

# Medifast for Diabetes Program Manual



This **Medifast for Diabetes** Program Manual is designed with special care to help guide individuals with diabetes on the Medifast Program. The **Medifast for Diabetes** Program is different from the Medifast 5 & 1 Plan that's described in your Quick Start Guide. Please read the **Medifast for Diabetes** Program Manual carefully; it provides all the information you need to get started.





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## Welcome to Medifast!

Medifast can help you achieve the healthy weight that's right for you. Maintaining a healthy weight allows you to live life to the fullest. Successfully lose weight and improve your health with more than 60 Medifast Meals to choose from. The *Medifast for Diabetes Program* is convenient and simple to follow, emphasizing portion controlled eating at regular intervals throughout the day!

### *Medifast Is Clinically Proven*

Medifast has been proven in multiple clinical studies and recommended by over 15,000 physicians.

*Researchers from a major medical center conducted an 86-week diabetic weight loss study comparing the Medifast weight loss program to the standard American Diabetes Association (ADA) diet plan. Participants randomized to receive Medifast lost twice as much weight and were twice as compliant with the diet as participants following a standard diet based on the dietary guidelines of the ADA. Approximately 40% of the Medifast participants lost  $\geq 5\%$  of their initial weight compared with 12% of those on the standard ADA diet. Additionally, 24% of Medifast users decreased or eliminated their diabetes medication compared to 0% on the standard ADA diet. Participants in the Medifast group achieved significantly lower levels of fasting glucose, insulin and HbA1c, lipids and blood pressure after losing weight.*

*This study affirms that people with type 2 diabetes are more likely to stick with the Medifast Program, lose more weight and improve their health.*

## ***Medifast for Diabetes Program***

Diabetes is a growing health concern, affecting about 21 million Americans. Having diabetes means the body cannot properly use energy from food. If left untreated, it can lead to serious health consequences. For many people, diabetes can be prevented or delayed by understanding its risk factors and making important lifestyle changes. Along with participating in regular physical activity, following a healthy meal plan is one of the most important steps you should take to manage your type 2 diabetes.

Medifast has created a weight loss program and has formulated a special line of “diabetes friendly” nutritional products to help individuals with type 2 diabetes lose weight safely and effectively. The *Medifast for Diabetes Program* provides fewer calories, carbohydrates and sugars than the standard American Diabetes Association (ADA) diet. This may affect dosage requirements of insulin and oral diabetes medications.

## ***See Your Doctor Before Beginning The Medifast For Diabetes Program***

It is essential that you see your physician or diabetes specialist prior to beginning the *Medifast for Diabetes Program* to discuss monitoring your blood sugar, potassium and medication dosages. Because the *Medifast for Diabetes Program* is low calorie and low glycemic, you may have to adjust your diabetes medications prior to starting the program.

It is important to control blood sugars to help reduce health risks. Medifast recommends careful blood sugar monitoring (3–4 times daily) and lowering your oral agents as you start the program to avoid hypoglycemia. Talk to your doctor about lowering the dose of your medication. If you are on multiple agents, talk to your doctor about removing one at a time until you know how you will respond to this improved dietary regimen. For individuals taking insulin, it is imperative that you talk to your doctor about reducing your insulin requirements when beginning this program.

# Diabetes

Diabetes is a chronic health condition characterized by high blood glucose (sugar) levels. There are two main types of diabetes: type 1 diabetes mellitus (insulin-dependent diabetes) and type 2 diabetes mellitus. Both are managed with proper food choices, physical activity and (in some cases) oral medications or insulin injections. There is also a condition called pre-diabetes. Pre-diabetes is characterized by blood glucose levels which are higher than normal, but not yet high enough to be diagnosed as diabetes. Changes in diet and level of physical activity can delay or even prevent pre-diabetes from progressing to type 2 diabetes. Remember, the best medical treatment or plan is only as good as your ability to follow it.

## *Type 2 Diabetes*

Type 2 diabetes is the most common type of diabetes. It can occur at any age, even during childhood. In type 2 diabetes, the pancreas does not make enough insulin; or the fat, muscle or liver cells do not use insulin properly. Being overweight significantly increases the risk of developing type 2 diabetes. However, losing just five percent of your body weight can help control the signs and symptoms of type 2 diabetes, improve health indicators (glucose, hemoglobin A1C, cholesterol, blood pressure) and may reduce the need for medication. Medifast is an effective weight loss and weight maintenance tool for individuals with type 2 diabetes.

## *Type 1 Diabetes (insulin-dependent diabetes)*

Type 1 diabetes is usually diagnosed in childhood or young adulthood. It occurs when beta cells of the pancreas no longer make insulin, resulting in blood sugar levels that stay too high. Insulin must be administered daily (by injection or pump) to bring down blood sugar levels and the diet must be carefully planned. If there is too much insulin (or not enough glucose coming from the digested food), blood sugar levels will fall too low (hypo-

glycemia). For this reason, we do not recommend our weight-loss program for individuals with type 1 diabetes. However, Medifast products can be used for weight maintenance as a healthy alternative to regular foods, in conjunction with a daily meal plan.

## Medifast Plus for Diabetics Products

The Medifast program features products with low glycemic carbohydrates. High glycemic foods convert to glucose rapidly—negatively affecting blood sugar levels. By contrast, low glycemic foods help in maintaining consistent blood sugar levels—a key in managing diabetes.

