

Medifast for Seniors



Eating Well and Aging Well

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Medifast for Seniors: Eating Well and Aging Well is specially designed for adults 65 and over. Please read the guide carefully; it provides all the information you need to get started.

Welcome to Medifast!

It's not the “Fountain of Youth,” but it's close: For older adults, healthy weight loss and nutrition are great ways to ensure a higher quality of life and more independence.

The benefits of eating a healthy diet include a sharper mind, better resistance to illness and disease, more energy, faster recuperation times, and better management of chronic health problems. Eating well can also be the key to a positive outlook and better emotional balance as we age. And maintaining a healthy weight can help adults better manage—or even avoid—some chronic diseases.

Medifast can show you how!

Why Medifast?

It's safe

The Medifast brand has been recommended by over 20,000 doctors since 1980.

Medifast isn't a pill or a quick fix; it's a nutrition plan that works. Medifast Meals are nutrient-dense and fortified with vitamins and minerals, so you can lose pounds and inches without losing out on essential nutrition. And Medifast's low-glycemic index formula can work for anyone, even those with type 2 diabetes.

It's simple

Medifast is perfect for even the busiest lifestyle, with portable, pre-portioned meals—over 70 to choose from! Medifast Meals are either ready to eat right out of the package, or mix easily with water in seconds.

Our customers tell us again and again that one of the main reasons they lost weight successfully with Medifast is the simplicity of the plans. You don't have to count calories, carbs, or points.

It's satisfying

Medifast helps you lose weight without feeling hungry or deprived. When you don't feel hungry, you can stick to your healthy eating plan until you reach your goal. With Medifast, you eat fewer calories without the gnawing discomfort that compels you to cheat. How?

Medifast Meals combine low-fat protein, healthy fiber, and solid, clinically proven nutrition with a plan that lets you eat six times a day. You stick with the Plan, and you get the healthy results you want.

It's healthy

The Medifast Plans help you lose weight without cutting nutrition. When you follow your Medifast Plan as directed, every day you will benefit from ...

- Calcium for strong bones
- Vitamin D for calcium absorption
- Vitamins B6, B12, and folic acid to support memory and brain function
- Fiber for regularity
- Zinc for wound healing and healthy vision
- Potassium and sodium to help regulate blood pressure
- Healthy fats for gallbladder function
- Protein to protect against loss of lean muscle mass
- Plenty of fluids to guard against dehydration, dizziness, confusion, and fatigue

Before Starting Your Medifast Program

We recommend you discuss your medical conditions and weight-loss plans with your health care provider before starting the Medifast Program.

Do not use the Medifast Program if you are pregnant. If you have a serious acute or chronic illness (i.e., heart attack, cancer, liver disease, kidney disease, anorexia, bulimia, etc.), do not use Medifast until your health care provider says you have recovered or that your condition is stabilized.



Note:

- When following a weight-loss program, talk with your health care provider about any prescription medications, especially: Diabetes medications, High blood pressure medications, Coumadin® (warfarin) and Lithium.
- Weight-loss programs can induce rapid weight loss which may cause gallstones or gallbladder disease for those at high risk.

Specialized Programs

Our special programs can help you get the most out of Medifast. For more information about successfully using Medifast, please visit our website to view specialized program guides for:

- *Medifast for Diabetes Guide*
- *Medifast for Nursing Mothers Guide*
- *Medifast for Gout Guide*
- *Medifast for Teens Guide* (13 to 18 years old)

