

# Quick Start Guide

The 5 & 1 Plan™



Take Shape  
For Life®

featuring  **Medifast**  
Meals



# Welcome to Take Shape For Life

## Congratulations!

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

Take Shape For Life 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 have been 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 six meals a day, so you won’t feel hungry
- You lose weight fast—up to two to five pounds a week, on average
- With a Variety Package, you pay about \$11 per day—less than the \$16 per day that the average American spends on food\*
- Your Medifast Meals go with you anywhere, so the 5 & 1 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.

\*2006 U.S. Bureau of Labor Statistics Consumer Expenditure Survey.

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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





## 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 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 medical practitioner.



# The 5 & 1 Plan

One simple plan, every day:

## 5 Medifast Meals

Each day, you choose five Meals from over 70 different, delicious Medifast choices, including shakes, soups, oatmeal, scrambled eggs, fruit drinks, iced teas, hot drinks, bars, puddings, pretzel sticks, cheese puffs, brownies, and more. Medifast Crunch Bars (*in the yellow package*) are completely interchangeable with other Medifast Meals, so you can enjoy up to five a day on the 5 & 1 Plan. Limit yourself to one Medifast Maintenance Bar (*in the green package*) each day. Plenty of Medifast Meal choices are vegetarian-friendly, kosher, or gluten-free—visit [TSFL.com](http://TSFL.com) for more information to meet your individual needs.



# &

# 1

## Lean & Green Meal



Enjoy one meal of lean protein and non-starchy vegetables at any time that works 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 (pages 4–5).



# Lean & Green Meal: The “Lean”

▶ **LEANEST:**  
Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings.

- **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- **Shellfish:** crab, scallop, shrimp, lobster
- **Game meat:** deer, buffalo, elk
- **Ground turkey or other meat:**  $\geq 98\%$  lean
- **Meatless options:**
  - 14 egg whites
  - 2 cups of EggBeaters®

▶ **LEANER:**  
Choose a 6-oz portion (cooked weight) plus 1 Healthy Fat serving.

- **Fish:** swordfish, trout, halibut
- **Chicken:** breast or white meat, without skin
- **Ground turkey or other meat:** 95 – 97% lean
- **Turkey:** light meat
- **Meatless options:**
  - 15 oz extra-firm tofu
  - 2 whole eggs plus 4 egg whites

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

See Healthy Fat serving options on page 6.

**NOTE: Serving ounces represent cooked weight (not raw).**

For additional meatless options, talk to your Health Coach, visit their Web site, or go to [TSFL.com](http://TSFL.com).

▶ **LEAN:**  
Choose a 5-oz portion (cooked weight)—no Healthy Fat serving added.

- **Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- **Lean beef:** steak, roast, ground
- **Lamb**
- **Pork chop or pork tenderloin**
- **Ground turkey or other meat:** 85 – 94% lean
- **Chicken or turkey:** dark meat
- **Meatless options:**
  - 15 oz firm or soft tofu
  - 3 whole eggs (limit to once a week)



# Lean & Green Meal: The “Green”

Enjoy three servings of non-starchy vegetables, raw, steamed, grilled, baked, or boiled—not fried.

All vegetables promote healthful eating; however, during the weight-loss phase of your plan, we do eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame, and brussels sprouts) in order to enhance your weight-loss results. Once you transition to the Maintenance phase of the program, we encourage you to include ALL vegetables for long-term health.

## Select ANY combination of three servings for your Lean & Green Meal.

### ▶ LOWER CARBOHYDRATE

**1 cup:** collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress.

**1/2 cup:** celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw).

### ▶ MODERATE CARBOHYDRATE

**1/2 cup:** asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini).

### ▶ HIGHER CARBOHYDRATE

**1/2 cup:** broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked).

All vegetables on the Medifast Green Options (approved vegetable) list can be used on with the 5 & 1 Plan. This chart will help you identify the relative carbohydrate levels of these approved vegetables. If you hit a weight-loss plateau or are having trouble achieving the fat-burning state, we recommend you choose vegetables primarily from the lower carbohydrate side, instead of from the higher carbohydrate side.