All Medifast products are suitable for individuals with type 2 diabetes. Medifast also has a line of products specially designed to meet the needs of people with diabetes — Medifast Plus for Diabetics. These nutritionally complete supplements are designed for use as meal replacements in conjunction with a well-balanced meal plan. Medifast Plus for Diabetics Shakes contain less than six (6) grams of sugar and ten (10) or fewer total carbohydrates per serving. Medifast Plus for Diabetics can be used as a supplement in a weight loss program or in addition to a diabetes meal plan.

***Medifast Plus for Diabetics Shakes*** (Chocolate, Vanilla, Strawberry)

***Medifast Plus for Diabetics Bars*** (Chocolate, Peanut Butter)

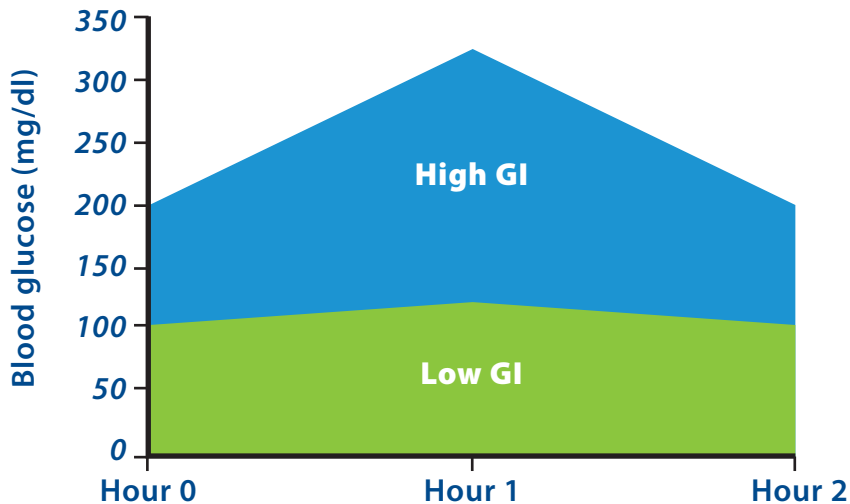
Medifast Plus for Diabetics products carry the Glycemic Research Institute's ***Low Glycemic Seal of Approval***.



Glycemic Research Institute criteria for

***Low Glycemic Seal of Approval*** certification:

- Do not overly stimulate blood glucose or insulin
- Do not stimulate lipoprotein lipase (gatekeeper for fat storage in the fat cell)
- Do not contain appreciable amounts of high glycemic raw materials
- Do not exacerbate ADD, dyslexia or hyperactivity in children
- Do not reduce sports performance due to insulin surges
- Do not cause reactive hypoglycemia



***Benefits of Low Glycemic Index (GI):***

- Minimizes spikes in blood sugar levels
- Controls hunger and keeps you feeling full longer

## ***Benefits of Medifast Plus for Diabetics:***

- High in soy protein
- Low sugar
- Low calorie
- Low fat
- Low cholesterol
- Low glycemic
- Rich in calcium and vitamin D
- Good source of soluble fiber
- Enriched with 24 essential vitamins & minerals
- Contains inulin (chicory root extract – a prebiotic source of fiber) to help modulate blood glucose and cholesterol levels
- Contains chromium and biotin to improve glucose tolerance and enhance insulin sensitivity

## Medifast for Diabetes Program

***Weight Loss:*** Medifast offers 3 weight loss options for individuals with diabetes. Your physician can help you decide which program is right for you.

***Weight Maintenance:*** Eat 2–3 Medifast Meals per day in addition to your prescribed meal plan.

### ***Let's Get Started***

The basics of healthy meal planning for type 2 diabetes include:

- Spacing carbohydrate-containing food throughout the day
- Reducing saturated fat and total fat
- Modifying calories to achieve and maintain a modest weight loss

Medifast helps you achieve these goals with our low fat, calorie-controlled meal plans. Whichever program below you choose to follow, your blood sugar can be controlled by eating six (6) times each day, preferably every 2 to 3 hours.

## Choose A Meal Plan

There are 3 different Diabetes meal plans from which to choose. Medifast enables you to easily follow these meal plans with minimal planning. The general guidelines that follow will help you pick the plan most appropriate for your needs. **The final decision should ultimately be determined by both you and your doctor.**

For individuals that have less than 100 pounds to lose, we recommend you consider the [Medifast 5 & 1 Plan for Diabetes](#) (800-1,000 calories), or the [Medifast 4 & 2 & 1 Plan](#) (1,100-1,300 calories). The [Medifast 5 & 1 Plan for Diabetes](#) provides 85-100 grams of carbohydrates per day. The low carbohydrate amount encourages your body to use built-up fat for energy. Weight loss generally occurs at a rapid pace once your body is in the fat-burning state. If your doctor recommends a higher calorie or carbohydrate level, consider the [Medifast 4 & 2 & 1 Plan](#).

