

Tips for Success

Here are the most important things to know to get started: Print this out or refer to it often. You will forget!

1. Approved Foods Only!

Unless it's in a Medifast Meal or approved foods for the Lean (protein) and Green (veg or salad) and some fat (like a drizzle of salad dressing)... you may not eat it! Always refer to the QuickStart Guide and remember:

- No bread
- No dairy products
- No fruit
- No pasta/rice/potatoes
- No alcohol
- No carrots, corn, peas
- zip, zero, zilch! (Just while you're in the weight-loss phase) 😊

Also, make sure you eat **ONLY 1 BAR** per day!

2. Plan Ahead

Decide on your next day's meals the night before, or the morning of. Put them in a zip lock and when there are no more packets to eat, you can stop eating for the day (except the lean and green).

If you go longer than 3 hours between any two meals, just wait an hour to eat the next one to get caught up. *But remember, it is very important you eat all your meals, so do not skip any.* Take food with you everywhere. You don't want to get stuck without your food!

You can be eating your last meal at 11pm - it's not a problem.

3. Water, Water, Water!

A good rule of thumb is to drink $\frac{1}{2}$ your body weight in ounces of water every day to ensure you drink enough water. You really cannot drink too much!

4. Exercise

Please do not exercise for the first few weeks, if you have not been already. If you have been, cut back on the intensity for the first three weeks.

5. Food Preparation Tips

Oatmeal

I usually add boiling water to the oatmeal and stir to get the right consistency. I don't follow the directions on the packet. Add some vanilla and cinnamon or sweetener if you like. You will get used to it. There are also lots of recipes that are in the recipe book I am sending you.

Soups

I don't make the soup in the microwave. Just add boiling water but make sure you let it sit for a while to reconstitute. The rice and beans, etc. will get softer that way. You may also add other non-calorie spices to season it to your taste.

Shakes

The shakes are easy. You can use the shaker jar, with or without ice, or mix them in a small blender. Whatever is easier for you.

Other Food Tips

You may use any seasonings and sugar-free syrups you need. Bullion is good for the soups. Remember, you are burning your glycogen stores for the first 2 to 3 days before your body begins the fat burn. See the Ketosis sheet.

Drink LOTS of water!

You may have a couple of caffeinated drinks per day. You can have 1 Tsp. of $\frac{1}{2}$ & $\frac{1}{2}$ in your coffee but that is your fat for the day, so you might want to be careful about that. Diet sodas are ok too as well as green tea.

6. Snacks

The following is a list of extra snacks you can have each day. Do not have all of them during the same day, though. Just 1 wet and 1 dry:

- 1 bag of Medifast soy crisps

- 3 Dill pickle spears
- 3 stalks of celery
- 1/2 of cucumber
- 1 cup sugar-free jello
- 1 sugar-free popsicle
- Sugar free gum (don't overdue this it's 5 carb calories per piece)

7. Before and After

Take a Before Picture

Here are some suggestions. This picture will mean a lot to you later. Wear a tight shirt; take all sides... and a close up of the face. If you've already started, get this done right away; you're going to start disappearing and changing quickly. This is for you. You don't have to show this to anyone if you don't want to. It's very motivating, though, to look back later. You may not see the changes daily, but you will in the picture.

Take your measurements

I have included a measurement chart for you to print out and monitor your progress.

8. Other Support Resources

IMPORTANT: Support calls that can help you towards your goal

Monday Evenings:

**Nurse's Support Call: (5:30 p.m. Pacific).
Dial 1-646-519-5860 followed by the pin code: 0971#.**

24/7 recorded nurse call: 1-212-461-8672 - The recording is posted the day following the call (Tuesday morning).

Wednesday Evenings:

Maintenance Call: (5:00 p.m. Pacific). Dial 1-512-225-9427 followed by pin code: 77421#.

24/7 recorded maintenance call: 1- 512-505-6863 to listen to this call if you are unable to participate in the live call. The recording is posted the day following the call (Thursday morning).

Doctor's Support Call: (5:30 p.m. Pacific). Dial 1-646-519-5860 followed by the pin code: 0971#.

24/7 recorded doctor's call: 1-212-461-8671 to listen to this call if you are unable to participate in the live call.

**Take Shape For Life Health Coach Opportunity: 1-866-284-6682
4 minute recorded message 24/7**