**Note:** The optimal fat-burning state can be achieved with a total daily carbohydrate intake of approximately 80-85 grams. If you find it difficult to limit your carbohydrate intake to this level, try reducing your use of condiments and/or choose not to consume an optional daily snack.



# Healthy Fat Servings

A small amount of healthy fat is essential for your body, helping you absorb the fat-soluble vitamins 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 up to two servings daily based on your Lean choices (page 4):

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- 5–10 green or black olives
- Up to 2 tablespoons of low-carbohydrate salad dressing (containing less than 6 grams of carbohydrate and approximately 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](https://www.tsfl.com).

## Condiments and Seasonings

Enjoy up to three servings a day to flavor your meals. Each of the following equals one serving:

- $\frac{1}{4}$ – $\frac{1}{2}$  teaspoon: most dried herbs and spices
- $\frac{1}{2}$  teaspoon: catsup, BBQ sauce, cocktail sauce
- 1 teaspoon: soy sauce, balsamic vinegar
- 2 teaspoons: lemon or lime juice
- 1 tablespoon: yellow mustard, tomato salsa, most fresh herbs, unsweetened milk or soy milk, chopped onion
- 1–2 tablespoons: zero-calorie, sugar-free flavored syrup (Torani®, DaVinci®, Walden Farms®, etc.)





- Up to 3 tablespoons: hot sauce, Tabasco® sauce; red, white, or cider vinegar
- 1 packet: artificial sweetener (Equal®, Splenda®, etc.)

For a more comprehensive list of condiments, talk to your Health Coach or visit **TSFL.com**.

## Optional Snacks

(NOTE: Snacks are not to be eaten in place of Medifast Meals.)

In addition to your five Medifast Meals and one 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
- 1 Tbsp peanut butter\*
- ½ oz of nuts: almonds (10 whole), walnuts (7 halves), or pistachios (20 kernels)\*

\*Nuts are a source of healthy fat and additional calories.



**Cheryl lost  
134 lbs**

Results will vary.



# Sample Meal Plans 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 two to three 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 at dinner. For example, try having 3 ounces of chicken breast with ½ cup of broccoli at lunch and 3 ounces of chicken breast plus 1 cup of zucchini at dinner. Eat only the specified amounts of meat and vegetable portions each day, and be sure to always get in your five Medifast Meals.

You'll find lots of recipes and meal planning tools on [TSFL.com](https://www.tsfl.com), or ask your Health Coach.

## DAY 1

- Breakfast:** 1<sup>ST</sup> Medifast Meal  
Medifast Scrambled Eggs
- Mid-Morning:** 2<sup>ND</sup> Medifast Meal  
Medifast Dutch Chocolate Shake
- Lunch:** 3<sup>RD</sup> Medifast Meal  
Medifast Cream of Tomato Soup sprinkled with parsley flakes (*optional condiment*)
- Mid-Afternoon:** 4<sup>TH</sup> Medifast Meal  
Medifast Caramel Crunch Bar
- Dinner:** Lean & Green Meal  
5 oz grilled salmon, 1–1½ cups cooked asparagus
- Evening:** 5<sup>TH</sup> Medifast Meal  
Medifast French Vanilla Shake

## DAY 2

- Breakfast:** 1<sup>ST</sup> Medifast Meal  
Medifast Apple Cinnamon Oatmeal
- Mid-Morning:** 2<sup>ND</sup> Medifast Meal  
Medifast Cappuccino  
*Recipe suggestion: Mix with 1 Tbsp zero-calorie, sugar-free French Vanilla syrup (optional condiment)*
- Lunch:** Lean & Green Meal  
6 oz grilled chicken breast, 2 cups romaine lettuce, ½ cup total diced tomatoes, cucumbers, and celery, 2 Tbsp low-carb salad dressing (*Healthy Fat serving*)
- Mid-Afternoon:** 3<sup>RD</sup> Medifast Meal  
Medifast Strawberry Crème Shake
- Dinner:** 4<sup>TH</sup> Medifast Meal  
Medifast Chicken Noodle Soup
- Evening:** 5<sup>TH</sup> Medifast Meal  
Medifast Chocolate Pudding



