



MEDIFAST

Transition Guide

Keep the weight off for good!

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Acknowledgements

This material is intended to serve as a guide to the effective use of Medifast products and programs. It does not in any way constitute medical advice or substitute for medical treatment of obesity and related issues.

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Foreword

Finally, the time has come for you to go off the Medifast program. At this point, you have reached your goal or are comfortable with your current weight. Either way, you have accomplished so much and should congratulate yourself for your hard work! You have taken a valuable step towards improving your health!

As you contemplate returning to regular food, lots of fears creep back in. You may be experiencing anxiety about maintaining your weight loss. We all have our weaknesses and we could use a little guidance in order to develop a healthy lifestyle. The key to long-term success cannot be found in a magic pill or exercise machine. A healthy body must be maintained by way of nutritional education and will power.

This booklet is designed to help you change your eating and exercising habits for good! Here we will discuss eating behaviors, food labels, meal plans and exercise. We at Medifast would like you to know that we are here for you every step of the way - even during maintenance. Keep this book on your bookshelf or in your kitchen. Use it as a health guide and read it to remind yourself that Medifast is always here for you.



Preparing for Transition

On the Medifast program, your metabolism drops to conserve available energy. Your body learns to survive on fewer calories while it's dependent on using fat stores for energy. When you return to eating, your metabolism is still low, which may cause you to regain a little weight. To counteract this, you need to give your system time to adjust and rebuild your metabolism.

Don't Stop Too Soon

If you are determined to reach a specific goal weight, don't start transition until you actually see that number on the scale. After some initial ups and downs, the scale will eventually settle close to your desired number. Be cautious about planning to stop Medifast after losing twenty or thirty pounds with a goal of "losing the rest" through a food plan. You can certainly do this; however, during the first month or two, you may lose weight more slowly as a result of your decreased metabolism. With time, your body will become more balanced and you'll be able to see results from your efforts.

Pounds to Play With

Generally, don't set a goal weight of five or ten pounds below your desired number to give yourself a few pounds to "play with." Unfortunately, if you allow room to play, you will usually do it. Now and then, you'll allow yourself to overeat, figuring your weight cushion will take care of it. Soon you not only gain back the "play" pounds, but your weight will probably creep right past them. You are better off setting a very realistic goal level, then consistently living in a way that maintains it. You will know that you are doing moderate exercise by using the "talking test." You should be working hard enough that you feel you are exerting yourself moderately, but not hard enough that you are unable to hold a conversation. You should still be able to talk. Remember that you will be exercising to maximize your health, not to train for the Olympics.



During the time you are on Medifast, your digestive organs don't have to work very hard. Your stomach avoids dealing with wide varieties of food. Most of all, it never gets stuck with having to digest an entire truckload of food at one time.

When you stop Medifast you may experience some abdominal discomfort, including bloating, nausea or diarrhea. You can minimize these problems by making sure you introduce food very gradually.

Use these guidelines as begin transition. The longer you have been on Medifast and not eaten regular food, the more strict you will want to be.

- Follow the plan carefully, eating foods in the order listed.
- If you have been on the complete program under the care of your physician and haven't eaten at all while on Medifast, start with eating only a couple bites of easy-to-digest meat, such as deli turkey, cooked chicken breast or white fish.
- Chew each bite thoroughly until well moistened.
- Sip water along with your food to dilute the volume.

Using your digestive response as a guide, slowly increase your intake of food over several days until you are eating the recommended amounts. If you experience nausea or bloating, decrease your food intake for a couple of days, then gradually build it up again. Using an acid blocker such as Zantac or Tagamet may help minimize your discomfort.

Gradually Increase Calories

If you have been on Medifast for several months, it can take nearly 60-90 days for your metabolism to return to normal. During this time you will probably need to follow a meal plan that ranges between 1200 and 1500 calories a day. Eventually your body will rebalance your metabolic rate and you will be able to eat a normal balanced diet without weight gain.

Regular exercise will also boost your metabolism. If possible, plan to exercise daily during your transition period as well as during the first few months after going off your plan. Consistency is more important than intensity as you help your body adjust to the demands of increased food intake.

