



The **5&1** Plan[®]



Quick Start Guide



**Take Shape
For Life.**

FUELED BY  **Medifast.**

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VALUABLE CONTACTS

Orders and Information:

Toll-free: (800) 572-4417

Online: TSFL.com

Includes a support center and
inspiring success stories

Welcome to Take Shape For Life

CONGRATULATIONS!

You've taken an important first step in controlling your weight and improving your health, and Take Shape For Life is ready to help you, starting right now.

Take Shape For Life gives you what you need to change your lifestyle, reach a healthy weight, maintain it, and enjoy improved health.

As you're reading through this Quick Start Guide, your Health Coach can answer any questions you have and help you apply the Take Shape For Life BeSlim® lifestyle to your life.

HOW TAKE SHAPE FOR LIFE WORKS

The Take Shape For Life program incorporates Medifast Meals, which are individually portioned, calorie and carbohydrate controlled, and low in fat. Every Meal provides adequate protein and is fortified with vitamins and minerals. Medifast products were developed by physicians and have been clinically proven safe and effective for weight loss. The 5 & 1 Plan® creates a fat-burning state in your body while keeping you feeling full. You can lose weight quickly while focusing on burning fat.

With the 5 & 1 Plan®:

- You eat six meals a day, so you won't feel hungry
- You lose weight fast—lose two to five pounds per week for the first two weeks and one to two pounds per week thereafter.
- Your Medifast Meals go with you anywhere, so the 5 & 1 Plan® fits in with even the busiest lifestyles

Most important, Take Shape For Life pairs you with a Health Coach, who is your personal ally throughout each phase—weight loss, transition, and maintenance—to support you and your new, healthier weight for the long term.

Let's Get Started

The first three days on the 5 & 1 Plan® are critical to your success, so work with your Health Coach to pick a starting day when you don't anticipate any special events that involve a lot of food. Get ready to commit to your 5 & 1 Plan® and lasting changes for your new, healthier life.

CONSULT WITH YOUR PHYSICIAN

We recommend that you contact your physician or qualified medical practitioner before starting with Take Shape For Life, and stay in regular touch throughout your weight-loss progress. You'll want your doctor's supervision if you are:

- **Over the age of 65**
- **Under the age of 18**
- **Living with diabetes, hypertension, or other serious medical conditions**
- **Taking medications, especially those for diabetes**

In addition, your Health Coach is just a phone call away and can provide support as you begin. Please note that your Health Coach is not a substitute for a physician or qualified medical practitioner.



▶ *Stacy, Jennifer, Jessica, Irene, and Alan lost a combined 409 lbs.*



*Results vary. Clients can expect to lose 2-5 lbs per week for the first two weeks and 1-2 lbs per week thereafter.



The Medifast 5 & 1 Plan[®]



Medifast Meals

Each day, you choose five Meals from over 70 different foods and flavors. All the Medifast Meals have a similar nutritional profile and are interchangeable (except the Maintenance Bars in the green wrapper; limit yourself to one per day while on the 5 & 1 Plan[®]).

Lean & Green[™] Meals

Lean = lean protein

Green = non-starchy vegetables



Every Lean & Green[™] Meal includes 5 to 7 ounces of lean protein plus three servings of vegetables and up to two servings of healthy fats, depending on your lean protein choices.

You can have your Lean & Green[™] Meal any time of day—breakfast, lunch, dinner, or in-between—whatever works best for your schedule. If you like, you can divide the meal into two portions and eat half of it at a time.

You'll find a list of choices for your lean protein and non-starchy vegetables on the following pages.



Healthy Fats

Every day, you'll incorporate up to two servings of Healthy Fats into your Lean & Green[™] Meal. Healthy Fats are important because they help you absorb certain vitamins, like A, D, E, and K. They also help your gallbladder to work properly, so don't skip them. You'll find a list of Healthy Fat choices at the end of the Lean Options list on page 4.



Lean & Green™ Meal: **THE “LEAN”**

Lean Tips:

- Portion size recommendations are for cooked weight
- Choose meats that are grilled, baked, broiled, or poached—not fried
- Each week, strive to eat at least two servings of fish rich in omega-3 fatty acids (such as salmon, tuna, mackerel, trout, or herring)
- Choose meatless options made with soybeans or textured vegetable protein

Lean

Choose the appropriate serving size of any protein from this list. We've broken down protein options into Lean, Leaner, and Leanest. All options are appropriate for the 5 & 1 Plan®; it's just divided this way to help you make informed food choices.