# Tips for Success

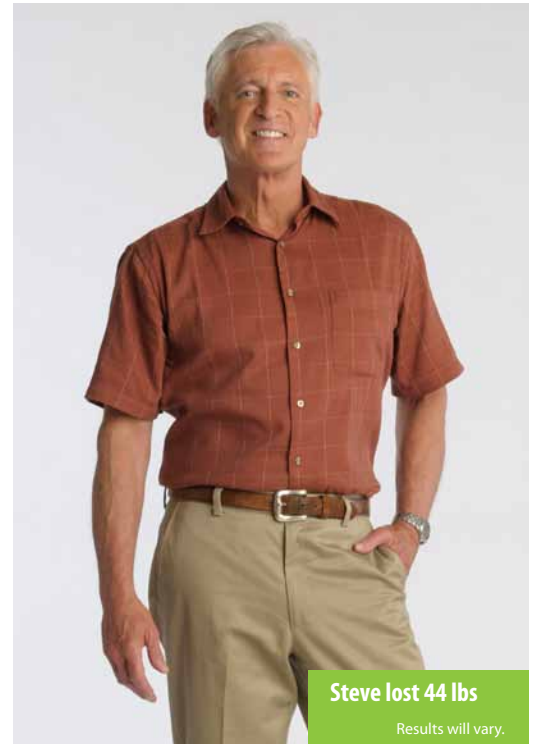
## The first few days

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 two to three 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 (five Medifast Meals and one Lean & Green Meal) each day to keep your body well nourished and your metabolism active.

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



# Tips for Success *(cont.)*



**Drink lots of fluids.** Drink at least eight cups (64 oz) of water each day, as well as any low-calorie or calorie-free beverages such as unsweetened hot or iced tea, herbal tea, coffee, diet soda, and sugar-free drink mixes (Crystal Light®, Sugar Free Kool-Aid®, etc.).

**Limit caffeine.** Your low-calorie Medifast 5 & 1 Plan can make you more sensitive to caffeine, so limit coffee and other caffeinated beverages to three servings (or 300 milligrams total) each day.

**Avoid alcohol.** Alcoholic beverages are not recommended on the Medifast Program. Alcohol provides unneeded calories, can slow your weight loss, stimulates the appetite (encouraging additional food intake), and can deplete the body of needed water. Low-carbohydrate versions of beer and other types of alcohol are not recommended because they also provide calories with no nutritional value.

**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 losing weight on the 5 & 1 Plan. Your Health Coach can help you register.

## Exercise

Exercise is a necessary component for weight management and overall health.\* Refer to our **Exercise Guide** for helpful hints.

- If you are not exercising regularly when you start the 5 & 1 Plan, you should wait two to three 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 couple 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 lightheaded.
- 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 wear the same attire each time. Be sure to consider other factors such as whether you're losing inches or noticing a difference in how your clothes fit. 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.

\*Consult your physician before starting an exercise program.



**David lost 100 lbs**

Results will vary.



# Tips for Success *(cont.)*

## Hitting a “plateau”

At some point, you may find that your rate of weight loss slows down or seems to stop. If you notice you haven't lost any additional weight within the past two weeks, you can:

- Be sure you are getting in five Medifast Meals each day and following the Lean & Green Meal recommendations.
- Switch up your workout routine to change the duration, intensity, or type of exercise.
- 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 to decrease your total daily carbohydrates.
- Evaluate your condiment choices to decrease your total daily carbohydrates.
- Try our **Essential1: CalorieBurn** products, which are designed to boost your metabolism and help you burn more calories (page 21-22).

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 24.

The best part about Take Shape For Life is that once you've lost the weight, there are resource tools such as the ***Take Shape For Life Transition & Maintenance Guide*** to help you keep it off for life. Read about these phases on pages 17-23.



