



 **Take Shape  
For Life.**  
*Life in Motion®*

# Medifast For Teens

program guide





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# Welcome

You've taken the important first step in controlling your weight and improving your health! Please read this Medifast for Teens Program Guide carefully; it will provide you with the information that you need to get started. As your body continues to grow, achieving and maintaining a *healthy weight* is crucial to your *overall state* of health. Take Shape For Life has meal plans specially designed to meet the needs of adolescents **13-18 years old**. These meal plans are convenient, they emphasize portion controlled eating at regular intervals throughout the day and best of all – they're simple to follow!

Take Shape For Life can help you achieve the healthy weight that's right for you. Maintaining a healthy weight allows you to live life to the fullest. Successfully lose weight and improve your health with more than 60 Medifast Meals to complement your healthy eating meal plan. Medifast has been recommended by over 15,000 physicians and proven in multiple clinical studies.

*Chances are, you've chosen the Medifast for Teens Program for one of two reasons: 1) you want to lose some weight, or 2) you want to maintain your current weight as you grow taller, in order to live a healthier, more active lifestyle.*

The Medifast for Teens Program consists of two unique Plans: 1) the **Weight Loss Plan**, and 2) the **Weight Maintenance Plan**. Your Body Mass Index (BMI) determines which plan to choose. BMI is a calculation based on your current height and weight. Before beginning the

Medifast for Teens Program, we recommend that you see your pediatrician or physician to help determine your BMI, and to determine whether this program is right for you.

After your physician determines the right plan for you, work with your physician to decide if routine monitoring is necessary while on the Medifast for Teens Program. The goal is not only to achieve a healthy weight, but to achieve it through healthy weight loss – and your physician can ensure that this goal is met.

Our goal for the [Weight Loss Plan](#) is to help you reach your goal weight by promoting gradual weight loss through healthy food choices. Our goal for the [Weight Maintenance Plan](#) is to help you maintain your current weight as you grow taller through healthy food choices that: 1) control calorie intake, 2) are nutritionally complete, and 3) are flexible enough to adapt to an adolescent’s lifestyle.

Medifast Meals are essential to achieving your goals. Medifast Meals provide you with convenient, great-tasting, healthy, portion- and calorie-controlled foods that can be used either as meal add-ons or as snacks. The Medifast for Teens Program is high in fiber, combining the unlimited use of whole grains, fruits and vegetables with fiber-rich Medifast Meals. This combination helps to control your hunger while limiting your calorie intake. With today’s busy lifestyles, it can be difficult to follow a strict weight loss plan. The Medifast for Teens Program provides you with flexibility, through the inclusion of “Sometimes Foods” (*referenced in the Plan Charts beginning on Page 13*) – and through the convenient use of Medifast Meals as alternatives to traditional foods.

Actively involved parents and a motivated teen are integral to the success of the Medifast for Teens Program. Sometimes it's hard to make big changes alone, so consider enlisting a sibling or friend to get active with you and help you stick with your healthy new habits.

The Medifast for Teens Program begins with the Weight Loss Plan. Once your BMI is in the 85th-95th percentile, you can move to the Weight Maintenance Plan. When your BMI is below the 85th percentile you can use the healthy behaviors learned in the Weight Loss and Weight Maintenance Plans to support a healthy weight for a lifetime. Continue to use Medifast Meals for convenient, portion controlled meal add-ons and healthy snack choices.

Your Take Shape For Life Health Coach is here to help you if you still have questions or need more information.



*Before we get started, let's brush up on some important facts about nutrition and physical activity...*

## Important Nutrients

Healthy eating means getting the right balance of nutrients your body needs each and every day. There are specific nutrients your body requires during adolescence. Make sure to focus on getting the following nutrients daily:

### Calcium

Adequate calcium levels are important for developing strong bones. More than one-third of your adult bone mass is deposited during adolescence. Inadequate calcium intake during your teen years puts you at risk for developing osteoporosis later in life. The recommended amount of calcium is 1,200 mg every day. Consuming 3 Medifast Meals per day provides 1,050 mg of calcium. Low fat dairy products (such as milk and yogurt) are good choices to make up the difference.

### Iron

During adolescence, both boys and girls need adequate amounts of iron to support their rapid growth. During growth spurts, iron helps new muscle cells obtain oxygen for energy. The recommended amount of iron for girls is 15 mg per day and for boys is 12 mg per day (girls need a little more iron to account for menstrual losses). Iron deficiency causes anemia – leading to fatigue, weakness and decreased learning ability. Consuming 3 Medifast Meals daily provides you with 13.5 mg of iron. Other good sources of iron include lean meats, fortified whole grain cereals, spinach, fish and shellfish.

## Protein

Getting enough protein is important for growth, energy and the repair of body tissues (like muscles). Medifast Meals are an excellent source of protein, providing a significant portion of the 45-60 grams that an adolescent needs daily. Protein is the most satisfying (or “filling”) macronutrient, so it helps to curb your hunger.