Effects on the Scale

At the start of your transition, you may see the scale drop a few pounds, then move back up to your initial stopping point. But do not be surprised if your weight increases a couple of pounds when you start eating.

As you move out of ketosis, your fluid levels shift back into muscle tissue, often causing a slight increase in your scale reading. These changes are temporary, and over time your weight will settle at a fairly consistent level.

If you stop Medifast suddenly, you may see a "rebound" weight gain of as much as four or five pounds. Part of this is caused by the rebalancing of body fluids, but also related to your lowered metabolism. Your body can't adapt quickly to a sudden change from idling speed to going full throttle.



The Transition Plan

The transition plan that follows includes basic guidelines for adding back regular meals and weaning off Medifast. However, your medical practitioner may recommend a slightly different routine based on the program you've been using. If you are a vegetarian, check with your advisor for plans that do not include meat.



The transition eating plan is divided into six sections and each is labeled with the foods you will eat for those days. You may divide the foods and amounts as you wish throughout the day. Be sure to take the number of Medifast supplements indicated with each food section.

Plan to transition over a period of at least two to three weeks, adding a new food section every three to four days. If you wish, you can stretch your transition to six weeks by following each section for an entire week.

The transition eating plan is a daily meal guide that will help you ease out of ketosis. Each section should last three to four days. The item in bold is the food added for that section.

Week 1

Start here if you have been on the complete program.

- 1 5 Medifast supplements
Lean Meat (3-4 oz.)
- 2 5 Medifast supplements
Lean Meat (3-4 oz.)
Green Salad (1-2 cups)

Week 2

Start here if you have been on the modified program.

- 3 Medifast supplements
Lean Meat (3-4 oz.)
Green Salad (1-2 cups)
Vegetables (1 serving)
- 4 4 Medifast supplements
Lean Meat (3-4 oz.)
Green Salad (1-2 cups)
Vegetables (1 serving)
Fruit (1 serving)

Week 3

- 5 3 Medifast supplements
Lean Meat (3-4 oz.)
Green Salad (1-2 cups)
Vegetables (1 serving)
Fruit (1 serving)
Dairy products (1 serving)
- 6 3 Medifast supplements
Lean Meat (3-4 oz.)
Green Salad (1-2 cups)
Vegetables (1 serving)
Fruit (1 serving)
Dairy products (1 serving)
Grain products (1 serving)

Daily Meal Guides

If your program included eating one meal a day, begin the transition at section three. If you have been on the complete program under the care of your physician, we recommend you begin transition at section 1.

Week 1

Section 1

Begin eating a small serving of meat once a day in addition to your packets. Initially eat only 1 to 2 ounces of meat, then increase up to 4 ounces.

Section 2

Add a green salad to the meat serving. You can add up to 1/2 cup of raw salad vegetables. Use one to two tablespoons of low-fat or reduced calorie dressing if desired.

Week 2

Section 3

Continue eating servings of meat and salad. Add a 1/2 to 1 cup serving of cooked vegetables.

Section 4

In addition to the above foods, add a serving of fruit. This can be a whole fruit, or a 1 cup serving of fresh or canned fruit.

Week 3

Section 5

Continue eating the above foods. Add a dairy serving of 1 cup low-fat milk or 1/2 cup yogurt or cottage cheese.

Section 6

In addition to the above, add a serving of grain products, such as one slice of bread, a small potato, or 1/2 cup of cereal or pasta.

Post Transition

Moving to a Food Plan

During your initial months after going off Medifast, you may benefit from following a high-protein, low-carbohydrate food plan. You also might consider two or three Medifast supplements a day as part of your regular meal plan. The packets provide a healthy, low-fat protein source that can be used instead of foods such as meat or cheese.

After transition, don't substitute a packet for an entire meal. When you are no longer in ketosis, the calorie level of a packet is too low to provide adequate fuel. To be sure that you have enough food intake, have a packet along with at least one other food item, such as a piece of fruit or salad.

Now That You're Done

Once you've phased off Medifast, you may feel relieved that you're done with the plan. But of course, you aren't done. You are just beginning the next stage of managing your weight. A few pages of this book can't possibly address the subject of maintenance adequately, but here are a few summary ideas that may help you toward achieving long-term success.