▶ **LEANEST: Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings.**

- **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- **Shellfish:** crab, scallops, shrimp, lobster
- **Game meat:** deer, buffalo, elk
- **Ground turkey or other meat:** ≥ 98% lean
- **Meatless options:**
 - 14 egg whites
 - 2 cups of EggBeaters®

▶ **LEANER: Choose a 6-oz portion (cooked weight) plus 1 Healthy Fat serving.**

- **Fish:** swordfish, trout, halibut
- **Chicken:** breast or white meat, without skin
- **Ground turkey or other meat:** 95 – 97% lean
- **Turkey:** light meat
- **Meatless options:**
 - 15 oz Mori-nu® extra-firm tofu (bean curd)
 - 2 whole eggs plus 4 egg whites

▶ **LEAN: Choose a 5-oz portion (cooked weight)—no Healthy Fat serving added.**

- **Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- **Lean beef:** steak, roast, ground
- **Lamb**
- **Pork chop or pork tenderloin**
- **Ground turkey or other meat:** 85 – 94% lean
- **Chicken or turkey:** dark meat
- **Meatless options:**
 - 15 oz Mori-nu® firm or soft tofu (bean curd)
 - 3 whole eggs (limit to once a week)

Healthy Fat Servings

Add 0 - 2 Healthy Fat servings daily based on your Lean choices:

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- Up to 2 tablespoons of low-carbohydrate salad dressing
- 5 - 10 black or green olives
- 1 teaspoon of trans fat-free margarine

For those requiring additional meatless choices, please refer to our Meatless Options list, or contact Medifast Nutrition Support at NutritionSupport@ChooseMedifast.com.



Lean & Green™ Meal: THE “GREEN”

Choose three servings from our Green Options list for each of your Lean & Green™ Meals.

We've broken down vegetable options into Lower-, Moderate-, and Higher-Carbohydrate levels. All options are appropriate on the 5 & 1 Plan®; the list is divided this way to help you make informed food choices.

NOTE: All vegetables promote healthful eating; however, during the weight-loss phase of your plan, we do eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame, and Brussels sprouts) in order to enhance your weight-loss results. Once you've reached your weight-loss goal, we encourage you to include ALL vegetables for long-term health.

Choose 3 servings from the Green Options List

1 SERVING = ½ CUP VEGETABLES *(unless otherwise specified)*

▶ LOWER CARBOHYDRATE

1 cup: collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)

½ cup: celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)



▶ MODERATE CARBOHYDRATE



1/2 **cup:** asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)

▶ HIGHER CARBOHYDRATE



1/2 **cup:** broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked)

Extras for the 5 & 1 Plan[®]

Optional Snacks

In addition to your five Medifast Meals and one Lean & Green™ Meal, you may choose to include ONE of the following optional snacks each day. Medifast-approved optional snacks include:

- 3 celery stalks
- 1 fruit-flavored sugar-free Popsicle®
- ½ cup serving sugar-free gelatin, such as Jell-O®
- Up to 3 pieces of sugar-free gum or mints
- 2 dill pickle spears
- ½ oz of nuts: almonds (10 whole), walnuts (7 halves), or pistachios (20 kernels)*

*Be mindful that nuts are a rich source of healthy fat and additional calories—choose this optional snack sparingly.

Extras (cont.)



Optional Condiments

To flavor your meals and make your Medifast Program more enjoyable, you have the option of adding condiments to your food selections. Although condiments add flavor and zest to your meals, they can also contribute to your overall carbohydrate intake. Therefore, Medifast recommends reading food labels for carbohydrate information and controlling your condiment portions for optimal weight-loss results. Enjoy three servings a day.

Examples of a condiment serving include:

- ½ teaspoon most dried herbs and spices, catsup, BBQ sauce, or cocktail sauce
- 1 teaspoon balsamic vinegar or soy sauce
- 1 tablespoon minced onion, yellow mustard, salsa, low-fat or fat-free milk/soy milk
- 2 teaspoons lemon/lime juice
- 1–2 tablespoon sugar-free flavored syrup (Medifast Sugar-Free Syrup, DaVinci®, Torani®, etc.)
- 1 packet artificial sweetener (Equal®, Splenda®, etc.)

For a more comprehensive list of condiments and portion recommendations, visit TSFL.com.

Cheryl lost 134 lbs

*Results vary. Clients can expect to lose 2-5 lbs per week for the first two weeks and 1-2 lbs per week thereafter.



Sample Meal Plans for the 5 & 1 Plan®

Planning what you'll eat each day—and when—is an important key to success with the 5 & 1 Plan®. Below are two sample meal plans to give you an idea of how the plan can work for you. We recommend eating every two to three hours. Meal plans can be modified according to your own food preferences and schedule. Talk to your Health Coach today.

Remember, you can have your Lean & Green™ Meal any time you like. You can also divide your Lean & Green™ Meal into two equal portions, and consume one at lunch and the remainder at dinner. For example, try having 3 ounces of chicken breast with ½ cup of broccoli at lunch and 3 ounces of chicken breast plus 1 cup of zucchini at dinner. Eat only the specified amounts of meat and vegetable portions each day, and be sure to always get in your five Medifast Meals.