## Healthy Behaviors

*You can implement healthy behaviors to help with short- and long-term weight control. To help achieve and maintain a healthy weight, the following behaviors are important:*

### Portion Control

One of the reasons obesity has become such an alarming problem is because serving sizes are often 2-4 times what they ought to be. This “portion distortion” leads to a passive over-consumption of calories – in other words, you’re consuming calories without even knowing what you’re eating. Meal replacements (such as Medifast Meals) are an excellent tool for learning to identify appropriate portion sizes. Did you know that restaurant portions are now 2-4 times the size of standard serving sizes? Keep this in mind: *calorie content increases with portion size*. Eating portion-controlled meals effectively reduces total calorie intake – and helps maintain weight loss results.

*Take note of serving sizes on product packages. Consider for example, a 200-calorie, 20-ounce bottle of non-diet soda that lists 2.5 servings on the package: since the calories listed on the package are per serving, you will have consumed 500 total calories by drinking the whole bottle – which is equivalent to 5 Medifast Meals!*

## **Eat Breakfast**

Breakfast really is the most important meal of the day. Eating breakfast gives you the energy you need to start your day off right and helps you focus and learn in school. It also helps to jump-start your metabolism. Studies show that individuals who do not eat breakfast have a lower metabolic rate compared to those who do. If you're on-the-go in the morning, have a convenient Medifast Meal for breakfast.

## **5 or 6 Small Meals for Best Meal Frequency**

Research shows that eating "three square meals" each day is really not the best method of weight control. Instead, eating every 3 hours (when we normally experience physiologic hunger) is ideal. Eating frequently keeps you feeling fuller during the day, and prevents dips in blood sugar that may lead some individuals to binge-eat. With your busy schedule, ready-to-go meal replacements are a convenient option to help ensure you eat regularly (and properly) throughout the day.

## **Eat Mindfully**

Eat slowly! That way, your stomach can signal your brain that it is full. It takes 20 minutes for the "full signal" to reach your brain, so take time to enjoy every bite. Notice your food's flavor and texture as you eat. Limit your eating while doing other activities such as watching TV, so you remain aware of the quantity of food you are eating. Chewing each bite of food 15-20 times helps slow down the eating process, and allows you to savor the flavor of your food more.

## **Drink Lots of Fluids**

Drink at least 6-8 cups of water each day. In addition, you may drink up to 16 ounces of any non-caloric (calorie-free) beverage including

unsweetened iced tea, herbal tea, coffee, diet soda and calorie-free drink mixes such as Crystal Light® or Sugar Free Kool-Aid®.

## **Eat More Meals at Home**

Research has demonstrated that the more meals you eat in the home (or take to school after *preparing* at home), the greater success you'll have with weight loss. Limit your restaurant outings (especially those involving fast-food establishments) as much as possible.

## **Physical Activity**

Being physically active helps you build lean muscle mass and strong bones. Physical activity also increases your flexibility, improves your balance and helps you control your weight. Equally important, physical activity makes you feel good emotionally, increases your self-esteem and reduces your risk for chronic diseases like heart disease and type 2 diabetes. Watching TV and playing video games are associated with higher body fat – so replace after-school TV and video games with a fun physical activity! Make a plan to improve your health by limiting

TV and video games (screen time) to less than 2 hours each day.



Teens should be physically active for 60 minutes or more on most (preferably all) days of the week. Smaller bouts of activity (as little as 30 minutes a day) can also be beneficial. Find activities that you enjoy and can do every day. Some suggestions include:

- brisk walking
- roller skating
- gymnastics
- running
- jumping rope
- hiking
- swimming laps
- playing on the playground
- soccer
- cycling
- dancing
- tag games
- home exercise
- pleasure walking
- climbing stairs
- walking your dog
- volleyball
- basketball



Aerobic activities are continuous activities that increase both your heart rate and your breathing rate. Remember to drink fluids regularly during and after physical activity to prevent dehydration.

A great way to promote healthy lifestyles is for your whole family to get involved. Spend time together through physical activity. Encourage your family to take a long walk or bike ride together a few evenings a week!

## **Realistic Goals**

Review your current eating habits and identify where small changes might lead to healthier eating. For instance, can you cut back on drinking sweetened sodas or add more fruits and vegetables to your diet?

Next, try to identify potential “barriers” to your success – and consider ways to overcome them. Become aware of “eating triggers” and “success saboteurs” and stay away from them. For example, do you go to a fast-food place after school every day with your friends? Replace the fast-food with another activity. Instead of giving in to peer pressure, find friends who are supportive of you and your goals.

## **Keep a journal**

Keeping a journal makes you aware of your daily eating habits. Track what, how much and how frequently you eat. Note if you’ve eaten “off-plan” foods, and also which food items you may be over-consuming. Keep a food journal on your laptop, PDA or in a paper notebook.

## **Eat fruits and vegetables each day**

Five servings of fruits and vegetables can help keep you healthy when consumed as part of a well-balanced and nutritious eating plan.

*Not a fan of fruits and vegetables? Do 5 servings sound like a lot? Getting in 5 servings each day is really not that hard! Here are some ideas:*

1. *slice bananas or strawberries on top of your breakfast cereal*
2. *have a salad with lunch*
3. *eat carrot sticks for an afternoon snack*
4. *stir some fruit into low fat yogurt*
5. *blend fruit and low fat yogurt with ice for a great smoothie*
6. *eat fruit cocktail with lunch*
7. *add fruit to your Medifast puddings*
8. *blend fruit with your Medifast shakes*
9. *add a vegetable (or two!) to your dinner*
10. *eat fresh fruit as a mid-morning snack*

Try just half of these yummy suggestions and you've gotten in your 5 servings of fruits and vegetables!