For individuals that have more than 100 pounds to lose, we recommend you consider the [Medifast 5 & 2 & 2 Plan for Diabetes](#) (1,400–1,600 calories). Weight loss will be slower (yet steady), and you will not be in the fat-burning state. Once you lose 50 pounds, your doctor may recommend that you begin to follow one of the lower-calorie plans. Keep in mind, switching to a lower-calorie plan will likely increase your rate of weight loss. **Once you and your physician determine the right plan for you, please do not switch plans (unless directed by your physician).**

### **OPTION 1:** The [Medifast 5 & 1 Plan for Diabetes](#)

- 5 Medifast Meals + 1 [Lean & Green Meal](#)
- 800–1,000 calories daily
- 80–95 grams of carbohydrates daily
- The low amount of carbohydrates encourages your body to use built-up fat for energy
- Weight loss generally occurs rapidly in the fat-burning state
- For sample meal plans, see page 18

**OPTION 2:** The **Medifast 4 & 2 & 1 Plan**

- 4 Medifast Meals + 2 **Lean & Green Meals** + 1 **Healthy Snack**
- 1,100–1,300 calories daily
- 100+ grams of carbohydrates daily
- Weight loss will be slow and steady
- You will not be in the fat-burning state with this plan
- For sample meal plans, see page 22

**OPTION 3:** The **Medifast 5 & 2 & 2 Plan**

- 5 Medifast Meals + 2 **Lean & Green Meals** + 2 **Healthy Snacks**
- 1,400–1,600 calories daily
- 130+ grams of carbohydrates daily
- Weight loss may be slower paced, but you will still lose weight at a healthy rate
- You will not be in the fat-burning state with this plan
- For sample meal plans, see page 27

## What Do the Meal Plan Numbers Mean?

### 1. Medifast Meals

**The FIRST number in your Medifast Plan tells you how many Medifast Meals to eat each day.**

The **Medifast for Diabetes Program** incorporates 4 or 5 Medifast Meals. Choose from over 60 delicious Medifast Meals including shakes, soups, stew, chili, oatmeal, scrambled eggs, fruit drinks, iced teas, hot beverages, bars and puddings. Any combination of Medifast Meals may be used on your **Medifast for Diabetes Program** (limit to one bar per day).

### 2. Lean & Green Meals

**The SECOND number in your Medifast Plan tells you how many **Lean & Green Meals** to eat each day.**

The *Medifast for Diabetes Program* incorporates 1 or 2 **Lean & Green Meals**. The “Lean” is lean meat and the “Green” is vegetables. You can have your **Lean & Green Meal(s)** any time of day—breakfast, lunch and/or dinner—**you** decide which works best for your schedule! Refer to the Lean Options (page 12) and Green Options (page 13) charts to choose your lean meats and vegetables.

### 3. Healthy Snacks

**The THIRD number in your Medifast Plan tells you how many Healthy Snacks to eat each day.**

NOTE – Option 1: *Medifast 5 & 1 Plan for Diabetes*, does not require any **Healthy Snacks**. **Healthy Snacks** are a serving of fruit, dairy or grain. Refer to the **Healthy Snacks** section (pages 14-15) for options.

## What Goes Into My Lean & Green Meals?

The “Lean” is lean meat and the “Green” is vegetables.

- Each **Lean & Green Meal** should consist of 5–7 ounces of lean meat plus three (3) servings of salad or vegetables.
- One (1) **Lean & Green Meal** each day should include one (1) Healthy Fat Serving.

**Healthy Fats:** Every day, you’ll incorporate 0–2 servings of Healthy Fat into your **Lean & Green Meal** (if your *Medifast for Diabetes Plan* requires 2 **Lean & Green Meals**, incorporate your Healthy Fat servings into only one—not both—**Lean & Green Meals**). We encourage you to choose a Healthy Fat and limit your intake of trans fats and saturated fats. Fat plays several important roles in the diet:

- aids in the absorption of fat-soluble vitamins, including vitamins A, D, E and K
- adds satiety and a sense of fullness after eating a meal
- promotes healthy gallbladder contraction—if you have a

gallbladder, incorporating Healthy Fats as recommended will work to maintain gallbladder health

The Healthy Fat choices to include with your *Lean & Green Meals* are listed at the end of the Lean Options chart.

**Lean:** Choose the appropriate serving size of any meat from this list. We've broken down meat options into Lean, Leaner and Leanest. All options are appropriate for the *Medifast for Diabetes* Meal Plan—it's just divided this way to help you make the wisest food choices.

## LEAN OPTIONS

### LEANEST

Lean Meat with <6 grams of fat per serving

**Fish** - Cod, Flounder, Haddock, Orange Roughy, Grouper, Tilapia, Mahi Mahi

**Shellfish** - Crab, Scallop, Shrimp, Lobster

**Game Meat** - Deer, Buffalo, Elk

### MEATLESS OPTIONS

14 Egg whites

2 cups (16 oz) Egg Beaters

2 Boca Burger®, Morning Star Farms®, or Garden Burger®:  
*choose a variety with less than 6 grams of carbohydrates per patty.*

**CHOOSE A 7 OZ PORTION & 2 HEALTHY FAT SERVINGS\***

### LEANER

Lean Meat with 6 - 9 grams of fat per serving

**Fish** - Swordfish, Trout

**Chicken** - Breast or White Meat without skin

**Pork Tenderloin**

**Ground Turkey or other meat** - 99% lean

**Light Meat** - Turkey

### MEATLESS OPTIONS

15 oz tofu, extra firm

2 whole eggs + 4 egg whites

**CHOOSE A 6 OUNCE PORTION & 1 HEALTHY FAT SERVING\***

### LEAN

Lean Meat with >9 grams of fat per serving

**Fish** - Salmon

**Lean Beef** - Beef steak, Roast and Ground Beef

**Lamb**

**Pork Chop**

**Ground Turkey or other meat** - 80- 98% lean

**Dark Meat** - Turkey or Chicken

### MEATLESS OPTIONS

3 whole eggs (*limit to 1 time per week*)

15 oz tofu, firm and soft variety

**CHOOSE A 5 OUNCE PORTION & NO HEALTHY FAT SERVINGS**

**\*HEALTHY FAT SERVINGS** Add 0-2 healthy fat servings daily based on your lean choices:

- 1 teaspoon of canola, flaxseed, walnut or olive oil
- 5 black olives
- up to 2 tablespoons of low carbohydrate salad dressing
- 1 teaspoon of "trans fat free" margarine

For those requiring meatless protein sources, please refer to our Lean List online at [ChooseMedifast.com](http://ChooseMedifast.com) (Resources / Nutrition) or contact Medifast Nutrition Support at (800) 509-1281 or [NutritionSupport@ChooseMedifast.com](mailto:NutritionSupport@ChooseMedifast.com).

