

	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Vitamin D (%)	Vitamin E (%)	Vitamin K (%)	Thiamin (B1) (%)	Riboflavin (B2) (%)	Niacin (B3) (%)	Vitamin B6 (%)	Folate (%)	Vitamin B12 (%)	Biotin (%)	Pantothenic Acid (%)	Phosphorus (%)	Iodine (%)	Magnesium (%)	Zinc (%)	Selenium (%)	Copper (%)	Manganese (%)	Chromium (5)	Molybdenum (%)	Chloride (%)	Vitamins & Minerals		
#	grams	grams	grams	grams	mg	mg	grams	grams	grams	grams	grams	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	% daily value	
Medifast 55																																							
Dutch Chocolate	90	1	0	0	0	250	440	13	4	8	11	25	35	25	30	30	20	20	35	30	20	35	25	20	20	20	20	30	15	25	25	30	45	30	60	6	6-60		
French Vanilla	90	0.5	0	0	0	250	420	13	4	9	11	25	35	25	30	30	25	25	35	30	20	35	25	20	20	25	20	30	20	20	20	25	45	30	60	8	8-60		
Strawberry Crème	90	0	0	0	0	250	420	13	4	9	11	25	35	25	30	30	25	25	35	30	20	35	30	20	20	25	20	30	20	25	25	25	45	30	60	8	8-60		
Orange Crème	90	0.5	0	0	0	250	420	13	4	9	11	25	35	25	30	30	25	25	35	30	20	35	25	20	20	25	20	30	20	25	25	25	45	30	60	8	8-60		
Swiss Mocha	90	0.5	0	0	0	250	450	14	4	8	11	25	35	25	30	30	25	20	35	30	20	35	30	20	20	25	20	30	20	25	20	25	45	30	60	8	8-60		
Banana Crème	90	0	0	0	0	250	420	13	4	9	11	25	35	25	30	30	25	25	35	30	20	35	25	20	20	25	20	30	20	20	25	45	30	60	8	8-60			
Medifast Ready-to-Drink																																							
Dutch Chocolate	90	1.5	0	0	0	190	480	13	4	6	11	20	30	40	30	20	20	25	30	30	20	30	25	20	20	20	35	20	15	25	20	30	40	25	50	2	2-50		
French Vanilla	90	1.5	0	0	0	200	370	12	4	6	11	20	30	45	25	20	25	25	30	30	20	30	25	20	20	20	35	20	10	25	20	25	40	35	50	2	2-50		
Medifast 70																																							
Dutch Chocolate	110	1	0	0	0	240	450	13	4	9	14	25	35	35	35	30	25	25	35	30	20	35	30	20	20	25	25	30	20	25	25	30	45	30	60	6	6-60		
French Vanilla	100	0.5	0	0	0	250	400	13	3	9	14	25	35	35	30	30	25	25	35	30	20	35	25	20	20	25	25	30	15	25	20	25	45	30	60	8	8-60		
Strawberry Crème	100	0.5	0	0	0	240	410	13	4	9	14	25	100	35	30	30	25	25	35	30	20	35	25	20	20	25	25	30	20	25	20	25	45	30	60	8	8-100		
Orange Crème	100	0.5	0	0	0	240	400	13	4	9	14	25	35	35	30	30	25	25	35	30	20	35	30	20	20	25	30	4	20	25	20	25	45	30	60	8	8-60		
Swiss Mocha	100	0.5	0	0	0	250	420	14	4	8	14	25	35	35	30	30	25	25	35	30	20	35	25	20	20	25	25	30	20	25	20	25	45	30	60	6	6-60		
Banana Crème	100	0.5	0	0	0	240	410	13	4	9	14	25	35	35	30	30	25	25	35	30	20	35	25	20	20	25	25	30	20	25	25	45	30	60	8	8-60			
Medifast Plus for Appetite Suppression																																							
Chocolate	100	1	0	0	0	210	400	12	4	6	15	25	35	30	30	30	20	20	35	30	20	35	25	20	20	20	25	30	20	20	20	30	45	30	60	4	4-60		
Vanilla	100	0.5	0	0	0	210	400	12	4	6	15	30	35	30	30	30	20	20	35	30	20	35	25	20	20	20	25	30	20	20	20	25	45	30	60	8	8-60		
Medifast Plus for Diabetics																																							
Chocolate	90	1	0	0	0	250	400	10	4	5	14	25	35	30	30	30	25	25	35	30	20	35	25	20	20	25	25	30	20	25	20	30	45	30	60	4	4-60		
Vanilla	90	0.5	0	0	0	250	410	10	4	5	14	25	35	30	25	30	25	25	35	30	20	35	25	20	20	25	25	30	20	20	20	25	45	30	60	8	8-60		
Strawberry	90	0.5	0	0	0	250	400	9	3	5	14	25	35	30	30	30	20	20	35	30	20	35	25	20	20	20	25	25	20	20	20	25	45	30	60	8	8-60		