Is your kitchen stocked with fruit and vegetables? No? Try keeping a bowl of fresh fruit on the counter and fresh-cut produce at eye-level in the refrigerator. To add variety and find new favorites, pick a new fruit or vegetable to try each time you visit the grocery store. Choose a variety of different colored fruits and vegetables for the most nutrition – there are so many to choose from!

## Weight Loss Plan

If your BMI is >95th percentile, begin with the Weight Loss Plan.

The Weight Loss Plan charts on the following pages are gender-specific and show how many servings you should eat from each food group. You can use the Weight Loss Sample Menus as a guide to what you should eat each day.

## Weight Maintenance Plan

You can move to or start with the Weight Maintenance Plan if your BMI is in the 85th-95th percentile. The Weight Maintenance Plan charts on the following pages are gender-specific and show how many servings you should eat from each food group. You can use the Weight Maintenance Sample Menus as a guide to what you should eat each day. Make sure NOT to use the Weight Maintenance Plan charts before you're ready.

*Congratulations on your decision to improve your health.  
Good luck on your journey!*



# Girls' Weight Loss Plan

(BMI >95th percentile) • Approximately 1,600 calories

Food Group (Number of Servings)	What counts as ONE serving?	Tips
<b>Medifast Meals</b> (Choose 3 Meals daily)	1 Medifast Meal (choose from shakes, soups, stew, chili, oatmeal, scrambled eggs, fruit drinks, iced teas, hot beverages, bars and puddings)	<ul style="list-style-type: none"><li>• Limit to 1 Medifast bar daily.</li><li>• Combine Medifast Meals with your favorite foods.</li></ul>
<b>Fruits &amp; Vegetables</b> (Choose at least 5 servings daily)	<ul style="list-style-type: none"><li>• 1 piece medium-sized fresh fruit such as pear, apple, etc.</li><li>• 1/2 cup fresh cubed fruit such as watermelon, cantaloupe, honeydew, etc.</li><li>• 1/2 cup fresh berries such as blueberries, raspberries, boysenberries, etc.</li><li>• 1/2 cup canned fruit</li><li>• 17 fresh grapes</li><li>• 1/2 grapefruit</li><li>• 1/2 large banana or whole small banana</li><li>• 1/2 cup cooked or raw vegetables</li><li>• 1 cup salad greens</li></ul> Acceptable substitution: <ul style="list-style-type: none"><li>• 4 oz 100% fruit juice for 1 serving of fruit</li></ul>	<ul style="list-style-type: none"><li>• Unlimited fruits and vegetables are encouraged. Have at least 5 servings daily.</li><li>• Choose canned fruits packed in water or natural juices only (rather than packed in syrup).</li></ul>
<b>Low Fat Dairy</b> (Choose 2 servings daily)	<ul style="list-style-type: none"><li>• 8 oz milk, lactaid or soymilk</li><li>• 4-8 oz low fat yogurt</li></ul>	<ul style="list-style-type: none"><li>• Always choose low fat or fat-free dairy foods.</li><li>• Choose skim or 1% milk and low fat yogurt.</li><li>• Cheese should not be considered a dairy option – you can use cheese as a substitute for lean meat/protein.</li></ul>

# Girls' Weight Loss Plan *continued*

Food Group (Number of Servings)	What counts as ONE serving?	Tips
<b>Whole Grains</b> (Choose 2 servings daily)	<ul style="list-style-type: none"> <li>• 1 slice whole grain bread OR 2 slices low calorie "lite" whole grain bread (less than 40 calories/slice)</li> <li>• 1/2-1 cup cold cereal</li> <li>• 1/2 cup cooked cereal</li> <li>• 1/3 cup cooked brown or wild rice</li> <li>• 1/2 cup whole wheat pasta</li> </ul>	<p><b>Bread:</b> choose whole grain varieties that have 2 or more grams of fiber per slice.</p> <p><b>Cereal:</b> choose whole grain varieties that have 5 or more grams of fiber per serving.</p> <ul style="list-style-type: none"> <li>• Choose unsweetened cereals.</li> </ul>
<b>Meat/Protein</b> (Choose 2 servings daily)	<ul style="list-style-type: none"> <li>• 4 oz lean meat</li> <li>• 1 cup dry beans or peas</li> <li>• 1 cup 1% cottage cheese</li> <li>• 4 oz low fat cheese</li> </ul> <p>Acceptable substitution:</p> <ul style="list-style-type: none"> <li>• 1 Tbsp plain nuts or peanut butter for 1 ounce of lean meat</li> </ul>	<p><b>Lean Meat:</b> lean beef or pork, chicken, turkey, fish or shellfish.</p> <ul style="list-style-type: none"> <li>• Choose meats that are baked, grilled, broiled or poached – not fried.</li> <li>• Remove skin from poultry.</li> </ul>
<b>Fats</b> (Limit to 2 servings daily)	<ul style="list-style-type: none"> <li>• 1 Tbsp cream cheese</li> <li>• 1 tsp butter, margarine or cream</li> <li>• 1 Tbsp reduced fat salad dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Choose reduced fat options when available.</li> <li>• Choose a trans fat-free margarine.</li> </ul>
<b>Beverages</b> (Drink at least 6-8 cups each day)	<p>Choose calorie-free beverages such as:</p> <ul style="list-style-type: none"> <li>• water</li> <li>• hot or cold unsweetened tea or coffee</li> <li>• calorie-free drink mixes such as Crystal Light® or Diet Kool-Aid®</li> <li>• diet soda</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid sugary drinks.</li> <li>• Limit caffeine-containing beverages to 3 cups per day (caffeine effects are more pronounced while on a low calorie diet).</li> </ul>
<b>"Sometimes Foods"</b> (Limit to 1 small serving, 3 times per week maximum)	<p><b>Desserts, sweets and junk foods:</b> cookies, candy, soda pop, donuts, cake, chips, hot dogs, nachos, french fries or fried foods such as fried chicken.</p>	