### Lean tips:

- Lean portion sizes refer to the cooked weight (since meat shrinks during cooking).
- Choose meats that are grilled, baked, broiled or poached (not fried).
- Each week, eat at least one serving of fish rich in Omega-3 fatty acids (such as salmon, albacore tuna, mackerel, trout or herring).
- Choose Meatless Options made with soybeans or textured vegetable protein (such as vegetarian burgers, legume-type beans, egg whites, egg substitutes, low fat cheese or cottage cheese).

**Green:** Choose three (3) servings from our Green List for each of your *Lean & Green Meals*. 1 serving = ½ cup vegetables (unless otherwise specified on the Green List). We've broken down vegetable options into Lowest, Moderate and Highest Carbohydrate levels. All options are appropriate on the *Medifast for Diabetes Program*—the list is divided this way to help you make the wisest food choices.

## GREEN OPTIONS

LOWEST 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	
HIGHEST 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

**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 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 6 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 6 meals each day (spaced 2–3 hours apart) for maximal blood sugar control.

- If you choose the *Medifast 4 & 2 & 1 Plan*, you may choose one (1) **Healthy Snack** from the snack category of your choice (Fruit, Dairy or Grains). Remember to limit yourself to only one (1) **Healthy Snack** each day.
- If you choose the *Medifast 5 & 2 & 2 Plan*, you may choose two (2) **Healthy Snacks** from the snack categories of your choice (Fruit, Dairy or Grains). Remember to limit yourself to only two (2) **Healthy Snacks** each day.

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### **FRUIT**

#### ***A Healthy Snack serving of fruit is:***

- 1 piece medium-size 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 (buy canned fruit packed in water or natural juices—not packed in syrup)
- 17 fresh grapes
- ½ grapefruit
- ½ large banana or whole small banana

## 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 low fat or fat-free milk, soy milk 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—you may use low fat cheese as a substitute for a portion of lean meat in your *Lean & Green Meal* (1 ounce of low fat cheese = 1 ounce of lean meat).

## GRAINS

- **Bread:** When selecting breads, choose *whole-grain* varieties that have 2 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:** When selecting cereal, choose a whole-grain option that has 5 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, whole oats, etc.



## Tips for Success

### ***Optional extra snacks for the Medifast for Diabetes Program***

In addition to your 4–5 Medifast Meals & *1–2 Lean & Green Meals* & 0–2 *Healthy Snacks*, you may choose to include ONE of the following optional “extra” snacks each day. This optional snack is in addition to any *Healthy Snacks* required by your chosen *Medifast for Diabetes* Meal Plan. Medifast-approved snacks include:

- 3 celery stalks
- 1 fruit flavored sugar-free Popsicle®
- ½ cup serving sugar-free gelatin
- 2 dill pickle spears
- up to 3 pieces of sugar-free gum or mints

### ***Beverages***

*Drink 64 ounces of **plain water** (eight 8-ounce cups) throughout the day.*

In addition, you can drink calorie-free beverages such as:

- Diet soda
- Hot or cold unsweetened tea or coffee
- Calorie-free drink mixes, such as Crystal Light® or Sugar Free Kool Aid®

Avoid sugary drinks. Limit caffeine-containing beverages to three (3) 8-ounce servings per day (the effects of caffeine are more pronounced during weight loss).

## **Exercise Checklist For Individuals with Diabetes**

- Always check with your doctor before starting any exercise program.
- Check blood glucose/sugar before exercise—do NOT exercise if blood glucose is less than 100mg/dL or greater than 300mg/dL.
- Begin your exercise program slowly—gradually increase duration (minutes per exercise session), intensity (difficulty level) and frequency (times per week).
- Try to work up to 30–45 minutes of moderate-intensity exercise at least 3–6 times per week. Warm up before exercising and cool down afterward by doing 5 minutes of a slower-paced activity.
- Carry glucose tablets or a carbohydrate-containing snack with you in case of low blood sugar.
- Discuss a snack plan for exercise with your Registered Dietitian or Certified Diabetes Educator.
- Drink plenty of fluids (water and sugar-free beverages).
- Wear your ID bracelet while exercising.
- Wear appropriate clothing and shoes.
- Check your feet regularly for any sores or blisters that may develop.
- Check blood glucose again after exercise.

