

# 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

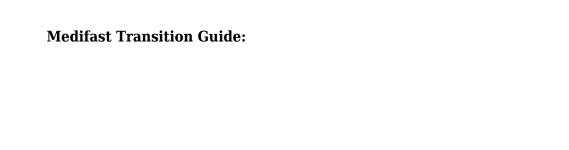
When you've completed the transition phase, we'll help you calculate your daily caloric needs and build a maintenance plan based on your height, weight, age, gender, and activity level—so you stay fit for life.

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



# **Medifast Transition Guide**

**Camilla Rothe** 



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