# Girls' Weight Loss Sample Menus

## Menu 1

**Breakfast** - Medifast Blueberry Oatmeal mixed with 1/2 cup fresh blueberries, 1 slice whole wheat toast with 1 tsp butter

**Lunch** - 4 oz chicken breast, 1 cup green beans, 6 oz low fat yogurt, 1/2 cup fruit cocktail

**Mid-Afternoon** - Medifast Chocolate Bar, 8 oz skim milk

**Dinner** - 4 oz pork loin, 1 cup broccoli, 1 whole wheat dinner roll with 1 tsp margarine, 1 cup canned pears

**Evening** - Medifast Vanilla Pudding mixed with 1/2 cup strawberries

## Menu 2

**Breakfast** - Medifast Scrambled Eggs, 1 fresh orange

**Lunch** - Sandwich – 2 slices whole wheat bread 3 oz deli ham, 1 oz (1 slice) reduced fat provolone cheese, lettuce, tomato, mustard, 1/2 cup cubed melon, Medifast Caramel Nut Bar

**Mid-Afternoon** - Medifast Dutch Chocolate Shake made with 8 oz skim milk instead of water and blended with 1 cup fresh strawberries

**Dinner** - 4 oz grilled salmon, 2 cups salad greens with raw tomatoes and cucumbers, 2 Tbsp low fat Italian salad dressing, 1/2 cup canned pears

**Evening** - 6 oz low fat yogurt

## Menu 3

**Breakfast** - Cereal – 1 cup bran flakes cereal, 1/2 cup fresh blueberries, 8 oz skim milk

**Lunch** - Medifast Chicken Noodle Soup with 4 oz diced chicken added, 1 cup salad greens, 1 Tbsp reduced fat salad dressing, 1 fresh apple

**Mid-Afternoon** - Medifast Chocolate Pudding mixed with 1/2 cup fresh raspberries

**Dinner** - Taco Salad – 4 oz taco-seasoned ground turkey, 2 cups shredded lettuce, 1/2 cup diced tomato and onion, 5-10 black olives (sliced), 1/3 cup Mexican-seasoned brown rice

**Evening** - Medifast Oatmeal Raisin Bar, 8 oz skim milk

# Boys' Weight Loss Plan

(BMI >95th percentile) • Approximately 1,800 calories

Food Group (Number of Servings)	What counts as ONE serving?	Tips
<b>Medifast Meals</b> (Choose 3 Meals daily)	1 Medifast Meal (choose from shakes, soups, stew, chili, oatmeal, scrambled eggs, fruit drinks, iced teas, hot beverages, bars and puddings)	<ul style="list-style-type: none"><li>• Limit to 1 Medifast bar daily.</li><li>• Combine Medifast Meals with your favorite foods.</li></ul>
<b>Fruits &amp; Vegetables</b> (Choose at least 5 servings daily)	<ul style="list-style-type: none"><li>• 1 piece medium-sized fresh fruit such as pear, apple, etc.</li><li>• 1/2 cup fresh cubed fruit such as watermelon, cantaloupe, honeydew, etc.</li><li>• 1/2 cup fresh berries such as blueberries, raspberries, boysenberries, etc.</li><li>• 1/2 cup canned fruit</li><li>• 17 fresh grapes</li><li>• 1/2 grapefruit</li><li>• 1/2 large banana or whole small banana</li><li>• 1/2 cup cooked or raw vegetables</li><li>• 1 cup salad greens</li></ul> Acceptable substitution: <ul style="list-style-type: none"><li>• 4 oz 100% fruit juice for 1 serving of fruit</li></ul>	<ul style="list-style-type: none"><li>• Unlimited fruits and vegetables are encouraged. Have at least 5 servings daily.</li><li>• Choose canned fruits packed in water or natural juices only (rather than packed in syrup).</li></ul>
<b>Low Fat Dairy</b> (Choose 2 servings daily)	<ul style="list-style-type: none"><li>• 8 oz milk, lactaid or soymilk</li><li>• 4-8 oz low fat yogurt</li></ul>	<ul style="list-style-type: none"><li>• Always choose low fat or fat-free dairy foods.</li><li>• Choose skim or 1% milk and low fat yogurt.</li><li>• Cheese should not be considered a dairy option – you can use cheese as a substitute for lean meat/protein.</li></ul>

