



Take Shape  
For Life®

featuring  **Medifast**  
Meals

# PRODUCT MENU



## VARIETY PACKAGES

Medifast Variety Packages are an easy, economical way for you to order our most popular Medifast Meals. They contain the exact number of Medifast Meals for you to use in your 5 & 1 Plan.

### 2-Week Variety Packages (70 Medifast Meals)

10 boxes of Medifast Meals in each package

Medifast for Women (74300).....	\$154.50
Medifast for Men (74400) .....	\$154.50
Medifast for Diabetes (74500).....	\$154.50
Medifast: Gluten-Free (74860) .....	\$154.50

### 4-Week Enhanced Variety Packages (140 Medifast Meals)

20 boxes of Medifast Meals + 1 bottle of Essential1: Heart Health Super Omega-3 in each package

Medifast for Women (74008).....	\$327.50
Medifast for Men (74108).....	\$327.50
Medifast for Diabetes (74208) .....	\$327.50

### 4-Week Variety Packages (140 Medifast Meals)

20 boxes of Medifast Meals in each package

Medifast for Women (74000).....	\$299.50
Medifast for Men (74100) .....	\$299.50
Medifast for Diabetes (74200).....	\$299.50
Medifast: Gluten-Free (74850) .....	\$299.50



## MEDIFAST SHAKES

### Ready-to-Drink Shakes

Medifast's Ready-to-Drink Shakes are nutritious and fit into today's busy, on-the-go lifestyle. These shakes are sold by the box (1 serving) or by the case (24 servings).

<b>Dutch Chocolate (68700)</b> .....	\$3.35/box
Calories 90/ Fat 1.5/ Carbs 12/ Protein 11 .....	\$64.95/case
<b>French Vanilla (68800)</b> .....	\$3.25/box
Calories 90/ Fat 1/ Carbs 12/ Protein 11 .....	\$64.95/case

### Medifast 55 Shakes

Medifast 55 Shakes are specially formulated for women.

<b>Dutch Chocolate 55 (51710)</b> .....	\$15.50/box
Calories 90/ Fat 1/ Carbs 13/ Protein 11	
<b>French Vanilla 55 (51810)</b> .....	\$15.50/box
Calories 90/ Fat 0/ Carbs 13/ Protein 11	
<b>Strawberry Crème 55 (51910)</b> .....	\$15.50/box
Calories 90/ Fat 0/ Carbs 13/ Protein 11	
<b>Orange Crème 55 (52010)</b> .....	\$15.50/box
Calories 90/ Fat 0.5/ Carbs 13/ Protein 11	
<b>Banana Crème 55 (52060)</b> .....	\$15.50/box
Calories 90/ Fat 0/ Carbs 13/ Protein 11	
<b>Swiss Mocha 55 (60300)</b> .....	\$15.50/box
Calories 90/ Fat 0.5/ Carbs 13/ Protein 11	

### Medifast 70 Shakes

Medifast 70 Shakes are specially formulated for men, or women who prefer more protein.

<b>Dutch Chocolate 70 (52110)</b> .....	\$15.50/box
Calories 100/ Fat 1/ Carbs 13/ Protein 14	
<b>French Vanilla 70 (52210)</b> .....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	
<b>Strawberry Crème 70 (52310)</b> .....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	
<b>Orange Crème 70 (52410)</b> .....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	
<b>Banana Crème 70 (52460)</b> .....	\$15.50/box
Calories 100/ Fat 0.5/ Carbs 13/ Protein 14	
<b>Swiss Mocha 70 (60400)</b> .....	\$15.50/box
Calories 110/ Fat 0.5/ Carbs 13/ Protein 14	



## MEDIFAST SHAKES *(cont.)*

### Health Management Shakes

Medifast Health Management Shakes offer innovative weight-control and nutrition options for people dealing with specific health concerns.