Information for Specific Needs

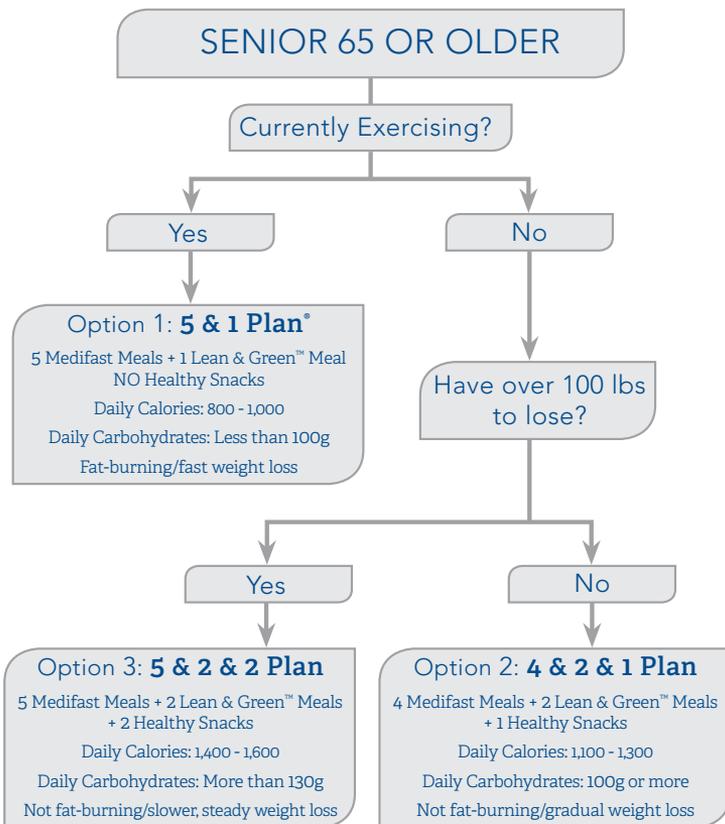
For more information about successfully using Medifast based on your specific needs, please visit our website to view the following handouts or information:

- *Using Medifast with Coumadin® (warfarin)*
- *Gluten-free Fact Sheet*
- *Thyroid Medication, Soy and Your Medifast Plan*
- *Vegetarian Information Sheet*
- *Bariatric Surgery and Medifast Information Sheet*

Which Medifast Plan is Right for Me?

The Medifast for Seniors Program has three different meal plans for healthy nutrition and weight control. The plans consist of:

- Medifast Meals
- Lean & Green™ Meals
- Healthy Snacks (Options 2 & 3 only)



Option 1: The Medifast 5 & 1 Plan® is appropriate for healthy and active seniors with less than 100 lbs to lose. “Active” means you spend an average of 30 minutes a day walking, swimming, jogging, etc.

Option 2: The Medifast 4 & 2 & 1 Plan is recommended for those who have up to 100 lbs to lose and who have a more sedentary (inactive) lifestyle.

Option 3: The Medifast 5 & 2 & 2 Plan is recommended for seniors with over 100 pounds to lose, and those with chronic or serious medical conditions.

Make sure you consult with your health care provider and review the plans to ensure you choose the right one for you.



Lean & Green™ Meals

Every Lean & Green™ Meal includes 5 to 7 ounces of lean protein plus three servings of vegetables and up to two servings of healthy fats, depending on your lean protein choices.

You can have your Lean & Green™ Meal(s) any time of day—breakfast, lunch, dinner, or in-between—whatever works best for your schedule. If you like, you can divide the meal into two portions and eat half of it at a time.

You'll find a list of choices for your lean protein and non-starchy vegetables on the following pages.



Lean = lean protein



Green = non-starchy vegetables



Healthy Fats

Every day, you'll incorporate up to two servings of Healthy Fats into your Lean & Green™ Meal(s). Healthy Fats are important to help you absorb certain vitamins, like A, D, E, and K. They also ensure your gallbladder works properly, so don't skip them. You'll find a listing of Healthy Fat choices at the end of the Lean Options list on page 7.

NOTE: If your plan allows for two Lean & Green™ Meals, you only get Healthy Fat servings for one of them, not both. This ensures your plan stays within calorie limits to help you lose weight.

Lean & Green™ Meal: *The “Lean”*

Choose the appropriate serving size of any protein from this list.

We've broken down protein options into Lean, Leaner, and Leanest. All options are appropriate for the Medifast for Seniors Program—it's just divided this way to help you make informed food choices.

Lean Tips:

- Portion size recommendations are for cooked weight
- Choose meats that are grilled, baked, broiled, or poached—not fried
- Each week, strive to eat at least two servings of fish rich in omega-3 fatty acids (such as salmon, tuna, mackerel, trout, or herring)
- Choose meatless options made with soybeans or textured vegetable protein



LEANEST

Choose a 7-oz portion (cooked weight)
plus 2 Healthy Fat servings

FISH

cod, flounder, haddock, orange roughy,
grouper, tilapia, mahi mahi, wild catfish,
tuna (yellowfin steak or canned in water)

SHELLFISH

crab, scallop, shrimp, lobster

GAME MEAT

deer, buffalo, elk

GROUND TURKEY (or other meat)

≥ 98% lean

MEATLESS OPTIONS

14 egg whites, 2 cups of EggBeaters®,
Boca Burgers (less than 6 g of carbs each)



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 Mori-nu® extra-firm tofu (bean curd), 2
whole eggs plus 4 egg whites



LEAN

Choose a 5-oz portion (cooked weight)
—no Healthy Fat servings needed

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 Mori-nu® firm or soft tofu (bean curd),
3 whole eggs (limit to once a week)

For additional meatless choices, please refer to our Meatless Options list online.



