

# ●the 5&1 Plan

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

Losing weight has never been easier. 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 3-5 pounds 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 Meat - 7 ounces of chicken, turkey or fish;  
or 5 ounces of lean beef, pork or lamb

Salad/Vegetables - 2 cups salad greens and up to 1/2 cup raw vegetables (any kind); or 1 1/2 cups cooked vegetables. You may also use 1-2 tablespoons of any low fat and low carb dressing.

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

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 maintenance phase.

