

## 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 put you out of ketosis, you risk losing energy, becoming more hungry, having stronger cravings and experiencing slower weight loss.

# Do

- Make sure to have 3 Medifast Meals by 2:00 PM, as part of your daily routine.
- Be sure to enjoy 1 of our products every 3-4 hours. Never go over 4 hours without eating.
- Eat Slowly! It should take no less than 15 minutes to finish a product.  
*Help Hint: Use a straw for shakes or cut up bars into small pieces to help you slow down while eating.*
- Drink lots of water! Drink about 64 ounces of water a day.
- Use the “free foods” as snacks if needed (up to 3 stalks of celery, Medifast Fast Soups, Medifast Crackers, diet drinks, a small green salad, a dill pickle, etc.).
- Start your Transition Plan once you reach your goal weight.
- Exercise at least 3 times per week.  
*Helpful Hint: Walking is a great way to stay in shape and keep stress levels low.*
- Achieve Optimal Health by following our BeSlim™ Philosophy.