

	#	Calories	Total Fat grams	Sat. Fat grams	Trans Fat grams	Cholesterol mg	Sodium mg	Potassium mg	Total Carb. grams	Dietary Fiber grams	Sugars grams	Protein grams	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Vitamin D (%)	Vitamin E (%)	Vitamin K (%)	Thiamin (B1) (%)	Riboflavin (B2) (%)	
Medifast 55																						
Dutch Chocolate	90	1	0	0	0	0	250	440	13	4	8	11	25	35	25	30	30	20	20	25	35	30
French Vanilla	90	0.5	0	0	0	0	250	420	13	4	9	11	25	35	25	30	30	25	25	25	35	30
Strawberry Creme	90	0	0	0	0	0	250	420	13	4	9	11	25	35	25	30	30	25	25	25	35	30
Orange Creme	90	0.5	0	0	0	0	250	420	13	4	9	11	25	35	25	30	30	25	25	25	35	30
Swiss Mocha	90	0.5	0	0	0	0	250	450	14	4	8	11	25	35	25	30	30	25	25	20	35	30
Banana Creme	90	0	0	0	0	0	250	420	13	4	9	11	25	35	25	30	30	25	25	25	35	30
Medifast Ready-to-Drink																						
Dutch Chocolate	90	1.5	0	0	0	0	190	480	13	4	6	11	20	30	40	30	20	20	25	25	30	30
French Vanilla	90	1.5	0	0	0	0	200	370	12	4	6	11	20	30	45	25	20	25	25	25	30	30
Medifast 70																						
Dutch Chocolate	110	1	0	0	0	0	240	450	13	4	9	14	25	35	35	35	30	30	25	25	35	30
French Vanilla	100	0.5	0	0	0	0	250	400	13	3	9	14	25	35	35	30	30	25	25	25	35	30
Strawberry Creme	100	0.5	0	0	0	0	240	410	13	4	9	14	25	100	35	30	30	25	25	25	35	30
Orange Creme	100	0.5	0	0	0	0	240	400	13	4	9	14	25	35	35	30	30	25	25	25	35	30
Swiss Mocha	100	0.5	0	0	0	0	250	420	14	4	8	14	25	35	35	30	30	25	25	25	35	30
Banana Creme	100	0.5	0	0	0	0	240	410	13	4	9	14	25	35	35	30	30	25	25	25	35	30
Medifast Plus for Appetite Suppression																						
Chocolate	100	1	0	0	0	0	210	400	12	4	6	15	25	35	30	30	30	20	20	20	35	30
Vanilla	100	0.5	0	0	0	0	210	400	12	4	6	15	30	35	30	30	30	20	20	20	35	30
Medifast Plus for Diabetics																						
Chocolate	90	1	0	0	0	0	250	400	10	4	5	14	25	35	30	30	30	25	25	25	35	30
Vanilla	90	0.5	0	0	0	0	250	410	10	4	5	14	25	35	30	25	30	25	25	25	35	30
Strawberry	90	0.5	0	0	0	0	250	400	9	3	5	14	25	35	30	30	30	20	20	20	35	30
Medifast Plus for Joint Health																						
Chocolate	100	1	0	0	0	0	260	410	12	4	6	15	25	35	30	30	30	25	25	25	35	30
Vanilla	100	0.5	0	0	0	0	260	410	11	3	6	15	30	35	30	30	30	20	20	20	35	30
Medifast Plus for Women's Health																						
Chocolate	110	1	0	0	0	0	160	490	15	4	10	14	50	250	50	50	50	50	150	150	100	100
Vanilla	110	1	0	0	0	0	170	480	15	4	10	14	50	250	50	50	50	50	150	150	100	100
Medifast Plus for Coronary Health																						
Chocolate	100	1	0	0	0	0	220	450	11	3	6	14	50	250	40	50	50	50	150	150	100	100
Strawberry	100	1	0	0	0	0	220	460	11	3	6	14	50	250	40	50	50	50	150	150	100	100
Momentum																						
Cappuccino	100	0	0	0	0	10	125	320	13	4	8	14	25	35	25	20	30	25	25	25	35	35
Chai latte	100	0	0	0	0	10	125	330	13	4	8	14	25	35	25	25	30	25	25	25	35	35
Banana Shake	100	0.5	0	0	0	0	240	410	13	4	9	14	25	35	35	30	30	25	25	25	35	30
Green Tea with Lemon (Flavor Infuser)	5	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0	0	0