# Boys' Weight Loss Plan *continued*

Food Group (Number of Servings)	What counts as ONE serving?	Tips
<b>Whole Grains</b> (Choose 4 servings daily)	<ul style="list-style-type: none"><li>• 1 slice whole grain bread OR 2 slices low calorie "lite" whole grain bread (less than 40 calories/slice)</li><li>• 1/2-1 cup cold cereal</li><li>• 1/2 cup cooked cereal</li><li>• 1/3 cup cooked brown or wild rice</li><li>• 1/2 cup whole wheat pasta</li></ul>	<p><b>Bread:</b> choose whole grain varieties that have 2 or more grams of fiber per slice.</p> <p><b>Cereal:</b> choose whole grain varieties that have 5 or more grams of fiber per serving.</p> <ul style="list-style-type: none"><li>• Choose unsweetened cereals.</li></ul>
<b>Meat/Protein</b> (Choose 2 servings daily)	<ul style="list-style-type: none"><li>• 4 oz lean meat</li><li>• 1 cup dry beans or peas</li><li>• 1 cup 1% cottage cheese</li><li>• 4 oz low fat cheese</li></ul> Acceptable substitution: <ul style="list-style-type: none"><li>• 1 Tbsp plain nuts or peanut butter for 1 ounce of lean meat</li></ul>	<p><b>Lean Meat:</b> lean beef or pork, chicken, turkey, fish or shellfish.</p> <ul style="list-style-type: none"><li>• Choose meats that are baked, grilled, broiled or poached – not fried.</li><li>• Remove skin from poultry.</li></ul>
<b>Fats</b> (Limit to 3 servings daily)	<ul style="list-style-type: none"><li>• 1 Tbsp cream cheese</li><li>• 1 tsp butter, margarine or cream</li><li>• 1 Tbsp reduced fat salad dressing</li></ul>	<ul style="list-style-type: none"><li>• Choose reduced fat options when available.</li><li>• Choose a trans fat-free margarine.</li></ul>
<b>Beverages</b> (Drink at least 6-8 cups each day)	Choose calorie-free beverages such as: <ul style="list-style-type: none"><li>• water</li><li>• diet soda</li><li>• hot or cold unsweetened tea or coffee</li><li>• calorie-free drink mixes such as Crystal Light® or Diet Kool-Aid®</li></ul>	<ul style="list-style-type: none"><li>• Avoid sugary drinks.</li><li>• Limit caffeine-containing beverages to 3 cups per day (caffeine effects are more pronounced while on a low calorie diet).</li></ul>
<b>"Sometimes Foods"</b> (Limit to 1 small serving, 3 times per week maximum)		<p><b>Desserts, sweets and junk foods:</b> cookies, candy, soda pop, donuts, cake, chips, hot dogs, nachos, french fries or fried foods such as fried chicken.</p>

# Boys' Weight Loss Sample Menus

## Menu 1

**Breakfast** - Cereal – 2 cups bran flakes cereal, 1/2 cup sliced blueberries, 8 oz 1% low fat milk

**Lunch** - Sandwich – 2 slices whole wheat bread, 3 oz deli turkey, 1 oz (1 slice) low fat cheese, lettuce, tomato, and cucumber slices, 1 tsp mustard, 1 tsp mayonnaise, 17 grapes, 6 oz low fat yogurt

**Mid-Afternoon** - Medifast Dutch Chocolate Shake blended with 1 small banana

**Dinner** - Medifast Chicken Noodle Soup, 4 oz chicken breast cooked in 1 tsp olive oil, 1 cup carrots with 1 tsp butter, 1/2 cup sliced peaches

**Evening** - Medifast S'more Granola Bar

## Menu 2

**Breakfast** - Medifast Peach Oatmeal mixed with 1/2 cup canned sliced peaches, 1 slice whole wheat toast with 1 tsp peanut butter, 8 oz 1% low fat milk

**Lunch** - Sandwich – 1 whole wheat bun, 4 oz roast beef, lettuce, tomato, mustard, 1 fresh plum, 8 oz low fat fruit-flavored yogurt

**Mid-Afternoon** - Medifast Chocolate Pudding mixed with 1/2 cup pitted cherries

**Dinner** - 5 oz orange roughy fish fillet, 1 cup cooked green beans with 1 tsp margarine, 1/2 cup whole grain pasta with 1 tsp margarine, 1 cup canned pears, 8 oz 1% low fat milk

**Evening** - Medifast Caramel Nut Bar

## Menu 3

**Breakfast** - Sandwich – 2 slices whole wheat toast, Medifast Scrambled Eggs, 1 tsp margarine

**Lunch** - Salad – 4 oz grilled shrimp served over 2 cups mixed salad greens, 1 Tbsp reduced fat salad dressing, 1 fresh pear, 8 oz 1% low fat milk

