



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

Kathy Lynn



Medifast Transition Guide:

Reviewing **Medifast Transition Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Medifast Transition Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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