

| 6.24.2010 | Calories | Total Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium | Potassium | Total Carbohydrate | Dietary Fiber | Sugars | Protein | Vitamin C (mg) | Calcium (mg) | Iron (mg) | Vitamin D (IU) | Vitamin K (mcg) | Vitamin A (%) |
|-----------------------|----------|-----------|----------|-----------|-------------|--------|-----------|--------------------|---------------|--------|---------|----------------|--------------|-----------|----------------|-----------------|---------------|
| # | grams | grams | grams | grams | mg | mg | mg | grams | grams | grams | grams | mg | mg | mg | IU | µg | % |
| Brownie | | | | | | | | | | | | | | | | | |
| Brownie | 110 | 2 | 1 | 0 | 5 | 170 | 340 | 15 | 4 | 8 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Cheese Puffs | | | | | | | | | | | | | | | | | |
| Chili Nacho | 110 | 2.5 | 1 | 0 | 5 | 360 | 100 | 14 | 4 | 3 | 11 | 12 | 300 | 3.6 | 80 | 16 | 20 |
| Parmesan | 110 | 2.5 | 1 | 0 | 5 | 360 | 190 | 14 | 4 | 3 | 11 | 12 | 300 | 3.6 | 80 | 16 | 20 |
| Crunch Bars | | | | | | | | | | | | | | | | | |
| Caramel Crunch | 110 | 3 | 1.5 | 0 | 0 | 230 | 290 | 12 | 4 | 2 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Chocolate Crunch | 110 | 3 | 2 | 0 | 0 | 180 | 290 | 13 | 4 | 4 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Chocolate Mint Crunch | 110 | 3 | 2 | 0 | 0 | 170 | 290 | 13 | 4 | 3 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Cinnamon Roll Crunch | 110 | 2.5 | 1.5 | 0 | 0 | 170 | 290 | 13 | 4 | 6 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Fruit & Nut Crunch | 110 | 3 | 0 | 0 | 0 | 180 | 290 | 12 | 4 | 3 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Lemon Meringue Crunch | 110 | 2.5 | 1.5 | 0 | 0 | 160 | 290 | 13 | 4 | 5 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Oatmeal Raisin Crunch | 110 | 2.5 | 1.5 | 0 | 0 | 160 | 290 | 13 | 4 | 5 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Peanut Butter Crunch | 110 | 3.5 | 1.5 | 0 | 0 | 220 | 290 | 13 | 4 | 3 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| S'more Crunch | 110 | 2.5 | 2 | 0 | 0 | 170 | 290 | 13 | 4 | 6 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Strawberry Crunch | 110 | 2.5 | 1.5 | 0 | 0 | 160 | 290 | 13 | 4 | 5 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Eggs | | | | | | | | | | | | | | | | | |
| Scrambled Eggs | 100 | 2 | 0.5 | 0 | 55 | 370 | 290 | 10 | 5 | 0 | 11 | 15 | 200 | 3.6 | 80 | 16 | 20 |
| Fruit Drinks | | | | | | | | | | | | | | | | | |
| Cranberry Mango | 90 | 0 | 0 | 0 | 0 | 90 | 500 | 10 | 4 | 5 | 15 | 60 | 250 | 3.6 | 80 | 16 | 20 |
| Tropical Punch | 90 | 0 | 0 | 0 | 5 | 105 | 530 | 11 | 4 | 5 | 15 | 60 | 250 | 3.6 | 80 | 16 | 20 |
| Hot Drinks | | | | | | | | | | | | | | | | | |
| Cappuccino | 100 | 0 | 0 | 0 | 10 | 110 | 330 | 13 | 4 | 8 | 14 | 21 | 250 | 3.6 | 120 | 16 | 25 |
| Chai Latte | 100 | 0.5 | 0 | 0 | 10 | 110 | 340 | 13 | 4 | 8 | 14 | 18 | 250 | 3.6 | 80 | 20 | 20 |
| Hot Cocoa | 110 | 0.5 | 0 | 0 | 10 | 110 | 400 | 14 | 4 | 10 | 14 | 18 | 250 | 3.6 | 80 | 16 | 20 |
| Iced Tea | | | | | | | | | | | | | | | | | |
| Peach | 90 | 0 | 0 | 0 | 0 | 120 | 500 | 12 | 4 | 8 | 14 | 60 | 300 | 3.6 | 80 | 16 | 20 |
| Raspberry | 90 | 0 | 0 | 0 | 0 | 80 | 500 | 12 | 4 | 8 | 14 | 60 | 250 | 3.6 | 80 | 16 | 20 |
| Oatmeal | | | | | | | | | | | | | | | | | |
| Apple Cinnamon | 100 | 1.5 | 0 | 0 | 0 | 140 | 280 | 15 | 5 | 1 | 11 | 21 | 300 | 5.4 | 100 | 20 | 25 |
| Blueberry | 100 | 1.5 | 0 | 0 | 0 | 140 | 280 | 15 | 5 | 1 | 11 | 18 | 300 | 5.4 | 120 | 20 | 25 |
| Maple & Brown Sugar | 100 | 1.5 | 0 | 0 | 0 | 135 | 280 | 15 | 5 | 1 | 11 | 21 | 300 | 5.4 | 120 | 20 | 25 |
| Peach | 110 | 1.5 | 0 | 0 | 0 | 180 | 280 | 16 | 5 | 2 | 11 | 21 | 300 | 5.4 | 120 | 20 | 25 |