**Mid-Afternoon** - Medifast Strawberry Crème Shake made with 8 oz 1% low fat milk instead of water and blended with 1/2 cup fresh strawberries

**Dinner** - Medifast Cream of Tomato Soup, Sandwich – 1 whole wheat roll, 3 oz turkey burger, 1 oz (1 slice) reduced fat provolone cheese, lettuce, tomato, onion, ketchup, mustard, 1 cup cooked asparagus with 1 tsp margarine, 1/2 cup fresh fruit salad

**Evening** - 6 oz low fat yogurt

# Girls' Weight Maintenance Plan

(BMI 85-95th percentile) • Approximately 1,800 calories

Food Group (Number of Servings)	What counts as ONE serving?	Tips
<b>Medifast Meals</b> (Choose 2 Meals daily)	1 Medifast Meal (choose from shakes, soups, stew, chili, oatmeal, scrambled eggs, fruit drinks, iced teas, hot beverages, bars and puddings)	<ul style="list-style-type: none"> <li>• Limit to 1 Medifast bar daily.</li> <li>• Combine Medifast Meals with your favorite foods.</li> </ul>
<b>Fruits &amp; Vegetables</b> (Choose at least 5 servings daily)	<ul style="list-style-type: none"> <li>• 1 piece medium-sized fresh fruit such as pear, apple, etc.</li> <li>• 1/2 cup fresh cubed fruit such as watermelon, cantaloupe, honeydew, etc.</li> <li>• 1/2 cup fresh berries such as blueberries, raspberries, boysenberries, etc.</li> <li>• 1/2 cup canned fruit</li> <li>• 17 fresh grapes</li> <li>• 1/2 grapefruit</li> <li>• 1/2 large banana or whole small banana</li> <li>• 1/2 cup cooked or raw vegetables</li> <li>• 1 cup salad greens</li> </ul> Acceptable substitution: <ul style="list-style-type: none"> <li>• 1/2 cup (4 oz) 100% fruit juice for 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Unlimited fruits and vegetables are encouraged. Have at least 5 servings daily.</li> <li>• Choose canned fruits packed in water or natural juices only (rather than packed in syrup).</li> </ul>
<b>Low Fat Dairy</b> (Choose 3 servings daily)	<ul style="list-style-type: none"> <li>• 8 oz milk, lactaid or soymilk</li> <li>• 4-8 oz low fat yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Always choose low fat or fat-free dairy foods.</li> <li>• Choose skim or 1% milk and low fat yogurt.</li> <li>• Cheese should not be considered a dairy option – you can use cheese as a substitute for lean meat/protein.</li> </ul>

# Girls' Weight Maintenance Plan *continued*

Food Group (Number of Servings)	What counts as ONE serving?	Tips
<b>Whole Grains</b> (Choose 4 servings daily)	<ul style="list-style-type: none"><li>• 1 slice whole grain bread OR 2 slices low calorie "lite" whole grain bread (less than 40 calories/slice)</li><li>• 1/2-1 cup cold cereal</li><li>• 1/2 cup cooked cereal</li><li>• 1/3 cup cooked brown or wild rice</li><li>• 1/2 cup whole wheat pasta</li></ul>	<p><b>Bread:</b> choose whole grain varieties that have 2 or more grams of fiber per slice.</p> <p><b>Cereal:</b> choose whole grain varieties that have 5 or more grams of fiber per serving.</p> <ul style="list-style-type: none"><li>• Choose unsweetened cereals.</li></ul>
<b>Meat/Protein</b> (Choose 2 servings daily)	<ul style="list-style-type: none"><li>• 4 oz lean meat</li><li>• 1 cup dry beans or peas</li><li>• 1 cup 1% cottage cheese</li><li>• 4 oz low fat cheese</li></ul> Acceptable substitution: <ul style="list-style-type: none"><li>• 1 Tbsp plain nuts or peanut butter for 1 ounce of lean meat</li></ul>	<p><b>Lean Meat:</b> lean beef or pork, chicken, turkey, fish or shellfish.</p> <ul style="list-style-type: none"><li>• Choose meats that are baked, grilled, broiled or poached – not fried.</li><li>• Remove skin from poultry.</li></ul>
<b>Fats</b> (Limit to 2 servings daily)	<ul style="list-style-type: none"><li>• 1 Tbsp cream cheese</li><li>• 1 tsp butter, margarine or cream</li><li>• 1 Tbsp reduced fat salad dressing</li></ul>	<ul style="list-style-type: none"><li>• Choose reduced fat options when available.</li><li>• Choose a trans fat-free margarine.</li></ul>
<b>Beverages</b> (Drink at least 6-8 cups each day)	Choose calorie-free beverages such as: <ul style="list-style-type: none"><li>• water</li><li>• diet soda</li><li>• hot or cold unsweetened tea or coffee</li><li>• calorie-free drink mixes such as Crystal Light® or Diet Kool-Aid®</li></ul>	<ul style="list-style-type: none"><li>• Avoid sugary drinks.</li><li>• Limit caffeine-containing beverages to 3 cups per day (caffeine effects are more pronounced while on a low calorie diet).</li></ul>
<b>"Sometimes Foods"</b> (Limit to 1 small serving, 3 times per week maximum)		<p><b>Desserts, sweets and junk foods:</b> cookies, candy, soda pop, donuts, cake, chips, hot dogs, nachos, french fries or fried foods such as fried chicken.</p>