# A Take Shape For Life Success Story

*"My husband and I think it's funny that he's been accused of cheating on me... One person even thought we'd gotten divorced and my husband had remarried!"*

*"Even in high school I was overweight, and over the years I had just resigned myself to being heavy. I was always told I was beautiful, but by the time I was in college I was a size 20 to 24, and didn't feel beautiful. I tried to be outgoing and funny to cover my insecurities.*

*"Although my blood work was normal, I started having a lot of health issues, including swelling in my foot that required me to wear a boot for six months. My husband was afraid for my health, and worried that I wouldn't be around to help raise our children.*

*"I attended my employer's health and benefits fair, where a Take Shape For Life Health Coach introduced me to the program. I knew at the time we couldn't afford it, but I kept it in the back of my mind. Two years later my husband and I agreed that we would find the money and that I would do this. I lost 18 lbs the first month!*

*"My family and friends can't believe my physical and emotional transformation. I no longer have knee pain or huff and puff as I walk upstairs. I especially enjoy doing things with my kids, and flying in a plane without worrying that the seatbelt won't fasten. And clothes I would never have dared to try on before look amazing on me!"*



Results will vary.

**Denise lost  
143 lbs**





# 5 & 1 Plan Daily Success Tracker

(COPY THIS PAGE TO CREATE YOUR OWN SUCCESS JOURNAL)

Date: \_\_\_\_\_

Beginning of Week Weight: \_\_\_\_\_

End of Week Weight: \_\_\_\_\_

## Medifast Meals

(write time of meal in each box)

1

2

3

4

5

## Optional Condiments

1

2

3

## Optional Snack

1

## Lean & Green Meal

Lean Protein

1

Salad/Vegetable servings

1

2

3

Healthy Fat servings

1

2

## Glasses of water (8 oz)

(check off each box)

☐

1

☐

2

☐

3

☐

4

☐

5

☐

6

☐

7

☐

8

## Exercise/Activity

---

---

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How I felt today:



good



okay



yucky



# 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 24-25 vitamins and minerals
- Soy-based, heart-healthy, and low-lactose



## Medifast 70 Shakes

*For men and women who prefer additional protein*

- 14 grams of protein and 24-25 vitamins and minerals
- Soy-based, heart-healthy, and low-lactose

## Medifast Ready-to-Drink

*For those on the go*

- 11 grams of protein and 24-25 vitamins and minerals
- Heart-healthy and lactose-free
- Convenient, on-the-go packaging

## Medifast Plus for Appetite Suppression

*For extra appetite suppression*

- 15 grams of protein and 24-25 vitamins and minerals
- Super CitriMax®, a natural ingredient to help curb your appetite\*
- Soy-based, heart-healthy, and low-lactose

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



## Essential1: Antioxidants

*For overall health by reducing cell damage*

- 1,000 ORAC units of antioxidants to block cell damage caused by free radicals & oxidative stress
- Supports heart & blood vessel health, vision, healthy aging, and more\*
- Whey-based, heart-healthy, and low-lactose

## Health Management Shakes

These special shakes help you lose weight while addressing health concerns. Enjoy one to three 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.** (For example, do not use one Plus for Women's Health and two Plus for Joint Health Shakes on the same 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 joint pain and help strengthen cartilage\*

### Medifast Plus for Coronary Health

*For coronary support*

- Coenzyme Q10, amino acids, and pycnogenol, which may help maintain heart health\*

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



# 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 to gradually increase 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:

- Less than 50 pounds, allow 8 weeks to transition
- 50 – 100 pounds, allow 12 weeks to transition
- Over 100 pounds, allow 16 weeks to transition

## Sample transition chart

Week	Target # of calories	Medifast Meals	Lean & Green Meals	Additions
1	850 – 1,050	5	1	<b>1 cup (2 servings) of your favorite vegetables (any kind)</b>
2	900 – 1,150	4	1	In addition to your • 1 cup of your favorite vegetables <b>ADD</b> • 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries (2 servings)*
3	1,000 – 1,300	4	1	In addition to your • 1 cup of your favorite vegetables AND • 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries* <b>ADD</b> • 1 cup of low-fat or fat-free dairy (1 serving)
4-16	1,100 – 1,550	3	1	In addition to your • 1 cup of your favorite vegetables AND • 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries* AND • 1 cup of low-fat or fat-free dairy <b>ADD</b> • 4- to 6-oz serving of lean meat (one serving)** AND • 1 serving of whole grain (one serving)***

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

\*\*Grilled, baked, poached, or broiled—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.



This sample reflects an 8-week transition to an ultimate goal of 1,550 calories a day for weight maintenance. Your maintenance needs may differ 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. Get your free copy on [TSFL.com](https://www.tsfl.com).

