

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

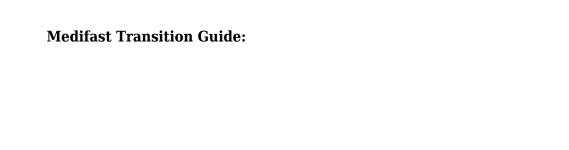
When you've completed the transition phase, we'll help you calculate your daily caloric needs and build a maintenance plan based on your height, weight, age, gender, and activity level—so you stay fit for life.

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



Medifast Transition Guide

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



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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