Mixed Berry (Flavor Infuser)	5	0	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0	0	0
Strawberry Lemonade (Flavor Infuser)	5	0	0	0	0	0	0	0	2	1	0	0	0	2	0	0	0	0	0	0	0	0

	Niacin (B3) (%)	Vitamin B6 (%)	Folate (%)	Vitamin B12 (%)	Biotin (%)	Pantothenic Acid (%)	Phosphorus (%)	Iodine (%)	Magnesium (%)	Zinc (%)	Selenium (%)	Copper (%)	Manganese (%)	Chromium (5)	Molybdenum (%)	Chloride (%)	Vitamins & Minerals
Medifast 55																	
Dutch Chocolate	20	35	25	20	20	20	20	30	15	25	25	30	45	30	60	6	6-60
French Vanilla	20	35	25	20	20	25	20	30	20	20	20	25	45	30	60	8	8-60
Strawberry Crème	20	35	30	20	20	25	20	30	20	25	25	25	45	30	60	8	8-60
Orange Crème	20	35	25	20	20	25	20	30	20	25	25	25	45	30	60	8	8-60
Swiss Mocha	20	35	30	20	20	25	20	30	20	25	20	25	45	30	60	8	8-60
Banana Crème	20	35	25	20	20	25	20	30	20	20	20	25	45	30	60	8	8-60
Medifast Ready-to-Drink																	
Dutch Chocolate	20	30	25	20	20	20	20	20	15	25	20	30	40	25	50	2	2-50
French Vanilla	20	30	25	20	20	20	20	20	10	25	20	25	40	35	50	2	2-50
Medifast 70																	
Dutch Chocolate	20	35	30	20	20	25	25	30	20	25	25	30	45	30	60	6	6-60
French Vanilla	20	35	25	20	20	25	25	30	15	25	20	25	45	30	60	8	8-60
Strawberry Crème	20	35	25	20	20	25	25	30	20	25	20	25	45	30	60	8	8-100
Orange Crème	20	35	30	20	20	25	30	4	20	25	20	25	45	30	60	8	8-60
Swiss Mocha	20	35	25	20	20	25	25	20	20	25	20	25	45	30	60	6	6-60
Banana Crème	20	35	25	20	20	25	25	30	20	25	25	25	45	30	60	8	8-60
Medifast Plus for Appetite Suppre																	
Chocolate	20	35	25	20	20	20	25	30	20	20	20	30	45	30	60	4	4-60
Vanilla	20	35	25	20	20	20	25	30	20	20	20	25	45	30	60	8	8-60
Medifast Plus for Diabetics																	
Chocolate	20	35	25	20	20	25	25	30	20	25	20	30	45	30	60	4	4-60
Vanilla	20	35	25	20	20	25	25	30	20	20	20	25	45	30	60	8	8-60
Strawberry	20	35	25	20	20	20	25	25	20	20	20	25	45	30	60	8	8-60
Medifast Plus for Joint Health																	
Chocolate	20	35	25	20	20	25	25	30	20	25	20	30	45	30	60	4	4-60
Vanilla	20	35	25	20	20	20	25	30	20	20	20	25	45	30	60	8	8-60
Medifast Plus for Women's Health																	
Chocolate	100	250	100	100	100	100	50	50	60	50	35	50	50	160	60	6	6-250
Vanilla	100	250	100	100	100	100	50	50	60	50	35	50	50	160	70	10	10-250
Medifast Plus for Coronary Health																	
Chocolate	100	250	100	100	100	100	45	50	80	50	35	50	70	160	60	4	4-250
Strawberry	100	250	100	100	100	100	45	50	70	50	35	50	50	160	60	8	8-250
Momentum																	
Cappuccino	25	35	30	25	20	25	8	30	15	25	25	25	45	30	60	6	6-60
Chai Latte	20	35	30	25	20	25	10	30	15	25	20	25	45	30	60	6	6-60
Banana Shake	20	35	25	20	20	25	25	30	20	25	25	25	45	30	60	8	8-60
Green Tea with Lemon (Flavor Infuser)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mixed Berry (Flavor Infuser)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Strawberry Lemonade (Flavor Infuser)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Potassium	Total Carb.	Dietary Fiber	Sugars	Protein	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Vitamin D (%)	Vitamin E (%)	Vitamin K (%)	Thiamin (B1) (%)	Riboflavin (B2) (%)	