Medifast Plus for Joint Health																																							
Chocolate	100	1	0	0	0	260	410	12	4	6	15	25	35	30	30	30	25	25	35	30	20	35	25	20	20	25	25	30	20	25	20	30	45	30	60	4	4-60		
Vanilla	100	0.5	0	0	0	260	410	11	3	6	15	30	35	30	30	30	20	20	35	30	20	35	25	20	20	20	25	30	20	20	20	25	45	30	60	8	8-60		
Medifast Plus for Women's Health																																							
Chocolate	110	1	0	0	0	160	490	15	4	10	14	50	250	50	50	50	150	35	100	100	100	250	100	100	100	100	50	50	60	50	35	50	50	160	60	6	6-250		
Vanilla	110	1	0	0	0	170	480	15	4	10	14	50	250	50	50	50	150	35	100	100	100	250	100	100	100	100	50	50	60	50	35	50	50	160	70	10	10-250		
Medifast Plus for Coronary Health																																							
Chocolate	100	1	0	0	0	220	450	11	3	6	14	50	250	40	50	50	150	35	100	100	100	250	100	100	25	100	45	50	80	50	35	50	70	160	60	4	4-250		
Strawberry	100	1	0	0	0	220	460	11	3	6	14	50	250	40	50	50	150	35	100	100	100	250	100	100	100	100	45	50	70	50	35	50	50	160	60	8	8-250		

	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Vitamin D (%)	Vitamin E (%)	Vitamin K (%)	Thiamin (B1) (%)	Riboflavin (B2) (%)	Niacin (B3) (%)	Vitamin B6 (%)	Folate (%)	Vitamin B12 (%)	Biotin (%)	Pantothenic Acid (%)	Phosphorus (%)	Iodine (%)	Magnesium (%)	Zinc (%)	Selenium (%)	Copper (%)	Manganese (%)	Chromium (5)	Molybdenum (%)	Chloride (%)	Vitamins & Minerals		
	#	grams	grams	grams	mg	mg	grams	grams	grams	grams	grams	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	% daily value	
Momentum																																							
Cappuccino	100	0	0	0	10	125	320	13	4	8	14	25	35	25	20	30	25	25	35	35	25	35	30	25	20	25	8	30	15	25	25	25	45	30	60	6	6-60		
Chai Latte	100	0	0	0	10	125	330	13	4	8	14	25	35	25	25	30	25	25	35	35	20	35	30	25	20	25	10	30	15	25	20	25	45	30	60	6	6-60		
Banana Shake	100	0.5	0	0	0	240	410	13	4	9	14	25	35	35	30	30	25	25	35	30	20	35	25	20	20	25	25	30	20	25	25	45	30	60	8	8-60			
Green Tea with Lemon (Flavor Infuser)	5	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Mixed Berry (Flavor Infuser)	5	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Strawberry Lemonade (Flavor Infuser)	5	0	0	0	0	0	0	2	1	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Antioxidants																																							
Blueberry	90	0	0	0	0	160	260	13	4	3	14	20	20	20	20	20	20	20	20	15	20	20	20	20	20	25	20	20	20	20	20	20	20	20	20	60	2	2-25	
Cherry Pomegranate	90	0	0	0	0	160	270	14	4	3	14	20	20	20	20	20	20	20	20	15	20	20	20	20	20	25	20	20	20	20	20	20	20	20	20	20	2	2-25	
Dark Chocolate	90	0.5	0	0	0	160	350	15	6	2	14	20	20	20	25	20	20	20	20	15	20	20	20	20	20	25	20	20	25	20	30	20	20	20	2	2-30			
Citrus Margarita (Flavor Infusers)	5	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Raspberry Acai (Flavor Infusers)	5	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
White Grape Peach (Flavor Infusers)	5	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Crunchy Bars																																							
Chocolate Crunch Bar	110	3	2	0	0	180	290	13	4	4	11	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20	
Chocolate Mint Crunch Bar	110	3	2	0	0	170	290	13	4	3	11	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20	