You'll find lots of recipes and meal planning tools on TSFL.com, or ask your Health Coach.

DAY 1

Breakfast: 1ST Medifast Meal

- Medifast Original Style Eggs with egg whites

Mid-Morning: 2ND Medifast Meal

- Medifast Dutch Chocolate Shake

Lunch: 3RD Medifast Meal

- Medifast Cream of Tomato Soup sprinkled with parsley flakes

Mid-Afternoon: 4TH Medifast Meal

- Medifast Caramel Crunch Bar

Dinner: Lean & Green™ Meal

- 5 oz grilled salmon
- 1½ cups cooked asparagus

Evening: 5TH Medifast Meal

- Medifast French Vanilla Shake

DAY 2

Breakfast: 1ST Medifast Meal

- Medifast Spiced Pancakes

Mid-Morning: 2ND Medifast Meal

- Medifast Cappuccino

Recipe suggestion: Mix with 1 Tbsp zero-calorie, sugar-free French Vanilla syrup.

Lunch: Lean & Green™ Meal

- 6 oz grilled chicken breast
- 2 cups romaine lettuce, ½ cup total diced tomatoes, cucumbers, and celery
- 2 Tbsp low-carb salad dressing

Mid-Afternoon: 3RD Medifast Meal

- Medifast Cheese Pizza Bites

Dinner: 4TH Medifast Meal

- Medifast Chicken Noodle Soup

Evening: 5TH Medifast Meal

- Medifast Chocolate Pudding

KEY

Lean Green Medifast Meals Healthy Snack Healthy Fats Optional Condiments

Tips for Success

The First Few Days

As you begin the 5 & 1 Plan®, you may feel hungry, tired, or irritable as your body adjusts to the reduction in calories. This is temporary, but make sure you keep close watch on your hunger during this time.

If you're excessively hungry or tired in the first few days, have an extra Medifast Shake or a couple additional ounces of lean protein (egg whites, etc.). It's better to have an extra Medifast Shake than to go off your program entirely. Within a few days, these symptoms will disappear, leaving you feeling energized and confident.

You can make this adjustment period easier:

- **Pick a good day to start, when you don't expect any special events centered on food**
- **Stay busy**
- **Remind yourself that you are on a journey to improve your health—take it one day, or one hour, at a time**
- **Avoid the sights and smells of food, and stay focused on your health goals**
- **Call your Health Coach, who can answer questions and offer support and encouragement**

Going Forward

Here are some ways to make the 5 & 1 Plan® easier and more effective:

Space your meals carefully. Eat every two to three hours to help control your blood sugar and maximize steady weight loss.

Don't skip meals, which can decrease your nutrient balance and slow down your metabolism—and your weight-loss results.

Eat slowly and mindfully. Spend at least 15 minutes eating each meal. Cut bars into small pieces and eat one little bite at a time.

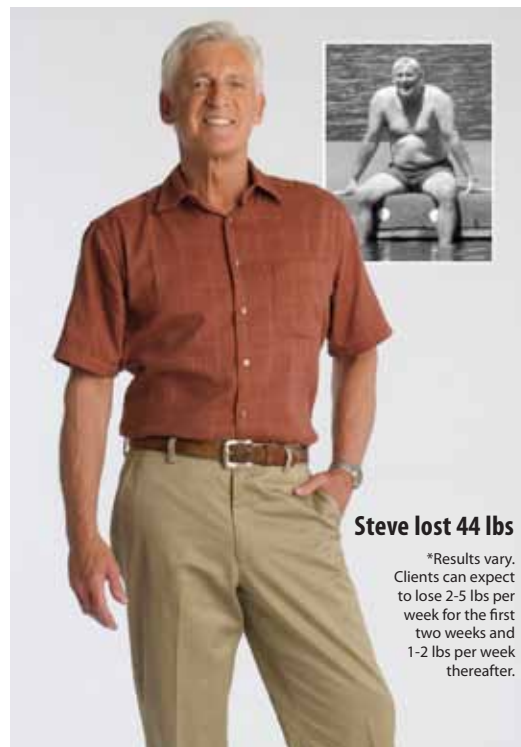
Drink lots of fluids. Make sure you get at least 64 ounces of water each day. In addition, you can have calorie-free beverages like unsweetened tea or coffee, sparkling water, or diet soda.

Limit caffeine to 300 mg a day, since being on Plan might make you more sensitive to caffeine.

Avoid alcohol, even low-carb versions, since alcohol adds non-nutritious calories, stimulates your appetite, and can deplete your body of water. Even one drink can slow your weight loss.

Don't cheat. If your weight loss slows down, make sure you're staying on your plan exactly as directed. Even one piece of bread or fruit can affect your results.