	#	grams	grams	grams	mg	mg	mg	grams	grams	grams	grams	%	%	%	%	%	%	%	%	%	%
Antioxidants																					
Blueberry	90	0	0	0	0	160	260	13	4	3	14	20	20	20	20	20	20	20	20	20	20
Cherry Pomegranate	90	0	0	0	0	160	270	14	4	3	14	20	20	20	20	20	20	20	20	20	20
Dark Chocolate	90	0.5	0	0	0	160	350	15	6	2	14	20	20	20	25	20	20	20	20	20	20
Citrus Margarita (Flavor Infusers)	5	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0	0	0
Raspberry Acai (Flavor Infusers)	5	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0	0	0
White Grape Peach (Flavor Infusers)	5	0	0	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0	0	0
Crunchy Bars																					
Chocolate Crunch Bar	110	3	2	0	0	180	290	13	4	4	11	20	20	20	20	20	20	20	20	20	20
Chocolate Mint Crunch Bar	110	3	2	0	0	170	290	13	4	3	11	20	20	20	20	20	20	20	20	20	20
Peanut Butter Crunch Bar	110	3.5	1.5	0	0	220	290	13	4	5	11	20	20	20	20	20	20	20	20	20	20
Lemon Meringue Crunch Bar	110	2.5	1.5	0	0	160	290	13	4	5	11	20	20	20	20	20	20	20	20	20	20
Oatmeal Raisin Crunch Bar	110	2.5	1.5	0	0	160	290	13	4	5	11	20	20	20	20	20	20	20	20	20	20
Caramel Crunch Bar	110	3	1.5	0	0	230	290	12	4	2	11	20	20	20	20	20	20	20	20	20	20
Fruit & Nut Crunch Bar	110	3	0	0	0	180	290	12	4	3	11	20	20	20	20	20	20	20	20	20	20
Shore Crunch Bar	110	2.5	2	0	0	170	290	13	4	6	11	20	20	20	20	20	20	20	20	20	20
Cinnamon Roll Crunch Bar	110	2.5	1.5	0	0	170	290	13	4	6	11	20	20	20	20	20	20	20	20	20	20
Strawberry Crunch Bar	110	2.5	1.5	0	0	160	290	13	4	5	11	20	20	20	20	20	20	20	20	20	20
Maintenance Bars																					
Chocolate	160	5	3	0	0	160	270	20	4	11	11	25	35	35	35	25	25	25	35	30	35
Chocolate Mint	160	5	3	0	0	160	270	20	4	11	11	25	35	35	35	25	25	25	35	30	35
Oatmeal Raisin	160	3.5	2	0	0	170	290	22	4	12	11	25	35	40	35	25	25	25	35	25	30
Caramel Nut	170	5	2.5	0	0	160	290	22	4	11	11	20	30	30	25	20	30	30	20	25	25
Fruit & Nut Granola	150	3	0.5	0	0	140	300	23	4	9	11	20	30	35	30	20	30	30	20	20	25
Shore Granola	150	3	1	0	0	160	280	23	5	8	11	20	30	25	30	20	25	20	20	30	30
Creamy Soups																					
Cream of Broccoli	100	1	0.5	0	0	15	330	10	4	4	14	20	35	20	25	25	20	20	20	30	30
Cream of Chicken	100	1.5	0.5	0	0	15	350	10	4	5	14	20	30	25	25	20	20	20	20	35	30
Cream of Tomato	110	0.5	0	0	0	15	240	14	4	4	14	40	50	25	30	25	25	25	25	45	35
Oatmeal																					
Apple Cinnamon	100	1.5	0	0	0	140	280	15	5	1	11	25	35	30	30	25	25	25	25	45	30
Blueberry	100	1.5	0	0	0	140	280	15	5	1	11	25	30	30	30	25	25	25	25	45	30
Maple & Brown Sugar	100	1.5	0	0	0	135	280	15	5	1	11	25	35	30	30	30	30	30	25	45	30
Peach	110	1.5	0	0	0	180	280	16	5	2	11	25	35	30	30	30	25	25	25	45	30
Fruit Drinks																					
Tropical Punch	90	0	0	0	0	90	500	10	4	5	15	20	100	25	20	20	100	20	30	30	30
Cherry Mango	90	0	0	0	0	90	500	10	4	5	15	20	100	25	20	20	100	20	30	30	30
Iced Tea																					
Peach	90	0	0	0	0	120	500	12	4	8	14	20	100	30	20	20	100	20	30	30	30
Raspberry	90	0	0	0	0	80	500	12	4	8	14	20	100	25	20	20	100	20	30	30	30