# Girls' Weight Maintenance Sample Menus

## Menu 1

**Breakfast** - Cereal – 1 cup complete bran flakes, 8 oz skim milk, 1 small banana (sliced)

**Lunch** - Sandwich – 2 slices whole wheat bread, 3 oz roast beef, 1 oz (1 slice) low fat cheese, lettuce, tomato, onion, 1 tsp mustard, 1/2 cup cubed cantaloupe

**Mid-Afternoon** - Medifast Swiss Mocha Shake made with 8 oz skim milk instead of water

**Dinner** - Medifast Chicken Noodle Soup, 4 oz chicken breast, 1 cup broccoli with 1 tsp butter, 1/2 cup canned sliced peaches, 8 oz low fat yogurt

**Evening** - 1 cup raw carrots with 1 Tbsp low fat dip

## Menu 2

**Breakfast** - Medifast Peach Oatmeal mixed with 1/2 cup canned sliced peaches, 1 slice whole wheat toast with 1 tsp peanut butter, 8 oz 1% low fat milk

**Lunch** - Sandwich – 1 whole wheat bun, 4 oz chicken breast, lettuce, tomato, mustard, 1 fresh apricot, 8 oz skim milk

**Mid-Afternoon** - 8 oz low fat fruit-flavored yogurt

**Dinner** - 4 oz tilapia fish fillet, 1 cup cooked mixed broccoli and cauliflower, 1 cup canned pears

**Evening** - Medifast Peanut Butter Bar

## Menu 3

**Breakfast** - Sandwich – 1 whole wheat english muffin, Medifast Scrambled Egg with 1 tsp salsa, 8 oz skim milk

**Lunch** - Medifast Chicken Noodle Soup, 1 cup salad greens with 1 Tbsp reduced fat salad dressing, 1 fresh peach, 8 oz skim milk

**Mid-Afternoon** - 1 cup low fat cottage cheese with 1/2 cup pineapple chunks

**Dinner** - 4 oz meatloaf, 1 cup cooked mixed vegetables, 1 small sweet potato, 1 whole wheat dinner roll with 1 tsp butter, 17 grapes

**Evening** - 6 oz low fat yogurt

# Boys' Weight Maintenance Plan

(BMI 85-95th percentile) • Approximately 2,000 calories

Food Group (Number of Servings)	What counts as ONE serving?	Tips
<b>Medifast Meals</b> (Choose 2 Meals daily)	1 Medifast Meal (choose from shakes, soups, stew, chili, oatmeal, scrambled eggs, fruit drinks, iced teas, hot beverages, bars and puddings)	<ul style="list-style-type: none"> <li>• Limit to 1 Medifast bar daily.</li> <li>• Combine Medifast Meals with your favorite foods.</li> </ul>
<b>Fruits &amp; Vegetables</b> (Choose at least 5 servings daily)	<ul style="list-style-type: none"> <li>• 1 piece medium-sized fresh fruit such as pear, apple, etc.</li> <li>• 1/2 cup fresh cubed fruit such as watermelon, cantaloupe, honeydew, etc.</li> <li>• 1/2 cup fresh berries such as blueberries, raspberries, boysenberries, etc.</li> <li>• 1/2 cup canned fruit</li> <li>• 17 fresh grapes</li> <li>• 1/2 grapefruit</li> <li>• 1/2 large banana or whole small banana</li> <li>• 1/2 cup cooked or raw vegetables</li> <li>• 1 cup salad greens</li> </ul> Acceptable substitution: <ul style="list-style-type: none"> <li>• 1/2 cup (4 oz) 100% fruit juice for 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Unlimited fruits and vegetables are encouraged. Have at least 5 servings daily.</li> <li>• Choose fresh or canned fruits packed in water or natural juices only (rather than packed in syrup).</li> </ul>
<b>Low Fat Dairy</b> (Choose 3 servings daily)	<ul style="list-style-type: none"> <li>• 8 oz milk, lactaid or soymilk</li> <li>• 4-8 oz low fat yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Always choose low fat or fat-free dairy foods.</li> <li>• Choose skim or 1% milk and low fat yogurt.</li> <li>• Cheese should not be considered a dairy option – you can use cheese as a substitute for lean meat/protein.</li> </ul>