Healthy Fat Servings

Add 0 - 2
Healthy Fat
servings daily
based on your
Lean choices:

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- 1 teaspoon of trans fat-free margarine
- Up to 2 tablespoons of low- carbohydrate salad dressing—Less than 5g of carbs and 5g of fat
- 5 - 10 black or green olives

Lean & Green™ Meal: The “Green”

We’ve broken down vegetable options into Lower, Moderate, and Higher Carbohydrate levels. All options are appropriate on the Medifast for Seniors Program—the list is divided this way to help you make informed food choices.

Choose 3 servings from the Green Options List

1 SERVING = ½ CUP VEGETABLES (unless otherwise specified)

LOWER CARBOHYDRATE	MODERATE CARBOHYDRATE	HIGHER CARBOHYDRATE
<p>1 cup </p> <p>collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)</p> <p>½ cup</p> <p>celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)</p>	<p>½ cup </p> <p>asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)</p>	<p>½ cup </p> <p>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)</p>

NOTE: 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’ve reached your weight-loss goal, we encourage you to include ALL vegetables for long-term health.



Healthy Snacks

Your Healthy Snack(s) should be incorporated into one of your six mealtimes throughout the day, so you’re eating your Healthy Snack(s) at the same time as a Medifast Meal or Lean & Green™ Meal. You should maintain eating six meals each day (spaced two to three hours apart) for optimal blood sugar control.

- If you choose the Option 2 (Medifast 4 & 2 & 1 Plan), you may choose **one** Healthy Snack from the snack category of your choice (fruit, dairy, or grains). Remember to limit yourself to only one Healthy Snack each day.
- If you choose the Option 3 (Medifast 5 & 2 & 2 Plan), you may choose **two** Healthy Snacks from the snack categories of your choice (fruit, dairy, or grains). Remember to limit yourself to only two Healthy Snacks each day.
- If you choose Option 1 (Medifast 5 & 1 Plan®), you should **not** add any Healthy Snacks to your daily meal plan.



FRUITS

A Healthy Snack serving of fruit is:

- 1 medium-sized piece of fresh fruit such as pears, apples, oranges, etc.
- ½ cup fresh cubed fruit such as watermelon, cantaloupe, honeydew, etc.
- ½ cup fresh berries such as blueberries, raspberries, boysenberries, etc.
- ½ cup canned fruit such as peaches, pears, or fruit cocktail (choose canned fruit packed in water or natural juices—not syrup)
- 17 fresh grapes
- ½ grapefruit
- ½ large banana or 1 small banana

Healthy Snacks (cont.)



DAIRY

A Healthy Snack serving of dairy is:

- ½ -1 cup (4 - 8 oz) low-fat yogurt—yogurt serving should be less than 120 calories, low-fat, and either plain (unflavored) or artificially sweetened (flavored)
- 1 cup unsweetened low-fat or fat-free milk (cow, soy, almond, or buttermilk)
- ½ cup fat-free evaporated milk

NOTE: Always choose low-fat or fat-free dairy foods. Cheese (of any kind) should not be considered a dairy option, and therefore should not be counted as a healthy snack. See the Meatless Options list for information about including cheese in your weight-loss plan as a lean protein.



GRAINS

A Healthy Snack serving of grain is:

Bread: Choose whole-grain varieties that have three or more grams of fiber per slice.

- 1 slice whole-grain bread
- 2 slices low-calorie, “light” whole-grain bread (less than 40 calories/slice)

Cereal: Choose a whole-grain option that has three or more grams of fiber per serving.

- ½ -1 cup cold cereal such as bran flakes, etc.
- ½ cup cooked cereal

Additional whole-grain options:

- ⅓ cup cooked brown or wild rice
- ½ cup whole wheat pasta

Check the food-label ingredient list to ensure the starch or grain products you choose are made from whole-grain sources, which should appear first in the ingredient list—examples include whole wheat, whole rye, and whole oats.