	Niacin (B3) (%)	Vitamin B6 (%)	Folate (%)	Vitamin B12 (%)	Biotin (%)	Pantothenic Acid (%)	Phosphorus (%)	Iodine (%)	Magnesium (%)	Zinc (%)	Selenium (%)	Copper (%)	Manganese (%)	Chromium (5)	Molybdenum (%)	Chloride (%)	Vitamins & Minerals	
Antioxidants																		
Blueberry	15	20	20	20	20	20	25	20	20	20	20	20	20	20	20	20	2	2-25
Cherry Pomegranate	15	20	20	20	20	20	25	20	20	20	20	20	20	20	20	20	2	2-25
Dark Chocolate	15	20	20	20	20	20	25	20	20	25	20	30	20	20	20	20	2	2-30
Citrus Margarita (Flavor Infusers)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Raspberry Acai (Flavor Infusers)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
White Grape Peach (Flavor Infusers)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Crunchy Bars																		
Chocolate Crunch Bar	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20
Chocolate Mint Crunch Bar	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20
Peanut Butter Crunch Bar	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20
Lemon Meringue Crunch Bar	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20
Oatmeal Raisin Crunch Bar	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20
Caramel Crunch Bar	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20
Fruit & Nut Crunch Bar	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20
Stone Crunch Bar	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20
Cinnamon Roll Crunch Bar	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20
Strawberry Crunch Bar	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	0	0-20
Maintenance Bars																		
Chocolate	25	30	30	25	25	25	35	20	25	20	20	20	50	25	60	0	20-60	
Chocolate Mint	25	30	30	25	25	25	35	20	25	20	20	20	50	25	60	0	20-60	
Oatmeal Raisin	25	30	35	25	25	25	45	20	25	20	25	25	50	25	60	0	20-60	
Caramel Nut	20	25	25	20	20	20	30	15	20	15	15	15	45	20	60	0	15-60	
Fruit & Nut Granola	20	25	30	20	20	20	40	15	25	20	20	20	45	25	60	0	15-60	
Stone Granola	20	25	35	20	20	20	25	15	20	15	15	25	45	25	50	0	15-50	
Creamy Soups																		
Cream of Broccoli	30	35	25	35	25	20	10	25	20	35	20	20	35	15	70	2	2-70	
Cream of Chicken	20	35	25	35	25	20	10	20	20	35	20	20	35	15	70	2	2-70	
Cream of Tomato	25	40	25	35	30	25	10	25	25	40	25	30	45	20	80	0	15-80	
Oatmeal																		
Apple Cinnamon	20	35	30	20	20	25	20	30	15	25	20	30	45	30	60	2	2-60	
Blueberry	20	35	30	20	20	25	20	30	15	25	20	30	45	30	60	2	2-60	
Maple & Brown Sugar	20	35	30	20	20	25	20	30	15	25	20	30	45	30	60	2	2-60	
Peach	20	35	30	20	20	25	20	30	15	25	20	30	45	30	60	2	2-60	
Fruit Drinks																		
Tropical Punch	30	30	30	30	20	20	20	20	20	20	20	20	20	20	20	0	20-100	
Cantaloupe Mango	30	30	30	30	20	20	20	20	20	20	20	20	20	20	20	0	20-100	
Iced Tea																		
Peach	30	30	30	30	20	20	20	20	20	20	20	20	20	20	20	3	20-100	
Raspberry	30	30	30	30	20	20	20	20	20	20	20	20	20	20	20	3	20-100	

