



**Take Shape
For Life**
Life in Motion

• Do's & Don'ts

Do's & Don'ts for Weight Loss

The 5 & 1 Plan allows for a flexible weight-loss program where you can “mix & match” any of our Medifast Meals 5 times per day. However, we suggest that you limit yourself to 1 bar per day due to the higher calorie and carbohydrate content compared to other Medifast Meals.

Don't

- Eat extra carbohydrates. Just one slice of bread or a single piece of fruit can take you out of the fat burning state, then you risk losing energy, becoming more hungry, having stronger cravings and experiencing slower weight loss.

Do

- Make sure you have your first Medifast Meal within one hour of waking.
- Be sure to enjoy a Medifast Meal every 2 - 3 hours.
- Eat Slowly! It should take no less than 15 minutes to finish a product.
Helpful Hint: Cut up bars into small pieces to help you slow down while eating. Stay mindful of your meals' flavor, quantity, and texture.
- Drink lots of water! Drink a minimum of 64 ounces of water a day.
- Use an optional snack if needed (up to 3 stalks of celery, Soy Crisps or Crackers, calorie-free diet drinks, 2 dill pickle spears, 1/2 cup sugar-free Jello®, 1 sugar-free fruit-flavored Popsicle®).
- Start your Transition Plan once you reach your goal weight.
- Exercise at least 3 times per week, for up to 45 minutes per session.
Helpful Hint: Walking is a great way to stay in shape and keep stress levels low.
- Achieve Optimal Health by following our BeSlim™ Lifestyle.