Peanut Butter Crunch Bar	110	3.5	1.5	0	0	220	290	13	4	3	11	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20	
Lemon Meringue Crunch Bar	110	2.5	1.5	0	0	160	290	13	4	5	11	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20	
Oatmeal Raisin Crunch Bar	110	2.5	1.5	0	0	160	290	13	4	5	11	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20	
Caramel Crunch Bar	110	3	1.5	0	0	230	290	12	4	2	11	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20	
Fruit & Nut Crunch Bar	110	3	0	0	0	180	290	12	4	3	11	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20	
S'more Crunch Bar	110	2.5	2	0	0	170	290	13	4	6	11	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20	
Cinnamon Roll Crunch Bar	110	2.5	1.5	0	0	170	290	13	4	6	11	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20	
Strawberry Crunch Bar	110	2.5	1.5	0	0	160	290	13	4	5	11	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20	
Maintenance Bars																																							
Chocolate Mint	160	5	3	0	0	160	270	20	4	11	11	25	35	35	35	25	35	25	30	35	25	30	30	25	25	25	35	20	25	20	20	20	20	50	25	60	0	20-60	
Oatmeal Raisin	150	3.5	2	0	0	170	290	22	4	12	11	25	35	40	35	25	35	25	35	30	25	30	35	25	25	25	45	20	25	20	25	25	50	25	60	0	20-60		
Caramel Nut	170	5	2.5	0	0	160	290	22	4	11	11	20	30	30	25	20	30	20	25	25	20	25	20	20	20	30	15	20	15	15	15	45	20	60	0	15-60			
Oatmeal																																							
Apple Cinnamon	100	1.5	0	0	0	140	280	15	5	1	11	25	35	30	30	25	25	25	45	30	20	35	30	20	20	25	20	30	15	25	20	30	45	30	60	2	2-60		
Blueberry	100	1.5	0	0	0	140	280	15	5	1	11	25	30	30	30	30	25	25	45	30	20	35	30	20	20	25	20	30	15	25	20	30	45	30	60	2	2-60		
Maple & Brown Sugar	100	1.5	0	0	0	135	280	15	5	1	11	25	35	30	30	30	25	25	45	30	20	35	30	20	20	25	20	30	15	25	20	30	45	30	60	2	2-60		
Peach	110	1.5	0	0	0	180	280	16	5	2	11	25	35	30	30	30	25	25	45	30	20	35	30	20	20	25	20	30	15	25	20	30	45	30	60	2	2-60		

	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Vitamin D (%)	Vitamin E (%)	Vitamin K (%)	Thiamin (B1) (%)	Riboflavin (B2) (%)	Niacin (B3) (%)	Vitamin B6 (%)	Folate (%)	Vitamin B12 (%)	Biotin (%)	Pantothenic Acid (%)	Phosphorus (%)	Iodine (%)	Magnesium (%)	Zinc (%)	Selenium (%)	Copper (%)	Manganese (%)	Chromium (5)	Molybdenum (%)	Chloride (%)	Vitamins & Minerals		
#	grams	grams	grams	grams	mg	mg	mg	grams	grams	grams	grams	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	% daily value	
Fruit Drinks																																							
Tropical Punch	90	0	0	0	0	90	500	10	4	5	15	20	100	25	20	100	20	30	30	30	30	30	30	30	20	20	20	20	20	20	20	20	20	20	20	20	0	20-100	
Cranberry Mango	90	0	0	0	0	90	500	10	4	5	15	20	100	25	20	100	20	30	30	30	30	30	30	20	20	20	20	20	20	20	20	20	20	20	20	20	0	20-100	
Iced Tea																																							
Peach	90	0	0	0	0	120	500	12	4	8	14	20	100	30	20	100	20	30	30	30	30	30	30	20	20	20	20	20	20	20	20	20	20	20	20	3	20-100		
Raspberry	90	0	0	0	0	80	500	12	4	8	14	20	100	25	20	100	20	30	30	30	30	30	30	20	20	20	20	20	20	20	20	20	20	20	20	3	20-100		
Pudding																																							