Extras for Option 1

Optional Snacks

In addition to your five Medifast Meals and one Lean & Green™ Meal, you may choose to include ONE of the following optional extra snacks each day.

Medifast-approved optional snacks include:

- 3 celery stalks
- 1 fruit-flavored sugar-free Popsicle®
- ½ cup serving sugar-free gelatin, such as Jell-O®
- Up to 3 pieces of sugar-free gum or mints
- 2 dill pickle spears
- ½ oz of nuts: almonds (10 whole), walnuts (7 halves), or pistachios (20 kernels)*

*Be mindful that nuts are a rich source of healthy fat and additional calories—choose this optional snack sparingly.

Extras for Option 1 (cont.)



Optional Condiments

To flavor your meals and make your Medifast Meals more enjoyable, you have the option of adding condiments to your food selections. Although condiments add flavor and zest, they can also contribute to your overall carbohydrate intake. Therefore, we recommend reading food labels for carbohydrate information and controlling your condiment portions for optimal weight-loss results. Enjoy three servings per day.

Examples of a condiment serving include:

- ½ teaspoon most dried herbs and spices, catsup, BBQ sauce, or cocktail sauce
- 1 teaspoon balsamic vinegar or soy sauce
- 1 tablespoon minced onion, yellow mustard, salsa, low-fat or fat-free milk/soy milk
- 2 teaspoon lemon/lime juice
- 1 - 2 tablespoon sugar-free flavored syrup (Medifast Sugar-Free Syrup, DaVinci®, Torani®, etc.)
- 1 packet of artificial sweetener (Splenda®, Equal®, etc.)

Refer to our Condiment Recommendations online for a complete listing.

Option 1: The Medifast 5 & 1 Plan®

Every day, it's as simple as: any 5 Medifast Meals +
1 Lean & Green™ Meal

BREAKFAST		DAY 1
■ Medifast Eggs		
MID-MORNING		
■ Medifast Shake		
LUNCH		
■ Medifast Soup		
MID-AFTERNOON		
■ Medifast Crunch Bar		
DINNER	  	
■ 6 oz grilled chicken breast		
■ 1-½ cups cooked zucchini		
■ 1 tsp olive oil		
EVENING		
■ Medifast Pudding		

KEY	 Medifast Meals	 Lean	 Green	 Healthy Fats
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Option 1 Meal Plans (cont.)

DAY 2

BREAKFAST	
■ Medifast Oatmeal	
MID-MORNING	
■ Medifast Hot Drink	
LUNCH	 
<ul style="list-style-type: none"> ■ 5 oz grilled salmon ■ 2 cups mixed green salad, ½ cup mixed diced tomatoes, cucumbers, and celery 	
MID-AFTERNOON	
■ Medifast Pretzel Sticks	
DINNER	
■ Medifast Soup	
EVENING	
■ Medifast Cold Drink	

DAY 3

BREAKFAST	  
<ul style="list-style-type: none"> ■ 2 cups EggBeaters® ■ 1-½ cups mixed sautéed mushrooms, green peppers, and tomatoes ■ 2 tsp margarine 	
MID-MORNING	
■ Medifast Hot Drink	
LUNCH	
■ Medifast Soup	
MID-AFTERNOON	
■ Medifast Shake	
DINNER	
■ Medifast Soup	
EVENING	
■ Medifast Soft Serve	

DAY 4

BREAKFAST



- Medifast Oatmeal

MID-MORNING



- Medifast Crunch Bar

LUNCH



- 6 oz grilled chicken breast
- 1 cup baby spinach salad greens, 1 cup mixed diced tomatoes, cucumbers and celery
- 2 Tbsp low-carb dressing

MID-AFTERNOON



- Medifast Iced Tea

DINNER



- Medifast Bites

EVENING



- Medifast Pudding

DAY 5

BREAKFAST



- Medifast Pancakes

MID-MORNING



- Medifast Soup

LUNCH



- Medifast Ready-to-Drink Shake

MID-AFTERNOON



- Medifast Hot Drink

DINNER



- 2 Boca® Meatless Burgers Original (no bread)
- 1 cup sautéed spinach, ½ cup portabella mushroom caps
- 2 tsp canola oil

EVENING



- Medifast Soft Serve

KEY



Medifast Meals



Lean



Green



Healthy Fats

Option 1 Meal Plans (cont.)

