

Medifast Tips

For most people, achieving success on the Medifast 5 & 1 Plan is simple and doesn't require any counting of calories or carbohydrates. Here are a few tips that can help if you are experiencing slower weight loss or if you reach a plateau at some point in your program.

- If you haven't started exercising, now may be the time to. Start slowly and gradually increase time and intensity as your body allows. Remember, listen to your body! If you are already exercising, try picking up the intensity or frequency of your workouts.
- In general, be aware of your total carbohydrate intake. If you are experiencing slower weight loss or hit a plateau, we recommend you try to stay between 80-85 grams of carbs per day.

- Try to avoid eating a Medifast snack product and a Medifast bar on the same day.

Medifast bars are higher in carbs than other Medifast Meals

Medifast snacks are higher in carbs than non-Medifast snacks

If you like eating both snacks and bars, try to alternate days that you eat a Medifast snack with days that you eat a Medifast bar. Refer to the list of non-Medifast snacks in your Quick Start Guide for more options.

- Try using [MyMedifast](#) to log your meals and be sure you are eating your [Lean & Green Meal](#) as recommended.
- Make sure you are drinking at least 64 oz of water per day.

If you've tried these tips and are not getting the results you expected or if you would like to speak to someone who can help customize a program to your individual needs, please contact Medifast's Nutrition Support team at NutritionSupport@ChooseMedifast.com or call us at **1-800-509-1281**.