#### Medifast Plus for Women's Health

**Chocolate (71100)** ..... \$15.50/box

Calories 110/ Fat 1/ Carbs 15/ Protein 15

**Vanilla (71200)** ..... \$15.50/box

Calories 110/ Fat 1/ Carbs 15/ Protein 15

#### Medifast Plus for Women's Joint Health

**Chocolate (70700)** ..... \$15.50/box

Calories 100/ Fat 1/ Carbs 11/ Protein 15

**Vanilla (70800)** ..... \$15.50/box

Calories 100/ Fat 0.5/ Carbs 11/ Protein 15

#### Medifast Plus for Women's Coronary Health

**Chocolate (72200)** ..... \$15.50/box

Calories 100/ Fat 1/ Carbs 11/ Protein 14

**Strawberry (72300)** ..... \$15.50/box

Calories 100/ Fat 1/ Carbs 11/ Protein 14

#### Medifast Plus for Women's Appetite Suppression

**Chocolate (70900)** ..... \$15.50/box

Calories 100/ Fat 1/ Carbs 12/ Protein 15

**Vanilla (71000)** ..... \$15.50/box

Calories 100/ Fat .5/ Carbs 12/ Protein 15

#### Medifast Plus for Diabetics

**Chocolate (69800)** ..... \$15.50/box

Calories 90/ Fat 1/ Carbs 10/ Protein 14

**Vanilla (69900)** ..... \$15.50/box

Calories 90/ Fat 0.5/ Carbs 9/ Protein 14

**Strawberry (70000)** ..... \$15.50/box

Calories 90/ Fat 0.5/ Carbs 9/ Protein 14



## MEDIFAST DRINKS

### Cold Drinks

Medifast cold drinks are crisp, refreshing, and fully fortified Medifast Meals.

**Peach Iced Tea (66500)** ..... \$15.50/box

Calories 90/ Fat 0/ Carbs 12/ Protein 14

**Raspberry Iced Tea (66550)** ..... \$15.50/box

Calories 90/ Fat 0/ Carbs 12/ Protein 14

**Tropical Punch Fruit Drink (66560)** ..... \$15.50/box

Calories 90/ Fat 0/ Carbs 10/ Protein 15

**Cranberry Mango Fruit Drink (66570)** ..... \$15.50/box

Calories 90/ Fat 0/ Carbs 10/ Protein 15

### Hot Drinks

Medifast hot drinks are soothing and delicious Medifast Meals you can enjoy throughout the day.

**Hot Cocoa (57300)** ..... \$15.50/box

Calories 110/ Fat 1/ Carbs 14/ Protein 14

**Cappuccino (57350)** ..... \$15.50/box

Calories 100/ Fat 0.5/ Carbs 13/ Protein 14

**Chai Lattè (57360)** ..... \$15.50/box

Calories 100/ Fat 0.5/ Carbs 14/ Protein 14



# Essential 1<sup>®</sup> ANTIOXIDANTS

Essential 1: Antioxidant products offer the essential goodness of fruit and chocolate without the calories or carbs.

### Essential 1: Antioxidant Flavor Infusers™

Each box contains 21 servings

Add Flavor Infusers™ to your water. Flavor Infusers™ are not Meals.

White Grape Peach (72640).....\$18.95/box

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Raspberry Açai (72650).....\$18.95/box

Calories 5/ Fat 0/ Carbs 2/ Protein 0

### Essential 1: Antioxidant Shakes

These shakes are made with whey protein instead of soy.

Cherry Pomegranate (72410).....\$15.95/box

Calories 90/ Fat 0/ Carbs 13/ Protein 14

Dark Chocolate (72420).....\$15.95/box

Calories 90/ Fat 0/ Carbs 13/ Protein 14



# Essential 1<sup>®</sup> CALORIE BURN

Essential 1: Calorie Burn products are metabolism boosters with 100 mg caffeine and 90 mg of EGCG.

### Essential 1: Calorie Burn Flavor Infusers™

Each box contains 21 servings

Add Flavor Infusers™ to your water. Flavor Infusers™ are not Meals.

Green Tea Lemon (72600).....\$15.95/box

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Mixed Berry (72610).....\$15.95/box

Calories 5/ Fat 0/ Carbs 2/ Protein 0

Strawberry Lemonade (72620).....\$15.95/box

Calories 5/ Fat 0/ Carbs 2/ Protein 0

### Essential 1: Calorie Burn Cappuccino

Cappuccino (72630).....\$15.95/box

Calories 100/ Fat 0/ Carbs 13/ Protein 14



# MEDIFAST SCRAMBLED EGGS

Medifast Scrambled Eggs are a great way to add variety at breakfast or any time throughout the day.

Scrambled Eggs (72860).....\$15.50/box

Calories 100/ Fat 2/ Carbs 10/ Protein 12



## MEDIFAST BARS

Medifast Bars give you the variety and convenience that your lifestyle demands, with the nutritional excellence your body needs.

