

Medifast 5&1 Plan, Transition, & Maintenance



Weight Loss Phase

Our 5 & 1 Plan features Medifast's nutritionally balanced, fortified meal replacements and a Lean & Green Meal. They keep you nourished—and satisfied—so you lose weight quickly and safely.



Transition Phase

When you are near or at your goal weight, we'll help you increase your daily calories by adding a wider variety—and more portions of lean proteins, fruits, vegetables, whole grains, and low-fat dairy.



Maintenance Phase

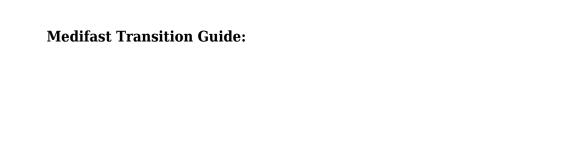
When you've completed the transition phase, we'll help you calculate your daily caloric needs and build a maintenance plan based on your height, weight, age, gender, and activity level—so you stay fit for life.

24 Vitamins
8 Minerals
110 Calories
11g Protein
4g Fiber
13g Carbohydrates



Medifast Transition Guide

A Gutmann



Discover tales of courage and bravery in is empowering ebook, Stories of Fearlessness: **Medifast Transition Guide**. In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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