## Sample Transition Meal Plans

### Week 1: 850–1,050 calories

**Medifast Meals:** 5

**Lean & Green Meals:** 1

*1 cup of additional vegetables (2 servings)*

#### WEEK 2 Sample Meal Plan

**Breakfast:** Medifast Blueberry Oatmeal

**Mid-Morning:** Medifast Dutch Chocolate Shake

**Lunch:** Medifast Homestyle Chili; 1-1½ cups baby carrots and celery sticks; add 1-2 Tbsp reduced-calorie salad dressing *if desired*

**Mid-Afternoon:** 1 cup cantaloupe cubes

**Dinner:** 5 oz grilled tuna; 1 cup cooked asparagus

**Evening:** Medifast Raspberry Iced Tea

#### WEEK 1 Sample Meal Plan

**Breakfast:** Medifast Original Pancakes

**Mid-Morning:** Medifast Scrambled Eggs

**Lunch:** Medifast Cream of Broccoli Soup; 2 cups salad greens with ½ cup diced cucumber, tomato, and green pepper; add 1-2 Tbsp reduced-calorie salad dressing *if desired*

**Mid-Afternoon:** Medifast Brownie

**Dinner:** 5 oz lean beef; 1 cup grilled portabella mushrooms

**Evening:** Medifast Chocolate Pudding

### Week 2: 900–1,150 calories

**Medifast Meals:** 4

**Lean & Green Meals:** 1

*1 cup of additional vegetables (2 servings)*

*2 medium-sized pieces of fruit OR 1 cup cubed fruit or berries (2 servings)*



## Week 3: 1,000–1,300 calories

**Medifast Meals:** 4

**Lean & Green Meals:** 1

*1 cup of additional vegetables (2 servings)*

*2 medium-sized pieces of fruit OR 1 cup cubed fruit or berries (2 servings)*

*1 cup of low-fat or fat-free dairy (1 serving)*

### WEEK 3 Sample Meal Plan

**Breakfast:** Medifast Hot Cocoa; 1 medium apple

**Mid-Morning:** Medifast Mango Soft Serve

**Lunch:** 6 oz turkey (skinless, white meat); 1 cup broccoli

**Mid-Afternoon:** Medifast Vanilla Pudding blended with 1 medium banana (sliced)

**Dinner:** Medifast Beef Vegetable Stew; 2 cups spinach with ½ cup chopped broccoli and cauliflower; add 1-2 Tbsp reduced-calorie dressing *if desired*

**Evening:** 1 cup low-fat, sugar-free yogurt

### WEEK 4 Sample Meal Plan

**Breakfast:** ½ cup high-fiber breakfast cereal (>5 grams of fiber per serving) with 1 cup skim milk and 1 cup fresh strawberries

**Mid-Morning:** Medifast Oatmeal Raisin Crunch Bar

**Lunch:** 4 oz grilled chicken with 1-½ cups cooked zucchini and squash

**Mid-Afternoon:** Medifast Tropical Punch Fruit Drink

**Dinner:** 5 oz poached salmon; 1 cup green beans

**Evening:** Medifast French Vanilla Shake

## Week 4: 1,100–1,550 calories

**Medifast Meals:** 3

**Lean & Green Meals:** 1

*1 cup of additional vegetables (2 servings)*

*2 medium-sized pieces of fruit OR 1 cup cubed fruit or berries (2 servings)*

*1 cup of low-fat or fat-free dairy (1 serving)*

*1 serving of whole grain (1 serving) AND  
4- to 6-oz serving of lean meat (1 serving)*



## The BeSlim® lifestyle

6 components for achieving  
Optimal Health

### **Breakfast every day:**

High-quality fuel, such as delicious Medifast Oatmeal, Medifast Cappuccino, or Medifast 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 to 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.

# 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 their 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 two servings of fruit each day.
- Choose lean cuts of meat in 4- to 6-oz servings (a 3-oz portion of meat is about the size




of a deck of cards; thin cuts, such as fish fillets, are about the size of a checkbook).