	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Potassium	Total Carb.	Dietary Fiber	Sugars	Protein	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Vitamin D (%)	Vitamin E (%)	Vitamin K (%)	Thiamin (B1) (%)	Riboflavin (B2) (%)	
	#	grams	grams	grams	mg	mg	mg	grams	grams	grams	grams	%	%	%	%	%	%	%	%	%	%
Pudding																					
Chocolate	110	1	0	0	0	170	480	15	4	9	14	25	35	35	25	30	20	20	35	30	
Vanilla	100	0	0	0	0	170	360	15	5	8	13	25	35	35	25	30	25	25	35	30	
Banana	110	0.5	0	0	0	170	360	15	4	9	14	25	35	35	25	30	20	20	35	30	
Other Foods																					
Chicken Noodle Soup	100	1.5	0	0	5	360	580	11	4	1	12	50	35	40	35	30	25	25	45	35	
Chicken & Wild Rice Soup	100	1	0	0	15	200	460	12	4	2	12	70	40	35	25	30	25	25	40	30	
Homestyle Chili	110	1	0	0	0	260	400	15	5	1	14	60	40	35	35	30	25	25	40	35	
Beef Vegetable Stew	100	1	0	0	10	390	290	14	4	2	11	50	60	25	30	30	25	25	40	35	
Mild Crab Soup	110	1	0	0	0	390	470	15	4	2	13	50	50	45	35	30	25	25	45	40	
Cappuccino	100	0	0	0	10	125	320	13	4	8	14	25	35	25	20	30	25	25	35	35	
Chai Latte	100	0	0	0	10	125	330	13	4	8	14	25	35	25	25	30	25	25	35	35	
Hot Cocoa	110	1	0	0	10	130	390	14	4	10	14	25	35	25	25	30	20	20	35	35	
Scrambled Eggs	100	2	0.5	0	55	370	280	10	5	0	12	25	35	20	25	30	25	25	35	60	
Crackers																					
Multi-grain	50	0	0	0	0	65	0	12	1	1	1	0	0	0	2	0	0	0	0	0	0
Garden Vegetable	60	0	0	0	0	90	0	12	0	1	2	2	2	0	0	0	0	0	0	0	0
Soy Crisps																					
Apple Cinnamon	70	2	0	0	0	95	0	8	1	2	4	0	0	2	4	0	0	0	0	0	0
Ranch	60	2	0	0	0	210	0	7	1	1	5	0	0	4	4	0	0	0	0	0	0
White Cheddar	70	2	0	0	0	140	0	7	1	1	5	0	0	4	4	0	0	0	0	0	0

	Niacin (B3) (%)	Vitamin B6 (%)	Folate (%)	Vitamin B12 (%)	Biotin (%)	Pantothenic Acid (%)	Phosphorus (%)	Iodine (%)	Magnesium (%)	Zinc (%)	Selenium (%)	Copper (%)	Manganese (%)	Chromium (5)	Molybdenum (%)	Chloride (%)	Vitamins & Minerals
Pudding																	
Chocolate	20	35	25	20	20	20	25	30	15	25	20	30	45	30	60	6	6-60
Vanilla	25	35	30	20	20	20	25	30	15	25	20	25	45	30	60	6	6-60
Banana	20	35	25	20	20	20	25	30	15	25	20	25	45	30	60	6	6-60
Other Foods																	
Chicken Noodle Soup	30	40	35	20	25	25	20	30	10	30	30	35	45	30	60	4	6-60
Chicken & Wild Rice Soup	25	40	30	20	20	25	20	30	2	25	20	30	45	30	60	4	4-60
Homestyle Chili	20	40	40	20	25	25	25	30	25	30	20	40	50	30	60	0	2-60
Beef Vegetable Stew	30	40	35	20	20	25	15	30	15	25	20	30	50	30	60	0	15-60
Mild Crab Soup	30	40	30	20	20	25	30	30	25	30	25	40	70	30	90	0	20-90
Cappuccino	25	35	30	25	20	25	8	30	15	25	25	25	45	30	60	6	6-60
Chai Latte	20	35	30	25	20	25	10	30	15	25	20	25	45	30	60	6	6-60
Hot Cocoa	20	35	30	25	20	25	10	30	20	25	20	30	45	30	60	6	6-60
Scrambled Eggs	20	35	25	20	20	25	15	30	20	25	20	25	45	30	60	6	6-60
Crackers																	
Multigrain	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-2
Garden Vegetable	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-2
Soy Crisps																	
Apple Cinnamon	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-4
Ranch	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-4
White Cheddar	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-4