DAY 6	
BREAKFAST	
■ Medifast Hot Drink	
MID-MORNING	
■ Medifast Soup	
LUNCH	
■ Medifast Soft Bake	
MID-AFTERNOON	
■ Medifast Pudding	
DINNER	  
■ 7 oz baked orange roughly	
■ 1-½ cups eggplant	
■ 2 tsp canola oil	
EVENING	
■ Medifast Soft Serve	

DAY 7	
BREAKFAST	
■ Medifast Pancakes	
MID-MORNING	
■ Medifast Oatmeal	
LUNCH	  
■ 7 oz sautéed shrimp	
■ 2 cups fresh baby spinach leaves ½ cup mixed diced tomatoes and mushrooms	
■ 2 Tbsp low-carb dressing	
MID-AFTERNOON	
■ Medifast Bites	
DINNER	
■ Medifast Soup	
EVENING	
■ Medifast Shake	

KEY	 Medifast Meals	 Lean	 Green	 Healthy Fats
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Option 2: The Medifast 4 & 2 & 1 Plan

Every day, it's as simple as: any 4 Medifast Meals +
2 Lean & Green™ Meals + 1 Healthy Snack

BREAKFAST		
■	Medifast Oatmeal	
MID-MORNING		
■	Medifast Hot Drink	
LUNCH		  
■	7 oz grilled shrimp	
■	2 cups salad greens, ½ cup mixed broccoli and shredded red cabbage	
■	2 Tbsp low-carb dressing	
MID-AFTERNOON		
■	Medifast Fruit Drink	
DINNER		 
■	6 oz grilled chicken breast	
■	2 cups fresh baby spinach, ½ cup fresh mushrooms and tomatoes	
EVENING		 
■	Medifast Pudding made with	
■	8 oz (1 cup) skim milk <i>(instead of water)</i>	

KEY	 Medifast Meals	 Lean	 Green	 Healthy Fats	 Healthy Snack
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Option 2 Meal Plans (cont.)

DAY 2

BREAKFAST



- Medifast Oatmeal

MID-MORNING



- Medifast Hot Drink

LUNCH



- 5 oz grilled salmon
- 2 cups mixed salad greens, ½ cup mixed diced tomatoes, cucumbers, and celery

MID-AFTERNOON



- Medifast Ready-to-Drink Shake

DINNER



- 6 oz turkey (white meat)
- 1-½ cups mixed green beans and wax beans

EVENING



- Medifast Shake blended with
- 1 small banana

DAY 3

BREAKFAST



- 2 cups EggBeaters®
- 1-½ cups mixed sautéed mushrooms, green peppers, and tomatoes

MID-MORNING



- Medifast Hot Drink

LUNCH



- Medifast Soup

MID-AFTERNOON



- Medifast Shake blended with
- ½ cup raspberries

DINNER



- 5 oz pork loin
- 1-½ cups cauliflower

EVENING



- Medifast Soft Serve

BREAKFAST



- Medifast Oatmeal

MID-MORNING



- Medifast Crunch Bar

LUNCH



- 6 oz grilled chicken breast
- 2 cups romaine salad greens, ½ cup mixed diced tomatoes, cucumbers, and celery

MID-AFTERNOON



- Medifast Shake

DINNER



- 5 oz beef tenderloin tips
- 1–½ cups mushrooms
- ⅓ cup whole-grain beef flavored rice

EVENING



- Medifast Soup

BREAKFAST



- Medifast Eggs

MID-MORNING



- Medifast Soup

LUNCH



- 7 oz fresh flounder
- 1–½ cups steamed asparagus
- 2 tsp trans fat-free margarine

MID-AFTERNOON



- Medifast Soup

DINNER



- 6 oz deli turkey
- 1 cup spinach leaves
- 1 cup cooked broccoli
- 1 slice whole-grain bread

EVENING



- Medifast Shake

KEY



Medifast Meals



Lean



Green



Healthy Fats



Healthy Snack

Option 2 Meal Plans (cont.)