The ABC's of Behavior

Have you ever sat down and figured out why you actually eat? You might say "because I was hungry." If you look more closely, you'll find that you often eat for reasons that have nothing to do with hunger. Instead, you eat as a result of a learned behavior. The good news is that anything you learn can be "unlearned" or "relearned." With practice, you can learn new habits to substitute for the old ones that resulted in overeating or eating the wrong types of foods.



What exactly is hunger? Hunger is a physiological need for food in response to your body's demands for nourishment. Actual hunger may account for some of our eating, but what about those other times you eat? If you were to examine those times, you would find that many were totally unrelated to hunger.

If you have ever said to yourself, "I don't know why I just ate that; I wasn't even hungry," you have demonstrated an external eating response. The external eating cue is something other than a bodily message that prompts a person to eat. Some examples include sights and smells of food, time of day, and social events. Many cultural events are centered on food and overindulgence. Our culture conditions us to ignore our internal hunger cues and listen to the external messages.

Mental & Physical Effects

Physical and emotional cues for eating surround us. We all have feelings of nervousness, depression, stress, loneliness, anxiety, love, boredom and happiness from time to time. Also, food displays in grocery stores, fast food restaurants, candy and nut dishes sitting around, snack foods left out on the counter and popcorn at the movies are all physical cues that tempt you to eat.

We begin to associate food with emotions and events at a young age. When you fall down and skin your knee, your mother promises to take you out for ice cream to make you feel better. Birthday parties and weddings are not complete without the meal and desserts. Now that you are grown, you may still turn to the ice cream when you are down, and you expect a meal at a wedding or party.

Labeling

Now that we have discussed why we eat, we should talk about choosing what we eat. Food labeling rules are considered to be the most comprehensive in the nation's history. You will always know what you are eating, but be wary of serving sizes!

Here is a sample of what you see today:

Nutrition Facts	
Serving Size 1 packet (28.0 g)	
Servings Per Container 7	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1 g	2%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 250 mg	10%
Potassium 440 mg	13%
Total Carbohydrate 13 g	4%
Dietary Fiber 4 g	16%
Sugars 8 g	
Protein 11 g	
Vitamin A 25%	Vitamin C 35%
Calcium 25%	Iron 25%
Vitamin D 25%	Vitamin E 20%
Vitamin K 20%	Thiamin 35%
Riboflavin 30%	Niacin 20%
Vitamin B6 35%	Folate 25%
Vitamin B12 20%	Biotin 20%
Pantothenic Acid 20%	Phosphorus 20%
Iodine 25%	Magnesium 20%
Zinc 20%	Selenium 20%
Copper 30%	Manganese 40%
Chromium 25%	Molybdenum 55%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram			
Fat	9	Carbohydrate	4
		Protein	4

The Healthy Food Choice

Instead of buying chips and cookies all the time, try to keep low-fat snack alternatives available. Many people argue this by saying that they have to buy the sweets and high-calorie foods for their families. First of all, stop and think if they really need to have those foods. Granted, your spouse may be thin, but thin people can develop problems from eating high fat foods. They're also subject to developing heart disease, strokes, and other health problems related to high fat intake. The kids may need extra if they are still growing and on the go, but who says they can't fill up on healthy food selections? Keep in mind that children establish eating habits that will follow them into adulthood. Sliced apples or carrot sticks is a much healthier snack than cookies or chips.

You do not need to avoid the junk food all together. Simply enjoy them in moderation. Those foods associated with ballgames, holidays and movies can be scheduled into your meal plans. Plan to not eat dinner before a ballgame so a hot dog with mustard and a diet coke can be your dinner. Popcorn at the movies (without butter) can be a planned evening snack after a light dinner. Only have one small serving of your favorite holiday foods at that family party and enjoy one slice of pie instead of two. Take your time eating and listen to your body's signals. Know when you feel full and stop eating no matter how good the food looks. Food temptations are everywhere. You have to assert yourself and overcome them!



