



**Take Shape**  
**For Life**  
*Life in Motion*

# • The 5 & 1 Plan

## 5 & 1 = Quick, Easy, Clinically Proven Weight Loss!

Losing weight has never been easier than with Take Shape For Life. With the 5 & 1 Plan, there is no calorie counting, no points system, no diet pills and no confusion. The program consists of clinically proven foods designed to help you lose 2-5 lbs per week. Here's all you have to do:

**5** **Medifast Meals per day** (any 5 meals; limit 1 bar per day)  
**&**  
**1** **"Lean & Green" per day**

**Lean** - 5, 6 or 7 ounces of a lean, leaner or leanest meat option.  
*Add 0 - 2 servings of fat daily depending on your choice.*

**Green** - any 3 servings of allowed vegetables each day.  
One (1) serving = 1 cup of salad greens or 1/2 cup of raw/cooked vegetables.  
*Salad dressing and other condiments may be used in limited quantity.*

**Drink a minimum of 64 ounces of non-caloric fluids per day, preferably water.**

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Because you eat every 2-3 hours, you will not be hungry or lack energy. You may stay on the 5&1 Plan until you have lost your desired amount of weight, then move to the Take Shape For Life Transition Plan.