Keep a journal to track your successes, challenges, feelings, and observations. The Support In Motion website makes it easy. There, you can share your thoughts with others who are losing weight on the 5 & 1 Plan®. Your Health Coach can help you register.



Tips for Success *(cont.)*



Seeing Results

Some people lose weight quickly in the first few weeks, and then slightly slower (yet steady) results as they go along. It's important to weigh yourself regularly (same scale, same time of day, same clothes each time). Sometimes your weight will change, even in the same day, due to differences in fluid, hormones, and other factors.

Beyond pounds, notice how your clothes fit as you lose body fat and inches. Most importantly, check in with how you feel physically, mentally, and emotionally.

Hitting a Plateau

At some point, you may find that your weight loss slows down or seems to stop. If you notice you haven't lost any additional weight within a two-week period:

- **Make sure you're following your plan exactly, not skipping meals, sticking to your Lean & Green™ Meal guidelines, and weighing and measuring your portions carefully**
- **Make sure you're drinking plenty of water—at least 8 glasses (64 oz)**
- **Pick the lowest-carbohydrate vegetables from your Green Options list (page 4)**
- **Skip optional snacks to further reduce your carbohydrate intake**
- **Try a new form of exercise or add extra time or intensity to your current routine**

Exercise

Exercise is a necessary part of losing weight and maintaining your weight loss. If you do not currently exercise, we recommend waiting two to three weeks before you begin an exercise program. Start an exercise program slowly, and gradually increase the time and intensity as your body allows. Choose an activity that you enjoy so you will stick with it. Most of our Clients find walking to be the easiest activity to incorporate into each day. Start with a 10-minute walk. You can also dance, swim, walk the dog, take the stairs, go to the gym, or perform any activity that you enjoy and are able to do. Refer to the Take Shape For Life Exercise Guide for more tips.

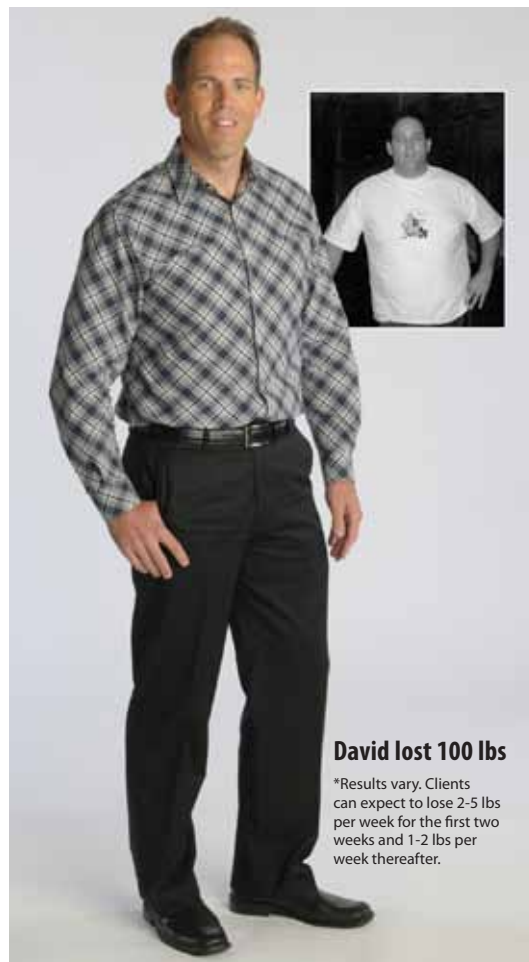
If you currently exercise, we recommend cutting your exercise program in half for the first three weeks to adjust to the new calorie level. Afterward, you can increase the time and intensity of your exercise plan. Listen to your body, and only do what it allows. If you feel lightheaded or faint, stop your exercise, and take a rest before you resume. Fluid intake is important when you exercise; you may find that you need additional water on those days, especially if it is hot outside.

Talk to your doctor or a personal trainer to find an exercise program that is right for you.

If you have problems with the nerves in your feet or legs, your doctor may want you to do a type of exercise that won't put stress on your feet, such as swimming, bicycling, rowing, or chair exercises.

No matter what kind of exercise you do, you should warm up before you start, and cool down when you're done. To warm up, spend five to 10 minutes doing a low-intensity exercise such as walking. Then gently stretch for another five to 10 minutes. Repeat these steps after exercising to cool down.

*Consult your physician before starting an exercise program.



David lost 100 lbs

*Results vary. Clients can expect to lose 2-5 lbs per week for the first two weeks and 1-2 lbs per week thereafter.