DAY 6

BREAKFAST

- Medifast Crunch Bar

MID-MORNING

- Medifast Soup

LUNCH

- 2 Boca® Meatless Burgers Original (no bread)
- 1-½ cups sautéed spinach
- 2 tsp walnut oil

MID-AFTERNOON

- Medifast Pudding blended with
- ½ cup fresh blueberries

DINNER

- 7 oz baked orange roughy
- 1-½ cups broccoli

EVENING

- Medifast Ready-to-Drink Shake

DAY 7

BREAKFAST

- Medifast Hot Drink
- 8 oz (1 cup) fat-free yogurt

MID-MORNING

- Medifast Pancakes

LUNCH

- 7 oz sautéed shrimp
- 2 cups fresh baby spinach leaves, ½ cup mixed diced tomatoes and mushrooms

MID-AFTERNOON

- Medifast Hot Drink

DINNER

- 5 oz roast beef
- 1-½ cups seasoned cabbage

EVENING

- Medifast Soft Bake

KEY  Medifast Meals  Lean  Green  Healthy Fats  Healthy Snack

Option 3: The Medifast 5 & 2 & 2 Plan

Every day, it's as simple as: any 5 Medifast Meals +
2 Lean & Green™ Meals + 2 Healthy Snacks

DAY 1

BREAKFAST 

- Medifast Oatmeal

MID-MORNING 

- Medifast Hot Drink

LUNCH   

- 7 oz grilled shrimp
- 2 cups salad greens, ½ cup mixed broccoli and shredded red cabbage
- 2 Tbsp low-carb dressing

MID-AFTERNOON 

- Medifast Shake

DINNER    

- 6 oz grilled chicken breast
- 1 cup cooked baby spinach, ½ cup fresh mushrooms and tomatoes
- ⅓ cup brown rice
- Medifast Soup

EVENING  

- Medifast Pudding made with
- 8 oz (1 cup) skim milk (*instead of water*)

KEY  Medifast Meals  Lean  Green  Healthy Fats  Healthy Snack

Option 3 Meal Plans (cont.)

DAY 3

BREAKFAST



- 2 cups EggBeaters® scrambled
- ½ cup cooked spinach, 1 cup chopped mushrooms and tomatoes

MID-MORNING



- Medifast Crunch Bar

LUNCH



- Medifast Soup

MID-AFTERNOON



- Medifast Pudding blended with
- ½ cup fresh blueberries

DINNER



- 5 oz pork loin
- 1–½ cups cauliflower
- Medifast Shake

EVENING



- Medifast Soup mixed with
- ½ cup whole-grain noodles

DAY 2

BREAKFAST



- Medifast Oatmeal
- 8 oz (1 cup) fat-free yogurt

MID-MORNING



- Medifast Hot Drink

LUNCH



- 5 oz grilled salmon
- 2 cups mixed salad greens, ½ cup mixed diced tomatoes, cucumbers, and celery
- Medifast Pudding

MID-AFTERNOON



- Medifast Soft Bake

DINNER



- 6 oz turkey (white meat)
- 1–½ cups mixed green beans and wax beans

EVENING



- Medifast Shake blended with
- 1 small banana

BREAKFAST



- Medifast Eggs

MID-MORNING



- Medifast Shake blended with
- ½ cup fresh blueberries

LUNCH



- 6 oz grilled chicken breast
- 2 cups baby spinach salad greens, ½ cup mixed diced tomatoes, cucumbers, and celery
- Medifast Cold Drink

MID-AFTERNOON



- Medifast Shake

DINNER



- 5 oz beef tenderloin tips
- 1–½ cups mushrooms
- 1 small whole-grain roll

EVENING



- Medifast Soft Bake

BREAKFAST



- Medifast Pancakes

MID-MORNING



- Medifast Crunch Bar

LUNCH



- 7 oz fresh flounder
- 1–½ cups asparagus
- Medifast Soup

MID-AFTERNOON



- Medifast Cheese Puffs
- 1 fresh apple

DINNER



- 6 oz turkey (white meat)
- ½ cup mixed lettuce, tomatoes, and sprouts, 1 cup cooked broccoli
- 1 slice whole-grain bread
- 1 tsp trans fat-free margarine

EVENING



- Medifast Shake

KEY



Medifast Meals



Lean



Green



Healthy Fats



Healthy Snack

Option 3 Meal Plans (cont.)

