



**Take Shape
For Life**
Life in Motion

• The 5 & 1 Plan

5 & 1 = Quick, Easy, Clinically Proven Weight Loss!

Losing weight has never been easier than with Take Shape For Life. With the 5 & 1 Plan, there is no calorie counting, no points system, no diet pills and no confusion. The program consists of clinically proven foods designed to help you lose 2-5 lbs per week. Here's all you have to do:

5 **Medifast Meals per day** (any 5 meals; limit 1 bar per day)
& 1 **"Lean & Green" per day**

Lean - 5, 6 or 7 ounces of a lean, leaner or leanest meat option.
Add 0 - 2 servings of fat daily depending on your choice.

Green - any 3 servings of allowed vegetables each day.
One (1) serving = 1 cup of salad greens or 1/2 cup of raw/cooked vegetables.
Salad dressing and other condiments may be used in limited quantity.

Drink a minimum of 64 ounces of non-caloric fluids per day, preferably water.

Because you eat every 2-3 hours, you will not be hungry or lack energy. You may stay on the 5&1 Plan until you have lost your desired amount of weight, then move to the Take Shape For Life Transition Plan.