5 & 1 Plan[®] Daily Success Tracker

(COPY THIS PAGE TO CREATE YOUR OWN SUCCESS JOURNAL)

Date: _____

Beginning-of-Week Weight: _____

End-of-Week Weight: _____

Medifast Meals

(write time of meal in each box)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3	4	5

Optional Condiments

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

Optional Snack

<input type="text"/>
1

Lean & Green[™] Meal

Lean Protein

<input type="text"/>
1

Salad/Vegetable Servings

<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3

Healthy Fat Servings

<input type="text"/>	<input type="text"/>
1	2

Glasses of Water (8 oz)

(check off each box)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8

Exercise/Activity

How I felt today:



good



okay



bad

Transition

LIVING THE BeSlim® LIFESTYLE

There's life after weight loss, and it starts with the Transition Plan. Once you've reached your weight-loss goal, it's time to make the transition into lifelong healthier eating with the BeSlim® lifestyle. The idea behind the transition phase is to gradually increase your calorie intake over time, while re-introducing a wider variety of foods.

During Transition, you incrementally increase your daily caloric intake by reintroducing a different food group each week. The actual number of calories you need after Transition to maintain your weight is individual and varies depending on factors such as height, weight, gender, age, and activity level.

SAMPLE TRANSITION CHART

Week	Target # of calories	Medifast Meals	Lean & Green™ Meals	Additions
1	850 – 1,050	5	1	1 cup (2 servings) of your favorite vegetables (any kind)
2	900 – 1,150	4	1	In addition to your • 1 cup of your favorite vegetables
				ADD • 2 medium-sized pieces of fruit <i>OR</i> 1 cup of cubed fruit or berries (2 servings)*
3	1,000 – 1,300	4	1	In addition to your • 1 cup of your favorite vegetables <i>AND</i> • 2 medium-sized pieces of fruit <i>OR</i> 1 cup of cubed fruit or berries*
				ADD • 1 cup of low-fat or fat-free dairy (1 serving)
4-6	1,100 – 1,550	3	1	In addition to your • 1 cup of your favorite vegetables <i>AND</i> • 2 medium-sized pieces of fruit <i>OR</i> 1 cup of cubed fruit or berries* <i>AND</i> • 1 cup of low-fat or fat-free dairy
				ADD • 4- to 6-oz serving of lean meat (one serving)** <i>AND</i> • 1 serving of whole grain (one serving)***

*Fresh, or, if canned, unsweetened and packed in juice, not syrup.

**Grilled, baked, poached, or broiled—not fried.

***Examples: 1 slice of whole-grain bread, ½ whole-grain English muffin, ¾ cup high-fiber cereal, ½ cup whole-wheat pasta, or ½ cup brown rice.

Follow this 6-week transition to an ultimate goal of less than 1,550 calories a day.

The *Take Shape For Life Maintenance Guide* helps you create an individualized approach to staying at your new, healthier weight. Get your free copy on TSFL.com.

Sample Transition Meal Plans

Week 1: 850–1,050 calories

Medifast Meals: 5

Lean & Green™ Meals: 1

1 cup of additional vegetables (2 servings)

Week 1 Sample Meal Plan:

Breakfast: Medifast Original Pancakes

Mid-Morning: Medifast Original Style Eggs with egg whites

Lunch: Medifast Cream of Broccoli Soup; 2 cups salad greens with ½ cup diced cucumber, tomato, and green pepper; add 1–2 Tbsp reduced-calorie salad dressing, *if desired*

Mid-Afternoon: Medifast Brownie

Dinner: 5 oz lean beef; 1 cup grilled portabella mushrooms

Evening: Medifast Chocolate Pudding

Week 2: 900–1,150 calories

Medifast Meals: 4

Lean & Green™ Meals: 1

1 cup of additional vegetables (2 servings)

*2 medium-sized pieces of fruit OR
1 cup cubed fruit or berries (2 servings)*

Week 2 Sample Meal Plan:

Breakfast: Medifast Blueberry Oatmeal

Mid-Morning: Medifast Dutch Chocolate Shake

Lunch: Medifast Homestyle Chili; 1-½ cups baby carrots and celery sticks; add 1–2 Tbsp reduced-calorie salad dressing, *if desired*

Mid-Afternoon: 1 cup cantaloupe cubes

Dinner: 5 oz grilled tuna; 1 cup cooked asparagus

Evening: Medifast Raspberry Iced Tea

Sample Transition Meal Plans *(cont.)*

Week 3: 1,000–1,300 calories

Medifast Meals: 4

Lean & Green™ Meals: 1

1 cup of additional vegetables (2 servings)

2 medium-sized pieces of fruit OR 1 cup cubed fruit or berries (2 servings)

1 cup of low-fat or fat-free dairy (1 serving)

Week 3 Sample Meal Plan

Breakfast: Medifast Hot Cocoa; 1 medium apple

Mid-Morning: Medifast Mango Soft Serve

Lunch: 6 oz turkey (skinless, white meat); 1 cup broccoli

Mid-Afternoon: Medifast Vanilla Pudding blended with 1 medium banana (sliced)

