



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



Sun-dried Tomato
Salmon with
Asparagus

Medifast Transition Guide

**Committee to Develop Criteria for
Evaluating the Outcomes of
Approaches to Prevent and Treat
Obesity, Institute of Medicine**

Medifast Transition Guide:

Immerse yourself in the artistry of words with is expressive creation, **Medifast Transition Guide** . This ebook, presented in a PDF format (Download in PDF: *), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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