# Boys' Weight Maintenance Plan *continued*

Food Group (Number of Servings)	What counts as ONE serving?	Tips
<b>Whole Grains</b> (Choose 6 servings daily)	<ul style="list-style-type: none"><li>• 1 slice whole grain bread OR 2 slices low calorie "lite" whole grain bread (less than 40 calories/slice)</li><li>• 1/2-1 cup cold cereal</li><li>• 1/2 cup cooked cereal</li><li>• 1/3 cup cooked brown or wild rice</li><li>• 1/2 cup whole wheat pasta</li></ul>	<b>Bread:</b> choose whole grain varieties that have 2 or more grams of fiber per slice. <b>Cereal:</b> choose whole grain varieties that have 5 or more grams of fiber per serving. <ul style="list-style-type: none"><li>• Choose unsweetened cereals.</li></ul>
<b>Meat/Protein</b> (Choose 2 servings daily)	<ul style="list-style-type: none"><li>• 4 oz lean meat</li><li>• 1 cup dry beans or peas</li><li>• 1 cup 1% cottage cheese</li><li>• 4 oz low fat cheese</li></ul> Acceptable substitution: <ul style="list-style-type: none"><li>• 1 Tbsp plain nuts or peanut butter for 1 ounce of lean meat</li></ul>	<b>Lean Meat:</b> lean beef or pork, chicken, turkey, fish or shellfish. <ul style="list-style-type: none"><li>• Choose meats that are baked, grilled, broiled or poached – not fried.</li><li>• Remove skin from poultry.</li></ul>
<b>Fats</b> (Limit to 3 servings daily)	<ul style="list-style-type: none"><li>• 1 Tbsp cream cheese</li><li>• 1 tsp butter, margarine or cream</li><li>• 1 Tbsp reduced fat salad dressing</li></ul>	<ul style="list-style-type: none"><li>• Choose reduced fat options when available.</li><li>• Choose a trans fat-free margarine.</li></ul>
<b>Beverages</b> (Drink at least 6-8 cups each day)	Choose calorie-free beverages such as: <ul style="list-style-type: none"><li>• water</li><li>• diet soda</li><li>• hot or cold unsweetened tea or coffee</li><li>• calorie-free drink mixes such as Crystal Light® or Diet Kool-Aid®</li></ul>	<ul style="list-style-type: none"><li>• Avoid sugary drinks.</li><li>• Limit caffeine-containing beverages to 3 cups per day (caffeine effects are more pronounced while on a low calorie diet).</li></ul>
<b>"Sometimes Foods"</b> (Limit to 1 small serving, 3 times per week maximum)		<b>Desserts, sweets and junk foods:</b> cookies, candy, soda pop, donuts, cake, chips, hot dogs, nachos, french fries or fried foods such as fried chicken.

# Boys' Weight Maintenance Sample Menus

## Menu 1

**Breakfast** - Medifast Maple & Brown Sugar Oatmeal mixed with 1/4 cup raisins, 8 oz 1% low fat milk

**Lunch** - Sandwich – 1 whole wheat bun, 3 oz chicken breast, lettuce, tomato, 1 tsp mayonnaise, 1 cup salad greens with 1 Tbsp low fat salad dressing, 6 oz low fat yogurt, 1/2 cup canned fruit cocktail

**Mid-Afternoon** - 1 small banana with 1 Tbsp peanut butter, 5-6 whole grain crackers

**Dinner** - 4 oz beef tenderloin tips, 1/2 cup cooked portabella mushrooms and 1 cup cooked zucchini and tomatoes served over 1-1/2 cups whole wheat pasta, 1 cup canned pears, 8 oz 1% low fat milk

**Evening** - Medifast Vanilla Pudding mixed with 1/2 cup blueberries

## Menu 2

**Breakfast** - Cereal – 1 cup high fiber cereal, 8 oz 1% low fat milk, 1/2 banana and 1/2 cup sliced strawberries

**Lunch** - Sandwich – 2 slices whole wheat bread, 3 oz deli turkey, 1 oz (1 slice) low fat provolone cheese, lettuce, tomato, mustard, carrot and celery sticks, 6 oz low fat yogurt

**Mid-Afternoon** - Medifast Dutch Chocolate Shake blended with 1 cup fresh raspberries

**Dinner** - Salad – 4 oz lean steak strips over 2 cups salad greens, 1/2 cup chopped cucumber, tomato, red bell pepper, 2 Tbsp low fat salad dressing, 1 whole wheat dinner roll with 1 tsp butter, 8 oz 1% low fat milk

**Evening** - Medifast Caramel Nut Bar

## Menu 3

**Breakfast** - Medifast Oatmeal Raisin Bar, 1 slice melon, 8 oz 1% low fat milk

**Lunch** - Medifast Chicken Noodle Soup, 2 oz grilled shrimp, 2 cups salad greens with 1 Tbsp reduced fat salad dressing, 1 dinner role with 1 tsp margarine, 1 fresh orange, 8 oz 1% low fat milk

**Mid-Afternoon** - 1/2 cup low fat cottage cheese with 1/2 cup canned sliced peaches

**Dinner** - Tacos – 3 oz taco-seasoned ground turkey, 1 oz shredded cheese, 1 cup shredded lettuce, 1/2 cup diced tomato and onion, 1/3 cup Mexican-seasoned brown rice, 5-10 black olives (sliced), 2 - 6" whole wheat tortillas

**Evening** - 6 oz low fat yogurt

# units & conversions

**oz = Ounce**

**lb = Pound**

**qt = Quart**

**pt = Pint**

**c. = Cup/cups**

**tsp = Teaspoon**

**Tbsp = Tablespoon**

**4 oz =  $\frac{1}{2}$  cup**

**6 oz =  $\frac{3}{4}$  cup**

**8 oz = 1 cup**

**12 oz = 1- $\frac{1}{2}$  cups**

**4 cups = 1 quart**

**2 cups = 1 pint**



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