

# 5 & 1 Meal Plans

The following meal plans are appropriate for anyone following the Medifast 5 & 1 Plan. All meal plans should include at least **eight** 8-ounce glasses of water (64 ounces total) each day.

## Day 1

Breakfast	Medifast Scrambled Eggs with a sprinkle of dill*
Mid Morning	Medifast Cappuccino
Lunch	Medifast Chicken Noodle Soup
Mid Afternoon	Medifast Chocolate Mint Bar
Dinner	<b>Lean &amp; Green Meal</b> <ul style="list-style-type: none"><li>• 6 ounces chicken breast, grilled on a kabob with:</li><li>• 1 cup mix of green, yellow, and red peppers and ½ cup mix of yellow squash, cherry tomatoes, and zucchini</li><li>• Brush kabobs with 1 teaspoon olive oil** and ½ teaspoon barbeque sauce*</li></ul>
Evening	Medifast Chocolate Pudding

\* optional condiment

\*\* healthy fat serving

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## Day 2

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Breakfast	Medifast Strawberry Crème Shake blended with ice for a “smoothie”
Mid Morning	Medifast Apple Cinnamon Oatmeal with a dash of extra cinnamon* on top
Lunch	<b>Lean &amp; Green Meal</b> <ul style="list-style-type: none"><li>• 5 ounces flame-grilled sirloin steak smothered with ½ cup cooked mushrooms and 1 teaspoon A1 Steak Sauce<sup>®*</sup> drizzled over top</li><li>• ½ cup cabbage sprinkled with cayenne pepper*</li><li>• ½ cup asparagus with 5 sprays of non-caloric imitation butter*</li></ul>
Mid Afternoon	Medifast Chicken & Wild Rice Soup
Dinner	Medifast Chai Latté
Evening	Medifast Cranberry Mango Fruit Drink

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## Day 3

Breakfast	<b>Lean &amp; Green Meal</b> <ul style="list-style-type: none"><li>• 2 cups egg substitute, cooked in 2 teaspoons of canola oil**</li><li>• 1 cup sautéed mix of green and red peppers and ½ cup cooked spinach</li><li>• Top with 1 tablespoon salsa* for a fiesta omelet!</li></ul>
Mid Morning	Medifast Swiss Mocha Shake
Lunch	Medifast Fruit & Nut Granola Bar
Mid Afternoon	Medifast Homestyle Chili with a dash of Tabasco® sauce* and sprinkle of chili powder*
Dinner	Medifast Peach Iced Tea
Evening	Medifast Banana Pudding

\* optional condiment

\*\* healthy fat serving

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## Day 4

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Breakfast

Medifast Hot Cocoa blended with coffee and ice for a “frappe”

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Mid Morning

Medifast Maple & Brown Sugar Oatmeal

Lunch

**Lean & Green Meal** (1st half)

(divided into two portions: ½ with the lunch meal; ½ with the dinner meal)

- 3 ounces pan-seared fresh tilapia
- 1 cup salad greens, ½ cup mixture of chopped tomatoes, radishes, and cucumbers
- Drizzle with 1 teaspoon olive oil\*\* and a squeeze of lemon\*
- Medifast Vanilla Pudding

Mid Afternoon

Medifast Raspberry Iced Tea

Dinner

**Lean & Green Meal** (2nd half)

- 4 ounces freshly steamed lobster tail dipped in 1 teaspoon trans fat-free margarine\*\*
- ½ cup mixture of raw broccoli and cauliflower (for crunch)

Evening

Medifast Orange Crème Shake (freeze and eat with a spoon for a special treat)

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\* optional condiment

\*\* healthy fat serving

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## Day 5

Breakfast	Medifast Blueberry Oatmeal and 1 cup of coffee with 1 tablespoon skim milk*
Mid Morning	Medifast Tropical Punch Fruit Drink and 2 celery stalks (snack)
Lunch	Medifast Beef Vegetable Stew
Mid Afternoon	Medifast Caramel Nut Bar
Dinner	<b>Lean &amp; Green Meal</b> (with Lean portion divided into two choices, totaling 7 ounces of lean seafood choices) <ul style="list-style-type: none"><li>• 3 ounces cold shrimp with 1 teaspoon shrimp cocktail sauce*</li><li>• 4 ounces baked orange roughy</li><li>• 1 cup steamed green beans</li><li>• ½ cup spaghetti squash cooked in 2 teaspoons of trans fat-free margarine** with cinnamon* and/or artificial sweetener* to taste</li></ul>
Evening	Medifast Dutch Chocolate Shake

\* optional condiment

\*\* healthy fat serving