Dinner: Medifast Beef Vegetable Stew; 2 cups spinach with ½ cup chopped broccoli and cauliflower; add 1–2 Tbsp reduced-calorie dressing, *if desired*

Evening: 1 cup low-fat, sugar-free yogurt

Week 4 - 6: 1,100–1,550 calories

Medifast Meals: 3

Lean & Green™ Meals: 1

1 cup of additional vegetables (2 servings)

2 medium-sized pieces of fruit OR 1 cup cubed fruit or berries (2 servings)

1 cup of low-fat or fat-free dairy (1 serving)

1 serving of whole grain (1 serving) AND 4- to 6-oz serving of lean meat (1 serving)

Week 4 Sample Meal Plan

Breakfast: ½ cup high-fiber breakfast cereal (>5 grams of fiber per serving) with 1 cup skim milk and 1 cup fresh strawberries

Mid-Morning: Medifast Oatmeal Raisin Crunch Bar

Lunch: 4 oz grilled chicken with 1½ cups cooked zucchini and squash

Mid-Afternoon: Medifast Tropical Punch Fruit Drink

Dinner: 5 oz poached salmon; 1 cup green beans

Evening: Medifast French Vanilla Shake

Maintenance

LIVING THE BeSlim® LIFESTYLE

The ultimate goal of the BeSlim® lifestyle is helping you sustain a healthy weight and an active lifestyle for the rest of your life.

Once you've completed your transition phase successfully, you're ready for the maintenance phase of Take Shape For Life: monitoring your weight, balancing your calories, making smart food choices, and staying active so you can keep what you've worked so hard to achieve.

Like the transition phase, the maintenance phase isn't one-size-fits-all. Your gender, age, height, weight, and activity level will determine your calorie requirements. Make sure you order your free copy of the *Maintenance Guide* directly from your Take Shape For Life Health Coach, through his/her website, or at TSFL.com.

OTHER HINTS FOR LIFELONG HEALTHY EATING

- **Make vegetables account for half of your plate at mealtime**
- **Eat at least two servings of fruit each day**
- **Choose lean cuts of meat in 4- to 6-oz servings**
- **Bake, grill, steam, poach, and broil—avoid fried foods and cream sauces**
- **Read food labels for serving-size information and calories per serving so you can keep track of your total daily calorie intake**
- **Drink calorie-free beverages, including plenty of plain water**
- **Restaurant servings are two to four times larger than normal—get a to-go box when you order and put at least half of your meal in the box as soon as it's served—or split your meal with someone**
- **Order sauce or dressing on the side, and use only one portion of it**
- **Enjoy the superior nutrition of Medifast Meals as part of your lifelong approach to healthy eating**
- **Stay in touch with your Health Coach and friends on our Support in Motion Web site, and reach out to new Take Shape for Life users: it's a great way to make your new beginning and be an inspiration to someone else.**

The BeSlim® Lifestyle

Six components for achieving Optimal Health

Breakfast every day:

High-quality fuel, such as delicious Medifast Oatmeal, Medifast Cappuccino, or Medifast Chai Latte, is essential to start your day off right.

Exercise:

Continued exercise increases metabolism and provides strength, flexibility, and mental clarity.

Support:

Your Health Coach helps you reach and maintain your goals with coaching, tools, education, and caring support.

Low-fat meals 5 to 6 times a day:

Eating frequently and controlling portion sizes and total calories, especially those from fat, are critical for success.

Individual plan:

Create an individual plan for achieving Optimal Health and building skills and strategies to cope with everyday life.

Monitor:

Weighing yourself weekly helps you maintain your optimal weight and catch weight regain before it becomes a challenge.

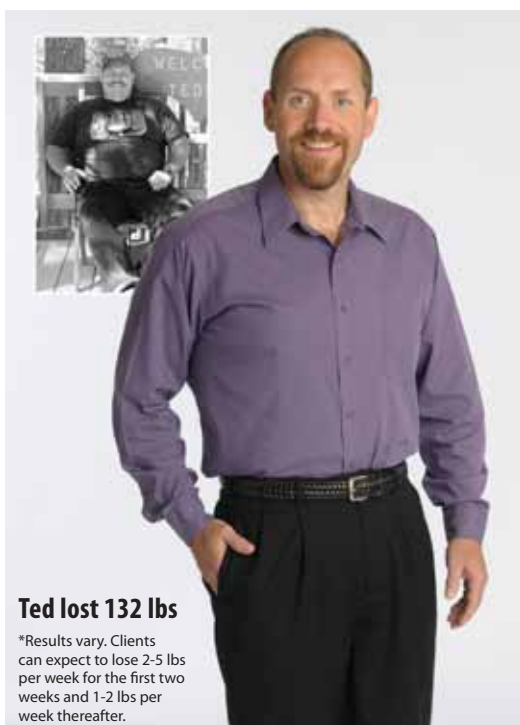
IF YOU REGAIN WEIGHT

If you regain five or more pounds, consider going back on the 5 & 1 Plan® for a few weeks. Think of it as a short-term refresher to put you back where you want to be.