## **Recipe Suggestions**

Did You Know...? You can use recipes to enhance your Medifast Meals. Here's a Mocha Freeze Recipe suggestion from the Medifast Recipe Book:

*Mix 1 packet Medifast Dutch Chocolate Shake with 1 tablespoon instant coffee, ½ cup cold water and ½ cup ice. Blend in a blender until smooth.*

Did You Know...? You can mix your Medifast Shakes with diet soda to create different flavors. Try this recipe suggestion:

*Carefully stir 1 packet Medifast Vanilla Shake into 6-8 ounces diet cream soda (be sure not to shake in a shaker jar).*

Did You Know...? You can use sugar-free syrups to change the flavor of your Medifast Meals. Try this recipe suggestion:

*Mix 1 packet Medifast Hot Cocoa with 1-2 tablespoons sugar-free hazelnut syrup and 1 cup water. Microwave until warm (1-2 minutes).*

## Option 1: The Medifast 5 & 1 Plan for Diabetes

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

### Day 1

#### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Scrambled Eggs

#### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Plus for Diabetics Chocolate Shake

#### **LUNCH – 3RD MEDIFAST MEAL**

- Medifast Cream of Chicken Soup

#### **AFTERNOON – 4TH MEDIFAST MEAL**

- Medifast Plus for Diabetics Strawberry Shake

#### **DINNER – LEAN & GREEN MEAL**

- 6 oz grilled chicken breast
- 1-½ cups zucchini cooked in 1 tsp olive oil (the oil is your Healthy Fat serving)

#### **EVENING – 5TH MEDIFAST MEAL**

- Medifast Vanilla Pudding

You can use these sample meal plans as a guide to help you plan your 6 mealtimes each day.

### Day 2

#### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Blueberry Oatmeal

#### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Hot Cocoa

#### **LUNCH – LEAN & GREEN MEAL**

- 5 oz grilled salmon
- 2 cups mixed salad greens
- ½ cup mixed diced tomatoes, cucumbers and celery
- 2 Tbsp low carbohydrate salad dressing (the salad dressing is an optional condiment)

#### **AFTERNOON – 3RD MEDIFAST MEAL**

- Medifast Plus for Diabetics Vanilla Shake

#### **DINNER – 4TH MEDIFAST MEAL**

- Medifast Chicken Noodle Soup

#### **EVENING – 5TH MEDIFAST MEAL**

- Medifast Tropical Punch Drink



### Day 3

#### **BREAKFAST – LEAN & GREEN MEAL**

- 2 cups Egg Beaters scrambled with 2 tsp margarine (the margarine is your Healthy Fat serving)
- 1-½ cups mixed sautéed mushrooms, green peppers and tomato

#### **MID MORNING – 1ST MEDIFAST MEAL**

- Medifast Chai Latte

#### **LUNCH – 2ND MEDIFAST MEAL**

- Medifast Maryland Crab Soup

#### **AFTERNOON – 3RD MEDIFAST MEAL**

- Medifast Plus for Diabetics Vanilla Shake

#### **DINNER – 4TH MEDIFAST MEAL**

- Medifast Beef Vegetable Stew

#### **EVENING – 5TH MEDIFAST MEAL**

- Medifast Banana Pudding

### Day 5

#### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Scrambled Eggs

#### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Chicken Noodle Soup

#### **LUNCH – 3RD MEDIFAST MEAL**

- Medifast Maryland Crab Soup

#### **AFTERNOON – 4TH MEDIFAST MEAL**

- Medifast Beef Vegetable Stew

#### **DINNER – LEAN & GREEN MEAL**

- 2 Boca Burgers (no bread)
- 1 cup sautéed spinach
- ½ cup portabella mushroom caps
- 1 tsp canola oil to sauté vegetables (the oil is your Healthy Fat serving)

### Day 4

#### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Peach Oatmeal

#### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Plus for Diabetics Vanilla Shake

#### **LUNCH – LEAN & GREEN MEAL**

- 6 oz grilled chicken breast
- 1 cup baby spinach salad greens
- 1 cup mixed diced tomatoes, cucumbers and celery
- 2 Tbsp low carbohydrate salad dressing (the salad dressing is your Healthy Fat serving)

#### **AFTERNOON – 3RD MEDIFAST MEAL**

- Medifast Plus for Diabetics Chocolate Shake

#### **DINNER – 4TH MEDIFAST MEAL**

- Medifast Homestyle Chili

#### **EVENING – 5TH MEDIFAST MEAL**

- Medifast Cream of Broccoli Soup

#### **EVENING – 5TH MEDIFAST MEAL**

- Medifast Plus for Diabetics Strawberry Shake

## Day 6

### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Cappuccino

### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Plus for Diabetics Peanut Butter Bar

### **LUNCH – 3RD MEDIFAST MEAL**

- Medifast Plus for Diabetics Chocolate Shake

### **AFTERNOON – 4TH MEDIFAST MEAL**

- Medifast Vanilla Pudding

### **DINNER – LEAN & GREEN MEAL**

- 7 oz baked orange roughly
- 1-½ cups eggplant sautéed in 2 tsp canola oil (the oil is your Healthy Fat servings)

### **EVENING – 5TH MEDIFAST MEAL**

- Medifast Peach Iced Tea



## Day 7

### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Scrambled Eggs

### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Apple Cinnamon Oatmeal

### **LUNCH – LEAN & GREEN MEAL**

- 7 oz sautéed shrimp with 1 tsp canola oil (the oil is your Healthy Fat serving)
- 2 cups fresh baby spinach leaves
- ½ cup mixed diced tomatoes and mushrooms
- 2 Tbsp low fat, low carbohydrate salad dressing (the salad dressing is an optional condiment)

### **AFTERNOON – 3RD MEDIFAST MEAL**

- Medifast Plus for Diabetics Vanilla Shake

### **DINNER – 4TH MEDIFAST MEAL**

- Medifast Chicken & Wild Rice Soup

### **EVENING – 5TH MEDIFAST MEAL**

- Medifast Cream of Broccoli Soup

## TRANSITION

### *Begin The Transition Plan After You Have Reached Your Goal Weight*

Transition is the next phase of the Medifast Program. Transition is required only if you followed Option 1: [Medifast 5 & 1 Plan for Diabetes](#). During Transition, you will be reintroduced to fruits, low fat dairy products, whole grains and higher-carbohydrate vegetables. You'll begin Transition once you've reached your goal weight. Transition gradually adds calories back into your regimen, while giving your body the appropriate time it needs to adjust to its new level of calories and carbohydrates. Transition also helps you to control portion sizes while reintroducing you to a variety of foods that you prepare yourself. It is best not to stop the [Medifast 5 & 1 Plan for Diabetes](#) suddenly, but rather to go through Transition carefully. So, stick with the [Medifast 5 & 1 Plan for Diabetes](#) for one additional week prior to beginning Transition. A careful Transition will protect you from "rebound" weight gain—as well as give your digestive system a chance to get used to handling other types of food again.

