



Medifast®

Senior Meal Plan





Maintaining a healthy weight is beneficial for people of all ages. As a person grows older, it is imperative that they remain healthy as they lose weight. Here are some menu suggestions to provide you with great tasting meals in different calorie ranges.

Guidelines

A daily food plan consists of 3-5 Medifast Meals, 2 small meals (lunch and dinner), and 2 small snacks. Medifast products may also be used as a small meal or small snack. Medifast crackers and Fast Soups are only to be considered snacks; these are not full Medifast Meals. There is a list of food groups at the end of this booklet which states a serving of each food and which foods can be used within each group. The menus that follow, are to be used as a guide to show you how each product can be incorporated into each meal. There can be variation among the meals as long as each meal stays within the 1000-1200 calorie range. Medifast recommends that you consult with your physician before making any changes to your current meal plan. This guide has been created specifically for individuals over the age of 70.

1000-1050 Calories Sample Menu Guide

Drink 64 oz. of water throughout the day.

M E N U 1

Breakfast: Medifast French Vanilla Berry Oatmeal
Snack: 1/2 Grapefruit
Lunch: Medifast Cream of Broccoli Soup, Medifast Multi-Grain Crackers
Snack: Medifast 70 Shake
Dinner: 5 oz. Lean Pork Loin, 1 c Eggplant (cooked), 1/2 Head of Lettuce, 1 Pepper (chopped), Low Fat Italian Dressing (2 Tbsp.)
Snack: Medifast Bar

M E N U 2

Breakfast: Medifast Apple Cinnamon Oatmeal, 1/2 Grapefruit
Snack: 1 Medium Apple, Coffee/Tea
Lunch: Medifast Minestrone Soup, 1/2 Head of Lettuce, Low Fat Caesar Dressing (2 Tbsp.), Medifast Multi-Grain Crackers
Snack: Medifast 70 Shake
Dinner: 6 oz. Halibut, 1 1/2 c Broccoli (cooked)
Snack: Medifast Bar

M E N U 3

Breakfast: Medifast Apple Cinnamon Oatmeal
Snack: Coffee/Tea
Lunch: Medifast Cream of Chicken soup, Medifast Garden Vegetable Crackers, 1 c Carrots (cooked)
Snack: Medifast 70 Shake
Dinner: 1 c Turkey (chopped), 1 c Wild Rice, 1 1/2 c Broccoli (cooked)
Snack: Medifast 70 Shake

1051-1100 Calories Sample Menu Guide

Drink 64 oz. of water throughout the day.

M E N U 1

Breakfast:	Medifast Cappuccino
Snack:	1 Banana, Coffee/Tea
Lunch:	Medifast Cream of Tomato Soup, Medifast Garden Vegetable Crackers
Snack:	Medifast Caramel Nut Bar
Dinner:	6 oz. Chicken Breast, 1 c Cauliflower
Snack:	1 c Cantaloupe (cubed)

M E N U 2

Breakfast:	Medifast Apple Cinnamon Oatmeal
Snack:	1 Apricot, Coffee/Tea
Lunch:	Medifast Cream of Broccoli Soup, 1/2 Head of Lettuce Low Fat Caesar Dressing (1 Tbsp.)
Snack:	Medifast 70 Shake
Dinner:	6 oz, Halibut, 1 1/2 c Broccoli (cooked), 1 c Wild Rice
Snack:	Medifast Caramel Nut Bar

M E N U 3

Breakfast:	Medifast Hot Cocoa, 1 Medium Apple
Snack:	Coffee/Tea
Lunch:	Medifast Chicken Noodle Soup, Medifast Multi-Grain Crackers, 1 1/2 Broccoli (cooked)
Snack:	Medifast Bar
Dinner:	2 Chicken Drumsticks with Skin, Baked Potato with Skin, 1 c Eggplant
Snack:	Medifast 70 Shake

1101-1150 Calories Sample Menu Guide

Drink 64 oz. of water throughout the day.

M E N U 1

Breakfast: Medifast French Vanilla Berry Oatmeal
Snack: Medifast Hot Cocoa, 1 Banana
Lunch: 6 Large Shrimp, 1 c Cauliflower,
Medifast Multi-Grain Crackers
Snack: Medifast 70 Shake
Dinner: 5 oz. Lean Pork Loin, 1 c Eggplant
Snack: Medifast Bar

M E N U 2

Breakfast: Medifast Apple Cinnamon Oatmeal, 1 Medium Apple
Snack: Medifast Cappuccino, 1/2 Grapefruit
Lunch: Medifast Chicken and Wild Rice Soup, Medifast Garden
Vegetable Crackers, 1 1/2 c Broccoli (cooked)
Snack: Medifast Caramel Nut Bar
Dinner: 1 c Turkey (chopped), 1 c Asparagus (cooked, drained)
Snack: Medifast 70 Shake

M E N U 3

Breakfast: Medifast Cappuccino, 1 Banana
Snack: Medifast 70 Shake
Lunch: Medifast Cream of Chicken soup, Medifast Multi-Grain
Crackers, 1 c Beets (cooked, drained)
Snack: Medifast Bar
Dinner: 7 oz. Tuna in Water (drained), Baked Potato with Skin,
1/2 Head of Lettuce
Snack: Medifast 70 Shake

1151-1200 Calories Sample Menu Guide

Drink 64 oz. of water throughout the day.