For an extra metabolism boost, try **Essential¹ Calorie Burn**.

Each CalorieBurn product contains 100 mg of caffeine and 90 mg of EGCG to enhance fat burning and decrease appetite.** Essential¹: CalorieBurn is specifically designed to help you break through a weight-loss plateau and maintain weight in your maintenance phase.**

Finally, if you've regained weight, take an honest look at why the weight came back, and see if there are areas in your life where you can make lasting changes. Watch portion sizes, reduce stress, talk to your Health Coach, and take steps to address the emotional issues that can undermine your success.



PLAN AHEAD

To make sure you don't run out of Medifast Meals, contact your Health Coach and re-order at least two weeks before your supply runs out. Your Health Coach can help you select individual foods or convenient Variety Packages.

Allow five to seven business days for shipping. For fast orders, you can request expedited shipping by calling our Client Contact Center at (800) 572-4417.

As you are committing yourself to improving your health for the long term, let Take Shape For Life help you save along the way. Join the BeSlim® Program today, and never pay for shipping again*, as you enjoy success *and* FREE-dom!

Here's what's FREE:

- Free Shipping on product orders of \$150 or more
- 28 Free Meals (your choice) with your first order, if over \$250
- 28 Free Meals (your choice) with your second order, if over \$250
- Free Blender Bottle with your first \$250 order, if over \$250

Your long-term commitment to the Habits of Health is its own reward, but FREE-dom tastes even better.

Join today!

Enroll with your Health Coach or call toll-FREE (800) 572-4417

Talk to your Health Coach about the great benefits of this program, or visit **TSFL.com** for details.

* Orders must total at least \$150.00 after all discounts are applied

** These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Questions & Answers

Q. *Are there any medical conditions or medications that would prohibit me from using the 5 & 1 Plan® to lose weight?*

A. If you have any of the medical conditions listed below (contraindications), you should not use the Medifast Program. With other medical conditions (relative contraindications), you can safely use the Medifast Program following the approval of your doctor. It is our recommendation, and your responsibility, to discuss your medical conditions and weight-loss plans with your doctor for approval prior to starting the Medifast Program.

Contraindications to Medifast:

- **Pregnancy**
- **Heart attack/acute unstable cardiac conditions/stroke/min-strokes (TIAs) (within three months)**
 - Within this three-month timeframe, individuals may be eligible for a non-fat burning plan with approval from their doctor
- **Active disease states—active cancers, acute inflammatory states (acute hepatitis, lupus flare), acute peptic ulcer disease (PUD), bleeding ulcers**
- **Severe chronic renal disease**
- **Severe liver disease**
- **Unstable mental disorders—for example, psychotic disorders, schizophrenia, bipolar disorder, depression with suicidal tendencies**
- **Drug and/or alcohol abuse with poor nutritional status**
- **Active eating disorders (anorexia, bulimia, etc.)**
- **Phenylketonuria (PKU)**

Relative Contraindications to Medifast:

- **Age: teens 13-18 years old (see *Medifast for Teens Guide*); seniors over 65 years old (see *Medifast for Seniors Guide*)**
- **AIDS (HIV)**
- **Nursing mothers with a baby over two months of age (see *Medifast for Nursing Mothers Guide*)**
- **Type 1 diabetes mellitus (see *Medifast for Diabetes Guide*)**
- **Diuretics (water pills)**
- **Lithium—weekly laboratory monitoring; frequency beyond one month determined by PCP**
- **Anti-coagulant drug (Coumadin/warfarin) (see *Using Medifast with Warfarin (Coumadin)* factsheet)**
- **Seizure disorder—laboratory monitoring by PCP required; frequency to be determined by your PCP**
- **Gout (see *Medifast for Gout Guide*)**
- **Stable mental disorders—for example, psychotic disorders, schizophrenia, bipolar disorder, depression**

Q. *What about prescription medicines?*

A. Most prescription medications will not interfere with the 5 & 1 Plan®. However, as you lose weight the dosage may need to be adjusted. Check with your doctor if you are using any prescription medications, including diuretics (water pills), lithium, anti-seizure medications, thyroid medications, or diabetes medications.

Q. *Are antacids okay?*

A. Over-the-counter antacids and acid blockers will not interfere with your weight loss on the 5 & 1 Plan®.

Q. *What if I have diabetes?*

A. If you're taking medication for type 2 diabetes, make sure you inform your doctor **before** starting the 5 & 1 Plan®, since losing weight may affect your medication requirements. If you have type 1 diabetes, the 5 & 1 Plan® is not right for you. Please check with your doctor to see if you can incorporate Medifast Meals into your medically approved diet. (see the **Medifast for Diabetes Guide**)

Q. *What about high blood pressure?*

A. Consult your doctor **before** starting the 5 & 1 Plan®, because as you lose weight, your blood pressure may go down, and your medications may need to be adjusted to avoid feelings of tiredness or weakness.