During Transition, you incrementally increase your daily caloric intake by reintroducing a different food group each week. The actual number of calories you need during Transition is individual, and varies depending on factors such as height, weight, gender, lean muscle mass and activity level. In order to help pinpoint a calorie level appropriate for you, please refer to the [Medifast Transition & Maintenance Guide](#). This guide is available free of charge and can be downloaded online at [ChooseMedifast.com](http://ChooseMedifast.com) ([Resources / Guides](#)).

The information provided below will give you an idea of how long you should remain in Transition, depending upon the amount of weight you lost:

- If you lost less than 50 pounds, allow 8 weeks to complete the Transition Plan
- If you lost 50–100 pounds, allow 12 weeks to complete the Transition Plan
- If you lost more than 100 pounds, allow 16 weeks to complete the Transition Plan

## Option 2: The Medifast 4 & 2 & 1 Plan

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

You can use these sample meal plans as a guide to help you plan your 6 mealtimes each day.

### Day 1

#### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Apple Cinnamon Oatmeal

#### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Cappuccino

#### **LUNCH – 1ST LEAN & GREEN MEAL**

- 7 oz grilled shrimp sprayed with 1 tsp olive oil (the oil is your Healthy Fat serving)
- 2 cups salad greens
- ½ cup mixed broccoli and shredded red cabbage
- 2 Tbsp low carbohydrate oriental salad dressing (the salad dressing is your 2nd Healthy Fat serving)

#### **AFTERNOON – 3RD MEDIFAST MEAL**

- Medifast Cranberry Mango Drink

#### **DINNER – 2ND LEAN & GREEN MEAL**

- 6 oz grilled chicken breast
- 2 cups fresh baby spinach
- ½ cup fresh mushrooms and tomatoes
- 1 Tbsp low fat salad dressing (the salad dressing is an optional condiment)

#### **EVENING – 4TH MEDIFAST MEAL + HEALTHY SNACK**

- Medifast Chocolate Pudding made with 8 oz (1 cup) skim milk (instead of water) (the milk is your Healthy Snack serving)

## Day 2

### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Blueberry Oatmeal

### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Hot Cocoa

### **LUNCH – 1ST LEAN & GREEN MEAL**

- 5 oz grilled salmon
- 2 cups mixed salad greens
- ½ cup mixed diced tomatoes, cucumbers and celery
- 2 Tbsp low carbohydrate salad dressing  
(the salad dressing is an optional condiment)

### **AFTERNOON – 3RD MEDIFAST MEAL**

- Medifast Plus for Diabetics Vanilla Shake

### **DINNER – 2ND LEAN & GREEN MEAL**

- 6 oz turkey (white meat)
- 1-½ cups mixed green beans and wax beans with  
1 tsp “trans fat free” margarine (the margarine is  
your Healthy Fat serving)

### **EVENING – 4TH MEDIFAST MEAL + HEALTHY SNACK**

- Medifast Plus for Diabetics Strawberry Shake  
blended with 1 small banana (the banana is your  
Healthy Snack serving)



## Day 3

### **BREAKFAST – 1ST LEAN & GREEN MEAL**

- 2 cups Egg Beaters scrambled with 2 tsp margarine (the margarine is your Healthy Fat serving)
- 1-½ cups mixed sautéed mushrooms, green peppers and tomato

### **MID MORNING – 1ST MEDIFAST MEAL**

- Medifast Chai Latte

### **LUNCH – 2ND MEDIFAST MEAL**

- Medifast Maryland Crab Soup

### **AFTERNOON – 3RD MEDIFAST MEAL + HEALTHY SNACK**

- Medifast Plus for Diabetics Vanilla Shake blended with ½ cup raspberries (the raspberries are your Healthy Snack serving)

### **DINNER – 2ND LEAN & GREEN MEAL**

- 5 oz pork loin
- 1-½ cups cauliflower sprinkled with parsley (the parsley is an optional condiment)

### **EVENING – 4TH MEDIFAST MEAL**

- Medifast Banana Pudding

## Day 4

### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Peach Oatmeal

### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Plus for Diabetics Vanilla Shake

### **LUNCH – 1ST LEAN & GREEN MEAL**

- 6 oz grilled chicken breast
- 2 cups romaine salad greens
- ½ cup mixed diced tomatoes, cucumbers and celery
- 2 Tbsp low fat, low calorie salad dressing (the salad dressing is your Healthy Fat serving)

### **AFTERNOON – 3RD MEDIFAST MEAL**

- Medifast Plus for Diabetics Chocolate Shake

### **DINNER – 2ND LEAN & GREEN MEAL + HEALTHY SNACK**

- 5 oz beef tenderloin tips
- 1-½ cups mushrooms  
½ cup whole-grain beef flavored rice (the rice is your Healthy Snack serving)

