

## EXAMPLE DIABETIC MENU

(Additional menu options will ship with your first order)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
7:30 AM	Medifast Plus for Diabetics Shake	Medifast Oatmeal	Medifast Plus for Diabetics Shake	Medifast Oatmeal	Medifast Plus for Diabetics Shake	Medifast Oatmeal	Medifast Plus for Diabetics Shake
9:00 AM	Regular or Decaf Coffee	Hot Tea	Crystal Light	Diet (sugar free) Kool Aid	Iced Tea	Regular or Decaf Coffee	Diet Soda
10:30 AM	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Bar	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Shake
1:00 PM	Medifast Cream of Broccoli Soup	Medifast Chicken Noodle Soup	Medifast Plus for Diabetics Shake	Medifast Cream of Chicken Soup	Medifast Chili	Medifast Cream of Broccoli Soup	Medifast Cream of Chicken Soup
4:00 PM	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Shake
6:30 PM	6 oz lean pork, 1 cup sauerkraut, 1 1/2 cup leafy greens with 1/2 cut cucumber and 2 TB fat free dressing	6 oz salmon, 1 cup cooked carrots, 1 1/2 cup leafy greens with 1/2 cup and 2TB fat free dressing	7 oz white meat chicken no skin, 1 cup brussel sprouts, 1 1/2 cup leafy greens with 1/2 cup green pepper and 2 TB of fat free dressing	6 oz lean beef, 1 cup green beans, 1 1/2 cup leafy greens with 1/2 cup mushrooms and 2 TB fat free dressing	9 oz shrimp, 1 cup cooked cauliflower, 1 1/2 cup leafy greens with 1/2 medium tomato and 2 TB fat free dressing	9 oz tuna (in water), 1 cup cooked broccoli, 1 1/2 cup leafy greens with 2 tsp of shredded carrots and 2 TB fat free dressing	10 oz crab, 1 cup asparagus, 1 1/2 cup leafy greens with 1/2 cup mushrooms and 2 TB fat free dressing
8:30 PM	Medifast Plus for Diabetics Bar	Medifast Plus for Diabetics Shake	Medifast Plus for Diabetics Bar	Medifast Plus for Diabetics Bar	Medifast Plus for Diabetics Bar	Medifast Plus for Diabetics Bar	Medifast Plus for Diabetics Shake

\* Be careful when selecting your fat free dressing. The sugar content on some fat free dressings can be very high. Choose a low sugar dressing.

See your physician or diabetes specialist prior to starting and during your Medifast program to discuss blood sugar monitoring, potassium monitoring, oral diabetes agents, caloric levels and changes to your medications. Because Medifast is a low calorie, low glycemic program, you may have to adjust your diabetes medications prior to starting the program.