DAY 6

BREAKFAST



- Medifast Hot Drink

MID-MORNING



- Medifast Crunch Bar

LUNCH



- 2 Boca® Meatless Burgers Original (no bread)
- 1–½ cups sautéed spinach
- Medifast Soup

MID-AFTERNOON



- Medifast Pudding blended with
- ½ cup fresh blueberries

DINNER



- 7 oz baked orange roughy
- 1–½ cups sautéed eggplant
- 2 tsp walnut oil

EVENING



- Medifast Shake made with
- 8 oz (1 cup) skim milk (*instead of water*)

DAY 7

BREAKFAST



- Medifast Hot Drink
- 8 oz (1 cup) fat-free yogurt

MID-MORNING



- Medifast Soup

LUNCH



- 7 oz sautéed shrimp
- 2 cups fresh baby spinach leaves, ½ cup mixed diced tomatoes, and mushrooms
- 2 Tbsp low-carb dressing

MID-AFTERNOON



- Medifast Pretzel Sticks

DINNER



- 6 oz sliced turkey breast
- 1–½ cups seasoned cabbage
- Medifast Shake

EVENING



- Medifast Brownie topped with
- ½ cup sliced strawberries

KEY



Medifast Meals



Lean



Green



Healthy Fats



Healthy Snack

Tips for Success

The First Few Days

As you begin the Medifast for Seniors Program, you may feel hungry, tired, or irritable as your body adjusts to the reduction in calories. This is temporary, but make sure you keep close watch on your hunger during this time.

If you're excessively hungry or tired in the first few days, have an extra Medifast Shake or a couple additional ounces of lean protein (egg whites, etc.). It's better to have an extra Medifast Shake than to go off your plan entirely.

Within a few days, these symptoms will disappear, leaving you feeling energized and confident.

You can make this adjustment period easier:

- Pick a good day to start, when you don't expect any special events centered on food
- Stay busy
- Remind yourself that you are on a journey to improve your health. Take it one day at a time
- Avoid the sights and smells of food and stay focused on your health goals

Going forward, here are some ways to make the Medifast for Seniors Program easier and more effective:

Space your meals carefully. Eat every two to three hours to help keep your metabolism active and maximize steady weight loss.

Tips for Success (cont.)

Don't skip meals, which can decrease your nutrient balance and slow down your metabolism—and your weight-loss results.

Eat slowly and mindfully. Spend at least 15 minutes eating each meal. Cut bars into small pieces and enjoy one bite at a time.

Drink lots of fluids. Make sure you get at least 64 oz of water each day. In addition, you can have calorie-free beverages like unsweetened tea or coffee, sparkling water, or diet soda.

Limit caffeine to 300 mg a day, since following the 5 & 1 Plan® might make you more sensitive to caffeine.

Avoid alcohol, even “low carb” versions, since alcohol adds non-nutritious calories, stimulates your appetite, and can deplete your body of water. Even one drink can slow your weight loss.

Keep a journal to track your successes, challenges, feelings, and observations. A food journal is provided in your welcome kit.

Seeing Results

Some people lose weight quickly in the first few weeks of being on Option 1, and then slightly slower (yet steady) results as they go along. It's important to weigh yourself regularly, (same scale, same time of day, same clothes) each time.

Sometimes your weight will change, even in the same day, due to differences in fluid, medications, and other factors.

Beyond pounds, notice how your clothes fit as you lose body fat and inches. Most important, check in with how you feel, physically, mentally, and emotionally.

Hitting a “Plateau”

At some point, you may find that your weight loss slows down or seems to stop. If you notice you haven't lost any additional weight within a two-week period:

- Make sure you're following your plan exactly, not skipping meals, and sticking to your Lean & Green™ Meal guidelines, weighing and measuring your portions carefully
- Make sure you're drinking plenty of water—at least 8 glasses (64 oz)
- Pick the lowest carbohydrate vegetables from your Green Options list (page 8)
- Skip optional snacks to further reduce your carbohydrate intake
- Try a new form of exercise or add extra time or intensity to your current routine
- Note that over-exercising can slow weight loss, too: Keep your workouts to 45 minutes or less when you're on the 5 & 1 Plan®.

