joints.\*

## Medifast PLUS for Coronary Health

*For coronary support:*

- Coenzyme Q10, amino acids, and pycnogenol, which may help protect you against heart conditions.\*

\*These statements have not been evaluated by the Food and Drug Administration. These statements are not intended to diagnose, treat, cure, or prevent any disease.

# 5 & 1 Plan

## Daily Success Tracker

Date \_\_\_\_\_  
 Beginning of Week Weight: \_\_\_\_\_  
 End of Week Weight: \_\_\_\_\_

(COPY THIS PAGE TO CREATE YOUR OWN SUCCESS JOURNAL)

### Medifast Meals

(write time of meal in each box)

<input type="text"/>				
1	2	3	4	5

### Optional Snack

### Lean & Green Meal

Lean Meat

Salad/Vegetable

### Glasses of Water (8 oz.)

(check off each box)

<input type="checkbox"/>								
1	2	3	4	5	6	7	8	

### How I Felt Today:



### Exercise/Activity:

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# A Take Shape For Life success story



Rhonda lost 57 lbs.\*

As a teenager I was always slightly plump but felt good and exercised on a dance team. Later on, after starting a sedentary job, I really started an unhealthy lifestyle. I only ate once or twice a day. My body held on to the weight as it thought it was starving. It just started creeping up and up slowly. I would then go on a "diet" and lose a few pounds and go back to my old lifestyle again. My own personal roller coaster!

I got married and started a family. After the third child my body started to hold on to the weight a lot more. I would overeat at dinner then sit and watch TV and nibble. Wow, and I didn't even realize what I was doing to my body.

Then I heard about Take Shape For Life through my friend Shannon, who lost 62 lbs in less than 4 months. I was impressed and thought about doing the program but thought I couldn't afford it. After a few months, my mother started the program because of her health issues. After ONE month, everyone was asking me: "Wow, what is your mother doing? She looks great. How is she doing it?"

I wanted to look and feel as good as my mother did, so I began the program! I went from a size 16 to a size 6. I feel so wonderful and my friends and family say I look beautiful. I feel so alive now. I have energy to run after my three kids and keep up with our busy life. My husband is seeing me like when we first got married. What a great feeling to love your life again and feel SO good too.

Thank you Take Shape For Life. I will be eternally grateful for the awesome change in my life.

\* Take Shape For Life makes no claim that this result is representative of all clients on the Medifast Program. For many dieters, weight loss is only temporary.

## Which Medifast Shake is right for you?

All Medifast Meals can be used on the **5 & 1 Plan**, including special shakes for special needs. Talk to your Health Coach for more information and for help in choosing the most appropriate shake for your health and weight-loss goals.

### Medifast 55 Shakes

*For women:*

- 11 grams of protein and 25 vitamins and minerals
- Soy-based, heart-healthy, and low lactose.

### Medifast 55 Shakes

*For men, and women who prefer additional protein:*

- 14 grams of protein and 25 vitamins and minerals
- Soy-based, heart-healthy, and low lactose.

### Medifast Ready-to-Drink

*For those on the go:*

- 11 grams of protein and 25 vitamins and minerals
- Heart-healthy and lactose-free
- On the go convenience packaging.



### Medifast PLUS for Appetite Suppression

*For extra appetite suppression:*

- 15 grams of protein and 25 vitamins and minerals
- Super CitriMax®, a natural ingredient to curb your appetite\*
- Soy-based, heart-healthy, and low lactose.

### Momentum by Medifast

*For an extra metabolism boost:*

- 100 mg of caffeine and 90 mg of EGCG to enhance fat burning and decrease appetite
- Using up to 3 products per day can help you break through a weight-loss plateau and maintain weight in your maintenance phase.

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