Q. *What if I'm pregnant or breastfeeding?*

A. We do not recommend weight loss or dieting during pregnancy. During pregnancy, the focus must shift from weight loss to weight gain to support the needs of the baby. Medifast recommends that you consult with your

physician. Please see our **Medifast for Nursing Mothers Guide** if you are breastfeeding.

Q. *What if I'm lactose intolerant?*

A. You can use a non-prescription enzyme such as Lactaid®, or stick with any of Medifast's low-lactose and lactose-free selections, or add Medifast's Essential1: Digestive Health dietary supplement to your daily routine. This supplement contains a probiotic, as well as lactase and other enzymes.

Q. *What if I'm not feeling well?*

A. Chances are you'll feel great on the 5 & 1 Plan®, especially after the first week, when your body has adjusted to the program. If you continue to feel unwell, consult your doctor.

Q. *What if I get constipated?*

A. You're eating less, which can cause less frequent bowel movements. If you feel constipated or experience hard stools, try:

- **Choosing higher fiber vegetables from the Green Options list, such as broccoli, okra, spinach, or turnip greens**
- **Choosing higher fiber Medifast Meals such as Oatmeal, Homestyle Chili, Vanilla Pudding, or Eggs**
- **Adding Essential1®: Digestive Health to your daily routine.**
- **More fluids and more physical activity**
- **A sugar-free fiber supplement (minimum dose for effectiveness)**
- **A stool softener or laxative if needed**

Take Shape For Life: Your Support System

WEEKLY TAKE SHAPE FOR LIFE SUPPORT CALLS

Three times a week, you can touch base through interactive calls that help you achieve your goals and maximize your success with valuable information and tips from health professionals.

Nurse's Support Call

Monday 8:30 p.m. EST

Call: (512) 225-3178

PIN: 579476#

Recorded playback: (512) 505-6856

Habits of Health Support Call

Wednesday 8:00 p.m. EST

Call: (512) 225-9427

PIN: 77421#

Recorded playback: (512) 505-6863

Doctor's Support Call

Wednesday 8:30 p.m. EST

Call: (512) 225-3178

PIN: 896742#

Recorded playback: (512) 404-1220

NUTRITION SUPPORT

NutritionSupport@TSFL.com

- **Get help with your program, nutrition information, and exercise guidelines**
- **Ask questions about products and food allergies**
- **Get support**

SUPPORT IN MOTION

This vibrant, online community features chats and inspiring message boards that help you connect with other Take Shape For Life Clients and share their ups, downs, challenges, and successes. Your Health Coach can help you get connected.

Client Contact Center

(800) 572-4417

PLACING AN ORDER

You can:

- Order directly from your Health Coach
- Order online at TSFL.com or through your Health Coach's website
- Call our Client Contact Center at (800) 572-4417
- Fax your order to (443) 471-3319

Be sure to use your Client ID# whenever you order.

Payment

Have your Visa, MasterCard, Discover, or American Express card ready when you call (no checks or C.O.D.s).

Shipping

All orders are processed within 24 hours and shipped the next business day. Allow five to seven business days for standard shipping; three to four business days for expedited shipping (additional charge). BeSlim® Club orders of \$150 or more (total after coupons and discounts) get FREE standard shipping anywhere in the U.S.

Exchanges and returns

Contact your Health Coach, refer to the policy printed on the back of your packing slip, or visit TSFL.com for more information.

Your Health Coach's Information

Name _____

ID# _____

Phone # _____

Email _____

Your Client ID# _____

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“Before Take Shape For Life, I was obese and very unhappy with the way I looked and felt. I had a lot of pain in my knees, and I would go straight to the couch or bed as soon as I came home from work.

I kept getting bigger and heavier, and my doctor recommended bariatric surgery, but because I suffer with strokes and tia (mini-strokes), I wasn't a candidate.

Linda Sue lost 75 lbs!

When my Health Coach introduced me to Take Shape For Life, I saw results after week one! My friends are just stunned at the results that this program has given me. And, thank goodness, my husband was entirely supportive.

Since I've lost weight, my knees do not swell so badly that I can't even sleep at night because of the pain. My doctors have been able to cut back on my medications. I work out at my gym six days a week and love it.

The other day, a newbie at my gym actually asked me if I was a trainer! I was stunned: me, a trainer! In May of 2009 that would never have entered anyone's mind! I love what Take Shape For Life has done for me!”



*Results vary. Clients can expect to lose 2-5 lbs per week for the first two weeks and 1-2 lbs per week thereafter.



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