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PRODUCT & PLAN FAQs

General Information

What is Medifast?

How does Medifast work?

Why is the Medifast weight-loss program special?

What is the Medifast 5 & 1 Plan?

What is a Medifast Meal?

What is a Lean & Green Meal?

Why are there certain "approved" vegetables for the Lean & Green Meal?

Can I use Medifast Meals interchangeably?

What kind of snacks can I have on this program?

Can I substitute a sixth Medifast Meal for my one Lean & Green?

Medifast does not recommend this. In order to maximize effectiveness and to ensure that you get all the nutrition your body requires, the Medifast 5 & 1 Plan (five Medifast Meals plus one Lean & Green Meal) should be followed as written, unless otherwise recommended by your physician.

The Lean & Green Meal contributes needed calories and dietary fiber, vital vitamins and minerals, protein to help protect lean muscle mass, and a small amount of dietary fat which is essential for absorbing fat-soluble vitamins and keeping the gallbladder at optimal health. The Lean & Green Meal also provides a once-a-day learning opportunity to better understand how to select and prepare healthy meals while still enjoying the convenience of the structured 5 & 1 Plan.

Is the Lean serving size the cooked or uncooked weight?

How many calories and carbohydrates are in the Medifast 5 & 1 Plan?