### Maintenance Bars

Limit these bars to one per day on the 5 & 1 Plan.

**Chocolate Mint Bar (64900)**.....\$16.25/box

Calories 160/ Fat 5/ Carbs 20/ Protein 11

**Caramel Nut Bar (65440)**.....\$16.25/box

Calories 170/ Fat 5/ Carbs 22/ Protein 10

**Oatmeal Raisin Bar (65400)**.....\$16.25/box

Calories 150/ Fat 3.5/ Carbs 22/ Protein 11

### Crunch Bars

These new Bars feature a great crunchy taste and a new formula that's lower in calories, total fat, and carbohydrates than our Maintenance Bars. That means you can enjoy more than one per day as part of your 5 & 1 Plan.

**Chocolate Mint Crunch Bar (64905)** .....\$16.25/box

Calories 110/ Fat 3/ Carbs 13/ Protein 11

**Caramel Crunch Bar (65445)** .....\$16.25/box

Calories 110/ Fat 3/ Carbs 12/ Protein 11

**Peanut Butter Crunch Bar (65005)** .....\$16.25/box

Calories 110/ Fat 3.5/ Carbs 13/ Protein 11

**Chocolate Crunch Bar (64805)**.....\$16.25/box

Calories 110/ Fat 3/ Carbs 13/ Protein 11

**Oatmeal Raisin Crunch Bar (65405)** .....\$16.25/box

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

**S'more Crunch Bar (65455)** .....\$16.25/box

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

**Strawberry Crunch Bar (65520)**.....\$16.25/box

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

**Cinnamon Roll Crunch Bar (65510)**.....\$16.25/box

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11

**Fruit & Nut Crunch Bar (65505)**.....\$16.25/box

Calories 110/ Fat 3/ Carbs 12/ Protein 11

**Lemon Meringue Crunch Bar (65205)**.....\$16.25/box

Calories 110/ Fat 2.5/ Carbs 13/ Protein 11



## MEDIFAST OATMEAL

Medifast Oatmeal is a delicious way to begin your day with plenty of energy.

**Apple Cinnamon Oatmeal (58000)** .....\$15.50/box

Calories 100/ Fat 1.5/ Carbs 15/ Protein 11

**Blueberry Oatmeal (58010)**.....\$15.50/box

Calories 100/ Fat 1.5/ Carbs 15/ Protein 11

**Maple & Brown Sugar Oatmeal (58020)** .....\$15.50/box

Calories 100/ Fat 1.5/ Carbs 15/ Protein 11

**Peach Oatmeal (58030)** .....\$15.50/box

Calories 110/ Fat 1.5/ Carbs 16/ Protein 11



## MEDIFAST SOUPS & CHILI

Medifast Soups & Chili are great additions to your Medifast Meal choices.

- Maryland Crab Soup (69670)**.....\$15.50/box  
Calories 110/ Fat 1/ Carbs 15/ Protein 13
- Beef Vegetable Stew (69660)**.....\$15.50/box  
Calories 100/ Fat 1/ Carbs 14/ Protein 11
- Chicken & Wild Rice Soup (69650)**.....\$15.50/box  
Calories 100/ Fat 1/ Carbs 13/ Protein 10
- Chicken Noodle Soup (69600)**.....\$15.50/box  
Calories 90/ Fat 1/ Carbs 13/ Protein 9

- Cream of Broccoli Soup (57000)**.....\$15.50/box  
Calories 110/ Fat 1.5/ Carbs 10/ Protein 15
- Cream of Chicken Soup (54300)**.....\$15.50/box  
Calories 110/ Fat 1.5/ Carbs 9/ Protein 14
- Cream of Tomato Soup (60600)**.....\$15.50/box  
Calories 110/ Fat 0.5/ Carbs 13/ Protein 14
- Homestyle Chili (69700)**.....\$15.50/box  
Calories 110/ Fat 1/ Carbs 15/ Protein 14



## MEDIFAST PUDDING

Medifast Puddings are vitamin-rich Meals that taste like dessert.

- Vanilla Pudding (57410)**.....\$15.50/box  
Calories 110/ Fat 0/ Carbs 15/ Protein 13
- Chocolate Pudding (57400)**.....\$15.50/box  
Calories 110/ Fat 1/ Carbs 15/ Protein 14

- Banana Pudding (72850)**.....\$15.50/box  
Calories 110/ Fat 0.5/ Carbs 15/ Protein 14



## MEDIFAST BROWNIE

If you like the taste of freshly baked brownies, still warm from the oven, you'll love this new Medifast Meal.

