

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

*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, ½ cup high-fiber cereal, ½ cup whole-wheat pasta, or ½ cup brown rice.

Medifast Transition Guide

Yijin Wang



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