### **EVENING – 4TH MEDIFAST MEAL**

- Medifast Cream of Broccoli Soup



## Day 5

### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Scrambled Eggs

### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Chicken Noodle Soup

### **LUNCH – 1ST LEAN & GREEN MEAL**

- 7 oz fresh flounder
- 1-½ cups steamed asparagus
- 2 tsp “trans fat free” margarine (the margarine is your Healthy Fat serving)

### **AFTERNOON – 3RD MEDIFAST MEAL**

- Medifast Beef Vegetable Stew

### **DINNER – 2ND LEAN & GREEN MEAL + HEALTHY SNACK**

- 6 oz deli turkey
- 1 cup raw spinach leaves
- 1 cup cooked broccoli
- 1 slice whole-grain bread (the bread is your Healthy Snack serving)

### **EVENING – 4TH MEDIFAST MEAL**

- Medifast Plus for Diabetics Strawberry Shake

## Day 6

### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Cappuccino

### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Plus for Diabetics Peanut Butter Bar

### **LUNCH – 1ST LEAN & GREEN MEAL**

- 2 Boca Burgers (no bread)
- 1-½ cups sautéed spinach with 2 tsp walnut oil (the oil is your Healthy Fat serving)

### **AFTERNOON – 3RD MEDIFAST MEAL + HEALTHY SNACK**

- Medifast Vanilla Pudding blended with ½ cup fresh blueberries (the blueberries are your Healthy Snack serving)

### **DINNER – 2ND LEAN & GREEN MEAL**

- 7 oz baked orange roughy
- 1-½ cups sautéed eggplant

### **EVENING – 4TH MEDIFAST MEAL**

- Medifast French Vanilla Ready-to-Drink Shake

## Day 7

### **BREAKFAST – 1ST MEDIFAST MEAL + HEALTHY SNACK**

- Medifast Hot Cocoa
- 8 oz (1 cup) low fat sugar-free yogurt (the yogurt is your Healthy Snack serving)

### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Cream of Broccoli Soup

### **LUNCH – 1ST LEAN & GREEN MEAL**

- 7 oz sautéed shrimp with 1 tsp canola oil (the oil is your Healthy Fat serving)
- 2 cups fresh baby spinach leaves
- ½ cup mixed diced tomatoes and mushrooms
- 1 Tbsp low carbohydrate salad dressing (the salad dressing is your 2nd Healthy Fat serving)

### **AFTERNOON – 3RD MEDIFAST MEAL**

- Medifast Chai Latte

### **DINNER – 2ND LEAN & GREEN MEAL**

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

### **EVENING – 4TH MEDIFAST MEAL**

- Medifast Cream of Chicken Soup



## Option 3: The Medifast 5 & 2 & 2 Plan

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

On the Medifast 5 & 2 & 2 Plan, you'll eat six (6) times each day. Since you need to eat a total of seven (7) Meals (including all of your Medifast Meals and Lean & Green Meals), you'll either have two (2) Medifast Meals at the same time or you'll have a Medifast Meal and a Lean & Green Meal at the same time. Refer to the following Sample Meal Plans for examples.

### Day 1

#### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Apple Cinnamon Oatmeal

#### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Cappuccino

#### **LUNCH – 1ST LEAN & GREEN MEAL + 3RD MEDIFAST MEAL**

- 7 oz grilled shrimp
- 2 cups salad greens
- ½ cup mixed broccoli and shredded red cabbage
- 2 Tbsp low carbohydrate oriental salad dressing (the salad dressing is your Healthy Fat serving)
- Medifast Plus for Diabetics Strawberry Shake

#### **AFTERNOON – 4TH MEDIFAST MEAL**

- Medifast Cranberry Mango Drink

#### **DINNER – 2ND LEAN & GREEN MEAL + 1ST HEALTHY SNACK**

- 6 oz grilled chicken breast
- 1 cup cooked baby spinach
- ½ cup cooked mushrooms and tomatoes
- ⅓ cup brown rice (the rice is your Healthy Snack serving)

#### **EVENING – 5TH MEDIFAST MEAL + 2ND HEALTHY SNACK**

- Medifast Chocolate Pudding made with 8 oz (1 cup) skim milk (instead of water) (the milk is your Healthy Snack serving)

## Day 2

### **BREAKFAST – 1ST MEDIFAST MEAL + 1ST HEALTHY SNACK**

- Medifast Blueberry Oatmeal
- 8 oz (1 cup) low fat, sugar-free yogurt (the yogurt is your Healthy Snack serving)

### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Hot Cocoa

### **LUNCH – 1ST LEAN & GREEN MEAL + 3RD MEDIFAST MEAL**

- 5 oz grilled salmon
- 2 cups mixed salad greens
- ½ cup mixed cucumbers, peppers, radishes and celery
- 2 Tbsp low fat, low calorie salad dressing (the salad dressing is an optional condiment)
- Medifast Banana Pudding

### **AFTERNOON – 4TH MEDIFAST MEAL**

- Medifast Plus for Diabetics Vanilla Shake

### **DINNER – 2ND LEAN & GREEN MEAL**

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

### **EVENING – 5TH MEDIFAST MEAL + 2ND HEALTHY SNACK**

- Medifast Plus for Diabetics Strawberry Shake blended with 1 small banana (the banana is your Healthy Snack serving)



## Day 3

### **BREAKFAST – 1ST LEAN & GREEN MEAL**

- 2 cups Egg Beaters scrambled with 2 tsp canola oil (the oil is your Healthy Fat serving)
- 1-½ cups mixed sautéed mushrooms, green peppers and tomato