Daily Values

Daily Values have been established for total fat, saturated fat, cholesterol, total cholesterol, dietary fiber, sodium and potassium. Based on a daily intake of 2,000 calories Daily Values of these nutrients are as follows:

- total fat: 65 grams or less (based on 30% of calories)
- saturated fat: 20 grams or less (based on 10% of calories)
- cholesterol: 300 mg or less
- total carbohydrates: 300 grams (based on 60% of calories)
- dietary fiber: 25 grams (based on 11.5 grams of fiber per 1,000 calories)
- sodium: 2,400 mg or less
- potassium: 3,500 mg

The "Percent Daily Value" in the Nutrition Facts panel shows how a food and its nutrients fit into the daily diet. By using this feature, you can readily determine whether a food contributes a lot or a little of a particular nutrient for the day. The goal is to choose foods that together give you close to 100% of each nutrient for a day, or average 100% over a few days.

How Many Calories Should I Have?

This is a question that many people ask and there are a few general guidelines. A 2,000-calorie diet is about right for most moderately active women, teenage girls, and sedentary men. However, many older adults, children and sedentary women need fewer calories a day (approximately 1,600 calories) while a higher calorie level (about 2,800 calories) may be suited for many men, teenage boys, and very active women. Your daily calorie needs depend on many factors such as age, height, weight and activity level. A licensed nutritionist or your physician can help you determine your needs more accurately.

Adapted from the Exchange Lists for Weight Management issued by the American Dietetic Association and the American Diabetes Association, the Exchanges List divides food into six groups: Starch/Bread, Meat and Meat Substitutes, Vegetables, Fruits, Milk and Fat. Each Exchange List contains foods that are all alike - each food on the list contains about the same amount of carbohydrates, proteins, fats and calories. Any food on the list can be exchanged for any other food on the same list.

As you read the Exchange Lists, you will notice that one choice is often a larger amount of food than another choice from the same list. Because foods are so different, each food is measured or weighed so the amounts of carbohydrates, proteins, fats and calories are the same in each choice.

Vegetables

Each item listed contains approximately 2 grams of protein, 5 grams of carbohydrate and 25 calories per serving. One serving of vegetables is 1/2 cup cooked, 1 cup raw, or as listed.

Artichoke (1/2 medium)	Okra
Asparagus	Onions
Beans (green, Italian, wax)	Peppers (green)
Beets	Radishes
Broccoli	Rutabaga
Brussels Sprouts	Sauerkraut
Cabbage	Scallions
Carrots	Snow peas
Cauliflower	Spinach
Celery	Sprouts (alfalfa or bean)
Collard Greens	Summer squash (crookneck)
Cucumber	Tomato (1 large)
Eggplant	Tomato/Vegetable juice
Leeks	Turnips
Lettuce (bib, iceberg, romaine)	Water Chestnuts
Mushrooms	Watercress
	Zucchini

Lean Meat & Substitutes

Each item and serving size list contains approximately 7 grams of protein, 3 grams of fat and 55 calories per serving.

Beef	1 oz
USDA Select or Choice grades of lean beef	
Pork	1 oz
Lean pork (e.g., fresh ham, tenderloin)	
Veal	1 oz
All cuts except breast	
Poultry	1 oz
Chicken, turkey (without skin)	
Fish:	
All fresh, frozen fish (unbreaded)	1 oz
Crab, lobster, scallops, shrimp, clams	2 oz
Oysters, medium	6
Tuna (canned, water)	1/4 cup
Herring (smoked, no cream)	1 oz
Sardines (canned)	2
Wild Game	1 oz
Venison, rabbit, pheasant	
Cheese:	
Cottage cheese (fat free or 1% milk)	1/3 cup
Non-fat and very low fat cheese	1 oz
Parmesan, grated	2 Tbsp
Luncheon Meats:	
Low fat luncheon meats	1 oz
Egg whites	3
Egg substitutes (less than 55 calories)	1/2 cup

Non-fat and very low fat cheeses can be counted as 1 serving Lean Meat (1 oz) or as 1 serving Dairy

Starch/Bread

Each item and serving size listed contains approximately 3 grams of protein, 1 gram of fat, 15 grams of carbohydrates and 80 calories per serving.