- Brownie with real chocolate chips (57500)**.....\$15.50/box  
Calories 110/ Fat 2/ Carbs 15/ Protein 11



## MEDIFAST PRETZELS & PUFFS

Though these sweet and savory new products will tempt your taste buds, they are NOT snacks: Each bag contains a complete, fully fortified Medifast Meal that is ready to go and ready to eat wherever you are! Our new Pretzels and Puffs provide just the right balance of fiber and high-quality protein to keep you feeling full and satisfied, plus your daily requirement of 24 vitamins and minerals!

### Pretzel Sticks

**Honey Mustard Pretzel Sticks (67260)** ..... \$15.50/box  
Calories 110/ Fat 3/ Carbs 15/ Protein 11

**Cinnamon Pretzel Sticks (67250)** ..... \$15.50/box  
Calories 110/ Fat 3/ Carbs 15/ Protein 11

### Cheese Puffs

**Chili Nacho Cheese Puffs (67240)** ..... \$15.50/box  
Calories 110/ Fat 2.5/ Carbs 14/ Protein 11

**Parmesan Cheese Puffs (67230)** ..... \$15.50/box  
Calories 110/ Fat 2.5/ Carbs 14/ Protein 11



## MEDIFAST SNACKS

Medifast Snacks are the perfect addition to your 5 & 1 Plan when you need a little extra. Limit one per day. Snacks do not replace Meals.

### Soy Crisps

**Apple Cinnamon Soy Crisps (57270)** ..... \$6.75/box  
Calories 70/ Fat 2/ Carbs 8/ Protein 4

**Ranch Soy Crisps (57260)** ..... \$6.75/box  
Calories 60/ Fat 2/ Carbs 7/ Protein 5

**White Cheddar Soy Crisps (57250)** ..... \$6.75/box  
Calories 70/ Fat 2/ Carbs 7/ Protein 5

### Crackers

**Multi-Grain Crackers (57230)** ..... \$4.50/box  
Calories 50/ Fat 0/ Carbs 12/ Protein 1

**Garden Vegetable Crackers (57240)** ..... \$4.50/box  
Calories 60/ Fat 0/ Carbs 12/ Protein 2



## Essential 1<sup>®</sup> DIETARY SUPPLEMENTS

Taking these supplements every day is a powerful habit of health that supports your vitality and well-being.

### Essential1: Digestive Health

This new dietary supplement combines a custom probiotic capsule and a natural enzyme blend tablet in one convenient daily pack. Eat well, stay balanced, feel great!

**Essential1: Digestive Health (0165)** ..... \$24.95/box  
Calories 0/ Fat 0/ Carbs 0/ Protein 0

### Essential1: Heart Health Super Omega-3

For optimal health and longevity, everyone can benefit from daily omega-3 fatty acid supplements.

**Essential1: Heart Health Super Omega-3 (0161)** ..... \$24.95/btl of 60  
Calories 25/ Fat 2.5/ Carbs 0/ Protein 0

## ACCESSORIES

All accessories are sold individually.

1. Shaker Jar (50010)..... \$1.99
2. BlenderBottle® (50110)..... \$7.50
3. *The Secret is Out: The Medifast Program*  
Paperback Book (41040)..... \$19.95
4. My Daily Journal (TSFLDJ)..... \$2.95
5. HealthMate Blender (50150)..... \$39.95
6. Recipe Book (41091)..... \$6.95
7. Lean & Green™ Meal Cookbook (42331)..... \$12.95



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## PROGRAM MATERIALS

Limit one per Client.

- a. Quick Start Guide (32191).....\$1.00
- b. Medifast for Teens Guide (41111).....\$1.00
- c. Medifast for Diabetes Guide (32241).....\$1.25
- d. Medifast for Seniors Guide (32251).....\$1.00
- e. Transition & Maintenance Guide (41061).....\$2.00
- f. Exercise Guide (41071).....\$1.00
- g. Ready, Set, Medifast (41811).....\$2.25



a.



b.



c.



d.



e.



f.



g.

Health Coach: \_\_\_\_\_

Health Coach ID#: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Your Client ID#: \_\_\_\_\_

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