



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 & Minerals
110 Calories
11g Protein
4g Fiber
13g Carbohydrates



Peanut Butter Crunch Bar



Sun-dried Tomato Salmon with Asparagus

Medifast Transition Guide

Camilla Rothe



Medifast Transition Guide:

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