Breads

Bagel	1/2 (1 oz)
Breadsticks, long	2 (2/3 oz)
English Muffin	1/2
Hamburger bun	1/2 (1 oz)
Pita	1 sm, 1/2 lg
Plain roll	1 small
Reduced-calorie bread	2 slices
White, whole-wheat bread	1 slice

Crackers/Snacks

Animal Crackers	7
Corn tortilla chips (low fat)	1 oz
Crisp breads or flat breads	3/4 oz
Graham Crackers, square	3
Oyster Crackers	24
Popcorn, popped	3 cup
Pretzels	3/4 oz
Rice cakes	2 (3/4 oz)
Rye crisp, 2" x 3 1/2"	4
Saltine-type crackers	6
Whole-wheat crackers	3/4oz

Cereals/Grains/Pasta

Barley (cooked)	1/3 cup
Bran Cereals, flaked	1/2 cup
Cornmeal (dry)	2 1/2 tbsps
Couscous (cooked)	1/3 cup
Grits (cooked)	1/3 cup
Pasta (cooked)	1/2 cup
Puffed rice cereal	1 1/2 cup
Rice (cooked)	1/3 cup
Shredded wheat	1/2 cup
Unsweetened cereals	3/4 cup

Fruit

Each item and serving size listed contains approximately 15 grams of carbohydrates, trace fat, and 60 calories per serving.

Apple (raw, 2" across)	1	Mandarin oranges	3/4 cup
Apricots	7 halves	Mango (small)	1/2
Banana	1/2	Nectarine	1
Blackberries (raw)	3/4 cup	Orange	1
Blueberries (raw)	3/4 cup	Papaya	1 cup
Cantaloupe (cubes)	1 cup	Peach	1
Cherries (large, raw)	12	Pear	1
Figs (medium)	1 1/2	Pineapple (raw)	3/4 cup
Fruit cocktail (canned)	1/2 cup	Plum (raw)	2 small
Grapefruit (medium)	1/2 cup	Raisins	2 Tbsp
Grapes (small)	15	Raspberries (raw)	1 cup
Kiwi (large)	1	Strawberries (raw)	1 1/4 cup
Watermelon	1 1/4 cup	Tangerine	2

Milk and Dairy Products

Skim and Very Low Fat Milk

Each item listed contains approximately 8 grams of protein, 0.5 - 2.5 grams of fat, 12 grams of carbohydrates and 90 - 100 calories per serving.

Skim milk	1 cup (8 oz)
1% milk	1 cup (8 oz)
Low fat (1%) buttermilk	1 cup (8 oz)
Evaporated skim milk	1/2 cup
Dry non-fat milk	1/3 cup
Plain nonfat yogurt	8 oz
Pudding (sugar free)	1/2 cup
Flavored non-fat yogurt	8 oz

Note: 1 - 1 1/2 ounces of non-fat and very low fat cheeses (< 3 grams fat/oz) may be counted as 1 serving Milk/Dairy or as 1 serving Lean Meat.

Recognize the Behaviors

The important thing here is to recognize times when you are in these situations. Since you have direct control over yourself and your actions, you have the power to control your eating behaviors. Control your environment before your environment controls you! Here are some warning signs to look for:

- Do you decorate your tables with bowls of candy?
- Do you keep candy and snacks on your nightstand in case you wake up hungry?
- Do you have a full cookie jar in the kitchen?
- Do you leave chips, cookies, cakes, or crackers on your kitchen counters?
- Look in your refrigerator.
- Do you see:
 - Food wrapped in plastic or stored in containers?
 - Regular soda, surgery fruit drinks, ice cream?
- Look in your cupboards or pantry.
- Do you see:
 - Baking ingredients such as sugar, shortening, flour, or chocolate?
 - Boxes of cake, frosting, or brownie mixes?
 - Economy-size boxes/bags of chips, cookies, snacks?
- Do you stash "goodies" away in hiding places?

Time to Reorganize

If you find yourself doing any of the above things, it is time to get yourself reorganized. Save leftovers in opaque containers and store them in the back of the refrigerator. Get food off your counters. Store bags and boxes in the cabinets behind other things. Buy single-serving sizes of cookies, crackers and cereal. If foods don't come in serving size packages, make your own with sandwich baggies.