- Bake, grill, steam, poach, and broil. Avoid fried foods and cream sauces.
- Read food labels for serving size information and calories per serving so you can keep track of your total daily caloric intake.
- Drink calorie-free beverages, including plenty of plain water.
- Restaurant servings are two to four 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

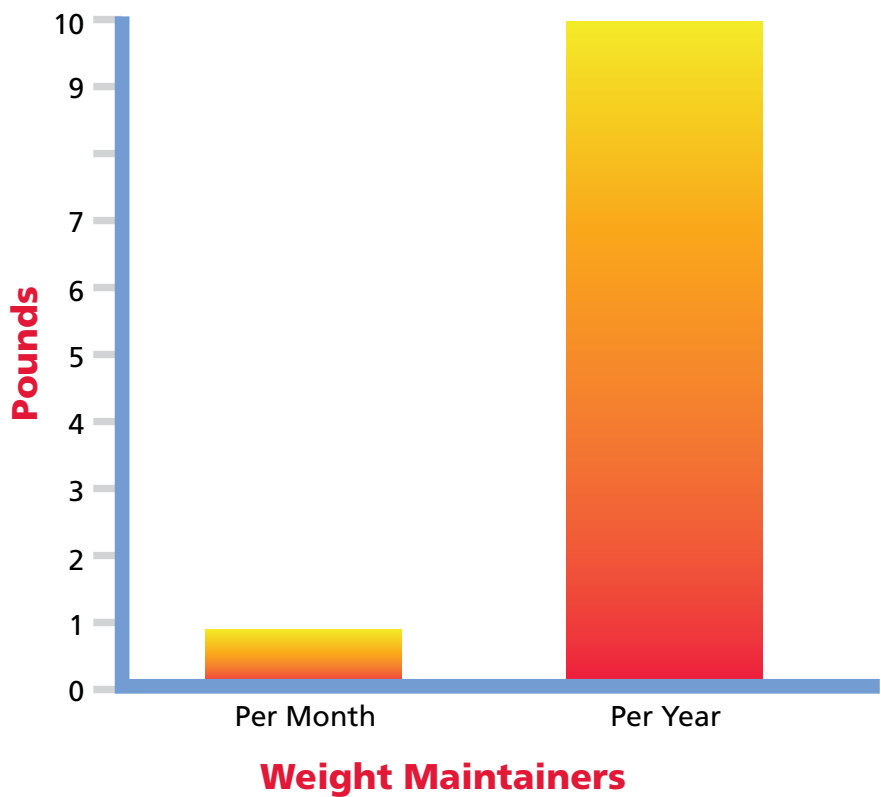
If you regain five or more pounds, consider going back on the 5 & 1 Plan for a few weeks. Think of it as a short-term refresher to put you back where you want to be.

For an extra metabolism boost, try  Essential 1<sup>®</sup> CalorieBurn

Each CalorieBurn product contains 100 mg of caffeine and 90 mg of EGCG to enhance fat burning and decrease appetite.\* Essential1: CalorieBurn is specifically designed to help you break through a weight-loss plateau and maintain weight in your maintenance phase.\*



Potential Weight Re-Gain AVOIDED  
with the Use of Essential1®: CalorieBurn



Evaluation of metabolism-boosting beverages on resting energy expenditure. Jason Pharmaceuticals, Inc., Owings Mills, MD.

Davis LM, Coleman CD, Andersen WS, Cheskin LJ. "The effect of metabolism-boosting beverages on 24-hr energy expenditure." *The Open Nutrition Journal*. 2:37-41; 2008.

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

**Disclaimer:** 100 mg of caffeine is equivalent to one 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 CalorieBurn products daily (any combination of Meals and/or Flavor Infusers). Consuming more than three CalorieBurn products daily will not have an additional effect on metabolism.





Finally, if you've regained weight, 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.

## 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 five to seven 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 & Rewards Program,** 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** for details.