### **MID MORNING – 1ST MEDIFAST MEAL**

- Medifast Chai Latte

### **LUNCH – 2ND MEDIFAST MEAL**

- Medifast Maryland Crab Soup

### **AFTERNOON – 3RD MEDIFAST MEAL + 1ST HEALTHY SNACK**

- Medifast Plus for Diabetics Vanilla Shake blended with ½ cup raspberries (the raspberries are your Healthy Snack serving)

### **DINNER – 2ND LEAN & GREEN MEAL + 4TH MEDIFAST MEAL**

- 6 oz pork loin
- 1-½ cups cauliflower sprinkled with parsley (the parsley is an optional condiment)
- Medifast Plus for Diabetics Chocolate Shake

### **EVENING – 5TH MEDIFAST MEAL + 2ND HEALTHY SNACK**

- Medifast Cream of Chicken Soup mixed with ½ cup whole-grain noodles (the noodles are your Healthy Snack serving)



## Day 4

### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Peach Oatmeal

### **MID MORNING – 2ND MEDIFAST MEAL + 1ST HEALTHY SNACK**

- Medifast Plus for Diabetics Vanilla Shake blended with ½ cup blueberries (the blueberries are your Healthy Snack serving)

### **LUNCH – 1ST LEAN & GREEN MEAL + 3RD MEDIFAST MEAL**

- 6 oz grilled chicken breast
- 2 cups baby spinach salad greens
- ½ cup mixed diced tomatoes, cucumbers and celery
- 2 Tbsp low carbohydrate salad dressing (the salad dressing is your Healthy Fat serving)
- Medifast Tropical Punch Drink

### **AFTERNOON – 4TH MEDIFAST MEAL**

- Medifast Plus for Diabetics Chocolate Shake

### **DINNER – 2ND LEAN & GREEN MEAL + 2ND HEALTHY SNACK**

- 5 oz beef tenderloin tips
- 1-½ cups mushrooms
- 1 small whole-grain roll (the roll is your Healthy Snack serving)

### **EVENING – 5TH MEDIFAST MEAL**

- Medifast Cream of Broccoli Soup



## Day 5

### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Scrambled Eggs

### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Plus for Diabetics Vanilla Shake

### **LUNCH – 1ST LEAN & GREEN MEAL + 3RD MEDIFAST MEAL**

- 7 oz fresh flounder
- 1-½ cups asparagus
- 2 tsp “trans fat free” margarine (the margarine is your Healthy Fat serving)
- Medifast Cream of Broccoli Soup

### **AFTERNOON – 4TH MEDIFAST MEAL + 1ST HEALTHY SNACK**

- Medifast Beef Vegetable Stew
- 1 fresh apple (the apple is your Healthy Snack serving)

### **DINNER – 2ND LEAN & GREEN MEAL + 2ND HEALTHY SNACK**

- 6 oz deli turkey
- ½ cup mixed lettuce, tomato and sprouts
- 1 cup cooked broccoli
- 1 slice whole-grain bread (the bread is your Healthy Snack serving)

### **EVENING – 5TH MEDIFAST MEAL**

- Medifast Plus for Diabetics Strawberry Shake

## Day 6

### **BREAKFAST – 1ST MEDIFAST MEAL**

- Medifast Cappuccino

### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Plus for Diabetics Peanut Butter Bar

### **LUNCH – 1ST LEAN & GREEN MEAL + 3RD MEDIFAST MEAL**

- 2 Boca Burgers (no bread)
- 1-½ cups sautéed spinach
- Medifast Cream of Tomato Soup

### **AFTERNOON – 4TH MEDIFAST MEAL + 1ST HEALTHY SNACK**

- Medifast Vanilla Pudding blended with ½ cup fresh blueberries (the blueberries are your Healthy Snack serving)

### **DINNER – 2ND LEAN & GREEN MEAL**

- 7 oz baked orange roughly coated with 2 tsp walnut oil (the oil is your Healthy Fat serving)
- 1-½ cups sautéed eggplant

### **EVENING – 5TH MEDIFAST MEAL + 2ND HEALTHY SNACK**

- Medifast Plus for Diabetics Strawberry shake made with 8 oz (1 cup) skim milk (instead of water) (the milk is your Healthy Snack serving)

## Day 7

### **BREAKFAST – 1ST MEDIFAST MEAL + 1ST HEALTHY SNACK**

- Medifast Hot Cocoa
- 8 oz (1 cup) low fat sugar-free yogurt (the yogurt is your Healthy Snack serving)

### **MID MORNING – 2ND MEDIFAST MEAL**

- Medifast Cream of Broccoli Soup

### **LUNCH – 1ST LEAN & GREEN MEAL**

- 7 oz sautéed shrimp with 1 tsp canola oil (the oil is your Healthy Fat serving)
- 2 cups fresh baby spinach leaves
- ½ cup mixed diced tomatoes and mushrooms
- 1 Tbsp low carbohydrate salad dressing (the salad dressing is your 2nd Healthy Fat serving)

### **AFTERNOON – 3RD MEDIFAST MEAL**

- Medifast Chai Latte

### **DINNER – 2ND LEAN & GREEN MEAL + 4TH MEDIFAST MEAL**

- 6 oz sliced turkey breast
- 1-½ cups seasoned cabbage
- Medifast Plus for Diabetics Strawberry Shake

### **EVENING – 5TH MEDIFAST MEAL + 2ND HEALTHY SNACK**

- Medifast Tropical Punch Drink





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