Sample Plan A

1800 Calories daily

Breakfast

3 Slices French Toast
2 Tbsp. Extra Light Margarine
3 Tbsp. Lite Pancake Syrup
3/4 cup Blueberries or Strawberries
Coffee
1/2 cup Orange Juice

Afternoon Snack

Low-fat Yogurt

Lunch

1 1/2 cup Iceberg Lettuce
1/2 cup Sliced Zucchini
1/2 cup Tomato
2 Tbsp. Oil and Vinegar Dressing
6 Slices Melba Toast
12 fl. oz. Diet Coke
1 Apple

Evening Snack

3 cup Low-Fat Popcorn

Dinner

4 oz Salmon
1 cup Steamed Broccoli and Cauliflower
1 Whole Wheat Roll
2 Tbsp. Extra Light Margarine
1 cup Cubed Cantaloupe

Sample Plan B

1800 Calories daily

Breakfast

3 Slices French Toast
2 Tbsp. Extra Light Margarine
3 Tbsp. Lite Pancake Syrup
3/4 cup Blueberries or Strawberries
Coffee
1/2 cup Orange Juice

Afternoon Snack

2 cup Plain Popcorn
2 Tbsp. Extra Light Margarine

Evening Snack

1 Peach
1 cup Skim Milk

Lunch

2 Slices Whole Wheat Bread
4 Slices Healthy Choice Baked Ham
2 Lettuce Leaves
1/2 cup Tomato
2 tsp. Yellow Mustard
3/4 cup Fresh Fruit
1/2 oz. Peanuts, Dry Roasted

Dinner

4 oz. Spaghetti Sauce
1 1/2 cup Spaghetti
2 Bread Sticks
2 cup Romaine Lettuce
3/4 cup Chopped Broccoli
2 Tbsp. Fat-free Italian Dressing

Exercise Body & Soul

You know exercise is important for your health and helps you lose weight, but the truth of the matter is - it is not always fun. In reality, people who exercise regularly don't always enjoy it. Physical fitness involves the performance of the heart and lungs, and the muscles of the body. And, since what we do with our bodies also affects what we can do with our minds, fitness influences to some degree qualities such as mental alertness and emotional stability.

Perhaps by changing your perspective on exercise we can soften any feelings you have towards it. If you believe the media, you think that everybody who exercises loves it and has a body like Arnold Schwarzenegger or Heidi Klum. The beautiful body issue can be intimidating. Some health clubs cater to the stylish workout clothes and muscle-bound specimens, which can create an intimidating atmosphere.

Getting into an exercise routine does not mean you set the goal of obtaining a sculpted body. You do not need to become a slave to cardiovascular and weight machines. Working out is not a chore. It is simply an important element in maximizing your health. So take a deep breath and familiarize yourself with getting active!

Before we look at how you can help yourself by exercising regularly, let's look at the type of exercise you need. The best results are achieved from aerobic exercise. Aerobic means "with air" and it refers to activities that are of moderate intensity, can be performed for long periods of time and use large muscle groups.

Recommended Aerobic Exercises

- Walking
- Swimming
- Jogging
- Cycling
- Rowing
- Exercise Videos
- Cross Country Skiing

Medifast is Only the Beginning

One of the most common reasons people gain the weight back after dieting is they see their diet as the beginning and the end of the weight control process. A weight-loss program is not magic and does not leave you immune to gaining weight. Do not slip back into your old habits. Whatever you do, let Medifast pave the way to a healthier lifestyle.

Take the opportunity to learn about good health from the information in this book and other self-help resources. Read books and articles on nutrition, exercise, alternative medicine, stress, mental health, and happiness. Be determined from now on and take good care of yourself - body, mind and soul.



TAKE SHAPE™
For Weight Management

Instant Nutritional Drink
Instant Nutritional Drink
Instant Nutritional Drink

Chocolate, Vanilla, & Strawberry



Includes 7 day nutritional guide and instruction manual

Medifast Take Shape for weight management is a nutritionally balanced, moderately low-calorie diet designed to provide a healthy, steady rate of weight loss. The gradual weight reduction helps promote fat loss while preserving lean muscle tissue.

The program is based on the principles of sound nutrition and healthy eating. Take Shape products are recommended for those who are coming off of a Medifast program or have less than 15 pounds to lose.