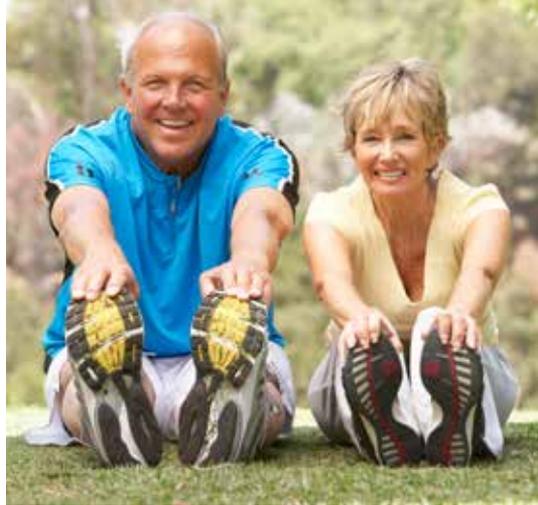
Exercise

If your health care provider says you are fit enough to exercise, you should try it! If you're using Option 1, the Medifast 5 & 1 Plan®, wait two or three weeks after starting the plan before you begin exercising. If you're using Option 2 or 3, you can start right away.

Daily exercise is essential to a healthy lifestyle that can help you continue living independently. Strengthening your heart, lungs, and muscles helps you manage or even improve your blood sugar, blood pressure, cholesterol, osteoarthritis, and osteoporosis.

Exercise (cont.)

Choose activities you enjoy. In addition to old standbys such as walking or swimming, you can try something new like yoga, ballroom dancing, or golf. Start slowly, and gradually increase the duration and intensity of your exercise.



Resolve to be physically active at least 30 minutes a day (This is a MUST if you're using Option 1, the Medifast 5 & 1 Plan®.) You can break up your half-hour into two or more sessions as long as you end up with at least 30 minutes daily.

The *Medifast Exercise Guide* is filled with information, including our Walking Program.

Transition

(For Option 1 / The 5 & 1 Plan® ONLY)

Once you've reached your weight loss goal on the 5 & 1 Plan® and continued it for one more week, you're ready for the Transition Plan, which serves as a bridge between your weight-loss program and your Maintenance Plan. (If you're following Option 2 or 3, you proceed straight to Maintenance.)

During Transition, you spend six weeks getting reacquainted with foods you avoided on the 5 & 1 Plan®, including higher carbohydrate vegetables, fruit, low-fat dairy, and whole grains.

The Transition Plan helps you increase your calories gradually, protects you from rebound weight gain, and gives your digestive system a chance to readjust to eating more calories and carbohydrates.

During Transition you're adding in measured servings of grains, fruit, and low-fat dairy foods and eventually swapping Medifast Meals for these foods. You're still eating six small meals a day.

Sample transition chart

	Target # of calories	Medifast Meals	Lean & Green™ Meals	Additions
WEEK 1	850 – 1,050	5	1	1 cup (2 servings) of your favorite vegetables
WEEK 2	900 – 1,150	4	1	<i>In addition to your:</i> 1 cup of vegetables  2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries* (2 servings)
WEEK 3	1,000 – 1,300	4	1	<i>In addition to your:</i> 1 cup of vegetables AND 2 pieces of fruit OR 1 cup of cubed fruit or berries*  1 cup of low-fat or fat-free dairy (1 serving)
WEEK 4-6	1,100 – 1,550	3	1	<i>In addition to your:</i> 1 cup of vegetables AND 2 pieces of fruit OR 1 cup of cubed fruit or berries* AND 1 cup of low-fat or fat-free dairy  4- to 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, 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.

Once you've completed Transition, give yourself a pat on the back. Now you're ready to begin a lifetime of healthier eating with the Medifast Maintenance Plan. The *Medifast Maintenance Guide*, available for free online, will guide you every step of the way.

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 Condiments

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

Optional Snack

<input type="text"/>
1

Lean & Green[™] Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

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

Healthy Fat serving(s)

<input type="text"/>	<input type="text"/>
1	2

Glasses of water (8 oz)

(check off each box; 64 oz total)

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

Exercise/Activity

How I felt today:



good



okay



bad

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

Healthy Snack

<input type="text"/>
1

Lean & Green™ Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

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

Healthy Fat serving(s)

<input type="text"/>	<input type="text"/>
1	2

Lean & Green™ Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

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

Glasses of water (8 oz)

(check off each box; 64 oz total)

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

Exercise/Activity

How I felt today:



good



okay



bad

5 & 2 & 2 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

Healthy Snack

<input type="text"/>	<input type="text"/>
1	2

Lean & Green™ Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

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

Healthy Fat serving(s)

<input type="text"/>	<input type="text"/>
1	2

Lean & Green™ Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable servings

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

Glasses of water (8 oz)

(check off each box; 64 oz total)

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

Exercise/Activity

How I felt today:



good



okay



bad



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