Chocolate	110	1	0	0	0	170	480	15	4	9	14	25	35	35	25	30	20	20	35	30	20	35	25	20	20	20	25	30	15	25	20	30	45	30	60	6	6-60		
Vanilla	100	0	0	0	0	170	360	15	5	8	13	25	35	35	25	30	25	25	35	30	25	35	30	20	20	20	25	30	15	25	20	25	45	30	60	6	6-60		
Banana	110	0.5	0	0	0	170	360	15	4	9	14	25	35	35	25	30	20	20	35	30	20	35	25	20	20	20	25	30	15	25	20	25	45	30	60	6	6-60		
Soups																																							
Cream of Broccoli	100	1	0.5	0	15	330	340	10	4	4	14	20	35	20	25	20	20	20	35	30	30	35	25	35	25	20	10	25	20	35	20	20	35	15	70	2	2-70		
Cream of Chicken	100	1.5	0.5	0	15	350	350	10	4	5	14	20	30	25	25	20	20	20	35	30	20	35	25	35	25	20	10	20	20	35	20	20	35	15	70	2	2-70		
Cream of Tomato	110	0.5	0	0	15	240	330	14	4	4	14	40	50	25	30	25	25	25	45	35	25	40	25	35	30	25	10	25	25	40	25	30	45	20	80	0	15-80		
Chicken Noodle Soup	100	1.5	0	0	5	360	580	11	4	1	12	50	35	40	35	30	25	25	45	35	30	40	35	20	25	25	20	30	10	30	30	35	45	30	60	4	6-60		
Chicken & Wild Rice Soup	100	1	0	0	15	200	460	12	4	2	12	70	40	35	25	30	25	25	40	30	25	40	30	20	20	25	20	30	2	25	20	30	45	30	60	4	4-60		
Homestyle Chili	110	1	0	0	0	260	400	15	5	1	14	60	40	35	35	30	25	25	40	35	20	40	40	20	25	25	30	25	30	20	40	50	30	60	0	2-60			
Beef Vegetable Stew	100	1	0	0	10	390	290	14	4	2	11	50	60	25	30	30	25	25	40	35	30	40	35	20	20	25	15	30	15	25	20	30	50	30	60	0	15-60		
MD Crab Soup	110	1	0	0	0	390	470	15	4	2	13	50	50	45	35	30	25	25	45	40	30	40	30	20	20	25	30	30	25	30	25	40	70	30	90	0	20-90		
Hot Drinks																																							
Cappuccino	100	0	0	0	10	125	320	13	4	8	14	25	35	25	20	30	25	25	35	35	25	35	30	25	20	25	8	30	15	25	25	25	45	30	60	6	6-60		
Chai Latte	100	0	0	0	10	125	330	13	4	8	14	25	35	25	25	30	25	25	35	35	20	35	30	25	20	25	10	30	15	25	20	25	45	30	60	6	6-60		
Hot Cocoa	110	1	0	0	10	130	390	14	4	10	14	25	35	25	25	30	20	20	35	35	20	35	30	25	20	25	10	30	20	25	20	30	45	30	60	6	6-60		
Eggs																																							
Scrambled Eggs	100	2	0.5	0	55	370	280	10	5	0	12	25	35	20	25	30	25	25	35	60	20	35	25	20	20	25	15	30	20	25	20	25	45	30			15-60		
Pretzels																																							
Cinnamon Toast Pretzel Sticks	110	3	0	0	0	330	90	15	4	3	11	20	20	25	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20	
Honey Mustard Pretzel Sticks	110	3	0	0	0	330	115	15	4	3	11	20	20	25	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-25	
Puffs																																							
Chili Nacho Cheese	110	2.5	1	0	5	360	100	14	4	3	11	20	20	30	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-30	
Parmesan Cheese	110	2.5	1	0	5	360	190	14	4	3	11	20	20	30	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-30	
Crackers																																							
Multi-grain	50	0	0	0	0	65	0	12	1	1	1	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-2
Garden Vegetable	60	0	0	0	0	90	0	12	0	1	2	2	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-2
Soy Crisps																																							
Apple Cinnamon	70	2	0	0	0	95	0	8	1	2	4	0	0	2	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-4
Ranch	60	2	0	0	0	210	0	7	1	1	5	0	0	4	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-4
White Cheddar	70	2	0	0	0	140	0	7	1	1	5	0	0	4	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-4