# 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:

- Women who are pregnant
- Heart attack (within 3 months)
- Unstable angina (medical term for chest pain)
- Stroke or mini-strokes (TIAs) (within 3 months)
- Active disease states—active cancers, acute inflammatory states (acute hepatitis, lupus flare), acute peptic ulcer disease (PUD), bleeding ulcers
- AIDS (HIV)
- Severe chronic renal disease\*
- Severe liver disease\*
- Type 1 diabetes mellitus\*
- Severe psychiatric conditions—psychosis, schizophrenia, bipolar disorder, depression with suicidal tendencies
- Current addiction to illicit drugs or alcohol
- Current eating disorders—anorexia, bulimia
- Regular use of oral corticosteroids (more than 20 mg/day)
- Phenylketonuria (PKU)

\*Medifast Meals may be incorporated as part of your healthy eating plan.

**Q.** *What about 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 any prescription medications, including diuretics (water pills), lithium, anti-seizure medications, thyroid medications, or diabetes medications.

**Q. *Are antacids okay?***

- A.** Over-the-counter antacids and acid blockers will not interfere with your weight loss 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.

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

- A.** We do not recommend weight loss or dieting during pregnancy. While pregnant, the focus must shift from weight loss to weight gain to support the needs of the baby. Medifast recommends that you consult with your physician. Please see our ***Medifast for Nursing Mothers Guide*** if you are breastfeeding.

**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, or add Medifast's Essential1: Digestive Health dietary



# Questions and Answers *(cont.)*

supplement to your daily routine. This supplement contains a probiotic, as well as lactase and other enzymes.

## **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 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:
- Choosing higher fiber vegetables from the Green Options list, such as broccoli, okra, spinach, or turnip greens.
  - Choosing higher fiber Medifast Meals such as Oatmeal, Homestyle Chili, Vanilla Pudding, or Scrambled Eggs.
  - Adding Essential1: Digestive Health to your daily routine.
  - More fluids and more physical activity.
  - A sugar-free fiber supplement (minimum dose for effectiveness).
  - A stool softener or laxative if needed.



**Nancy lost 135 lbs**

Results will 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. Eastern

Call: (646) 519-5860

PIN: 0971#

Recorded playback: (212) 461-8672

### **Habits of Health Support Call**

Wednesday 8:00 p.m. Eastern

Call: (512) 225-9427

PIN: 77421#

Recorded playback: (512) 505-6863

### **Doctors' Support Call**

Wednesday 8:30 p.m. Eastern

Call: (646) 519-5860

PIN: 0971#

Recorded playback: (212) 461-8671

## Nutrition Support

NutritionSupport@TSFL.com

- Contact a Registered, Licensed Dietitian, Nutrition Expert, Certified Personal Trainer, or Behavioral Specialist.
- 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.



# Client Contact Center

## (800) 572-4417

### Placing an order

You can:

- Order directly from your Health Coach.
- Order online at [TSFL.com](https://TSFL.com) or through your Health Coach's Web site.
- Call our Client Contact Center at (800) 572-4417.
- Fax your order to (443) 471-3319.

*Be sure to use your Client ID# whenever you order.*

### **Payment**

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

### **Shipping**

All orders are processed within 24 hours and shipped the next business day. Allow five to seven business days for standard shipping; three to four business days for expedited shipping (additional charge). BeSlim® Club orders of \$225 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.

### **Exchanges and returns**

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



# Your Health Coach's Information

Name \_\_\_\_\_

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

Phone # \_\_\_\_\_

Email \_\_\_\_\_

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



## Linda Sue lost 75 lbs!

*"Before Take Shape For Life, I was obese and very unhappy with the way I looked and felt. I had severe osteoarthritis in my knees, and I would go straight to the couch or bed as soon as I came home from work.*

*"I kept getting bigger and heavier, and my doctor recommended bariatric surgery, but because I suffer with strokes and tom ("mini-strokes") I wasn't a candidate.*

*"When my Health Coach introduced me to Take Shape For Life, I saw results after week one! My friends are just stunned at the results that this program has given me. And, thank goodness, my husband was entirely supportive.*

*"Since I've lost weight, my knees do not swell so badly that I can't even sleep at night because of the pain. My doctors have been able to cut back on my medications. I work out at my gym six days a week, and love it.*

*"The other day a newbie at my gym actually asked me if I was a trainer! I was stunned: me, a trainer! In May of 2009 that would never have entered anyone's mind! I love what Take Shape For Life has done for me!"*



Results will vary.



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Guide: Medifast, Inc., Owings Mills, Maryland  
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