M E N U 1

Breakfast: Medifast French Vanilla Berry Oatmeal, 1 Banana
Snack: Medifast Hot Cocoa
Lunch: Medifast Cream of Chicken Soup
Snack: 1/2 c Sugar Free Jell-O®
Dinner: 5 oz. Lean Pork Loin, 1 1/2 c Green Beans, 1 c Wild Rice
Snack: Medifast Hot Cocoa, Medifast Chocolate Pudding

M E N U 2

Breakfast: Medifast Maple and Brown Sugar Oatmeal,
1/2 Grapefruit
Snack: Medifast Cappuccino, 1 Medium Peach
Lunch: Medifast Cream of Tomato Soup,
Medifast Garden Vegetable Crackers
Snack: Medifast Bar
Dinner: 6 Large Scallops, Baked Potato with Skin
Snack: Medifast 70 Shake

M E N U 3

Breakfast: Medifast Apple Cinnamon Oatmeal, 1 Banana
Snack: Medifast Cappuccino
Lunch: Medifast Chicken Noodle Soup, 1 c Cauliflower
Snack: Medifast Caramel Nut Bar
Dinner: 1 c Turkey (chopped), 1 c Wild Rice, 1 c Eggplant
Snack: Medifast 70 Shake

The following outline contains the food groups and their recommended daily servings and guidelines. You may substitute from each group according to your meal plan to give variety to your diet.

Starches

Depending on how successful your weight loss is, you may occasionally choose one of the following:

2 slices of light bread, small baked potato, 1/2 c noodles, pasta and/or beans

Salad Greens

Choose 1-2 cups of any variety of leafy greens, along with 1/4 cup of the vegetables listed below. Top your salad with 2 Tbsp. of low fat dressing.

red cabbage, onion, green pepper, cucumber, mushrooms, celery, sprouts, zucchini, tomato

Vegetables

Choose 1/2 cup cooked or 1 cup raw of the following vegetables:

asparagus, squash, greens, cauliflower, cabbage, broccoli, green beans, celery, eggplant, alfalfa sprouts, kale

Fats

You can use 1-2 Tbsp of canola or olive oil, as well as sprays and butter substitutes, garlic or onion powder, vinegar, worcestershire sauce, salt*, pepper, herbs & spices, lemon juice, lime juice.

*Salt should be used sparingly as it is high in sodium and may contribute to water retention.

Lean Meat

You may choose one item from the following (ounces listed reflect cooked weight): 6-8 oz. chicken or turkey, 5 oz. beef (round or loin), 5-8 oz. lobster, scallops, crabs, shrimp or clams, 1 c water-packed tuna, 5-7oz. pork (round or loin), 5-8 oz. fish, 1 c cottage cheese (non-fat or low fat)

Meat Substitute - 5 oz. firm tofu, 7 oz. soft tofu, 1 c low fat cheese, 1 c egg substitute

Beverages

Beverages that are unsweetened or sweetened with a sugar substitute are unlimited (i.e., hot or cold tea, coffee, water, diet soda).

Fruits

Fruits can be used as snacks, but should be limited to 1-2 fruits a day:

17 small grapes, 1 medium apple, 1 medium orange, 1/2 banana, 1/2 c strawberries, 1/2 grapefruit, 1 medium peach, 1/2 medium cantaloupe, 1/2 chopped fruit

Free Foods

A free food is any food or drink that contains less than 20 calories per serving.

You may include 2-3 servings of free foods in your diet. For example:

Beverages - 1 c fat free broth

Salad Greens - 1 c spinach

Raw Vegetables - 1 c cabbage, celery, chinese cabbage, cucumber, green onion, hot peppers, mushrooms, radishes, zucchini

Sweet Substitutes (all sugar free) - hard candy, gelatin, gum, jelly/jam, pancake syrup, popsicles

Condiments - 1 Tbsp. ketchup, horseradish, mustard, BBQ sauce, sweet & sour sauce, fat free mayonnaise, 2 Tbsp. fat free salad dressing, 2 Tbsp. non-fat yogurt, 3 Tbsp. taco sauce, 4 Tbsp. salsa, 2 dill pickles

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