| 6.24.2010 | Vitamin E (%) | Thiamin (B1) (%) | Riboflavin (B2) (%) | Niacin (B3) (%) | Vitamin B6 (%) | Folate (%) | Vitamin B12 (%) | Biotin (%) | Pantothenic Acid (%) | Phosphorus (%) | Iodine (%) | Magnesium (%) | Zinc (%) | Selenium (%) | Copper (%) | Manganese (%) | Chromium (5) | Molybdenum (%) | Vitamins & Minerals | |
|-----------------------|---------------|------------------|---------------------|-----------------|----------------|------------|-----------------|------------|----------------------|----------------|------------|---------------|----------|--------------|------------|---------------|--------------|----------------|---------------------|---------------|
| | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % daily value |
| Brownie | | | | | | | | | | | | | | | | | | | | |
| Brownie | 20 | 25 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 | 30 | 20 | 40 | 0-40 | |
| Cheese Puffs | | | | | | | | | | | | | | | | | | | | |
| Chili Nacho | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-30 |
| Parmesan | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-30 |
| Crunch Bars | | | | | | | | | | | | | | | | | | | | |
| Caramel Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-20 |
| Chocolate Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-20 |
| Chocolate Mint Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-20 |
| Cinnamon Roll Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-20 |
| Fruit & Nut Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-20 |
| Lemon Meringue Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-20 |
| Oatmeal Raisin Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-20 |
| Peanut Butter Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-20 |
| S'more Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-20 |
| Strawberry Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-20 |
| Eggs | | | | | | | | | | | | | | | | | | | | |
| Scrambled Eggs | 20 | 30 | 50 | 20 | 30 | 20 | 20 | 20 | 20 | 15 | 20 | 15 | 20 | 20 | 20 | 40 | 20 | 50 | 24 | |
| Fruit Drinks | | | | | | | | | | | | | | | | | | | | |
| Cranberry Mango | 100 | 30 | 30 | 30 | 30 | 30 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20-100 |
| Tropical Punch | 100 | 30 | 30 | 30 | 30 | 30 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Hot Drinks | | | | | | | | | | | | | | | | | | | | |
| Cappuccino | 20 | 35 | 35 | 20 | 35 | 30 | 25 | 20 | 25 | 15 | 30 | 15 | 20 | 20 | 25 | 40 | 30 | 50 | 24 | |
| Chai Latte | 20 | 30 | 30 | 20 | 30 | 20 | 25 | 20 | 20 | 15 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | |
| Hot Cocoa | 20 | 30 | 30 | 20 | 30 | 20 | 25 | 20 | 20 | 15 | 20 | 20 | 20 | 20 | 25 | 40 | 20 | 50 | 25 | |
| Iced Tea | | | | | | | | | | | | | | | | | | | | |
| Peach | 100 | 30 | 30 | 30 | 30 | 30 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20-100 |
| Raspberry | 100 | 30 | 30 | 30 | 30 | 30 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20-100 |
| Oatmeal | | | | | | | | | | | | | | | | | | | | |
| Apple Cinnamon | 25 | 45 | 30 | 20 | 35 | 30 | 20 | 20 | 25 | 20 | 30 | 15 | 25 | 20 | 30 | 45 | 30 | 60 | 60 | 2-60 |
| Blueberry | 25 | 45 | 30 | 20 | 35 | 30 | 20 | 20 | 25 | 20 | 30 | 15 | 25 | 20 | 30 | 45 | 30 | 60 | 60 | 2-60 |
| Maple & Brown Sugar | 25 | 45 | 30 | 20 | 35 | 30 | 20 | 20 | 25 | 20 | 30 | 15 | 25 | 20 | 30 | 45 | 30 | 60 | 60 | 2-60 |
| Peach | 25 | 45 | 30 | 20 | 35 | 30 | 20 | 20 | 25 | 20 | 30 | 15 | 25 | 20 | 30 | 45 | 30 | 60 | 60 | 2-60 |

| 6.24.2010 | Calories | Total Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium | Potassium | Total Carbohydrate | Dietary Fiber | Sugars | Protein | Vitamin C (mg) | Calcium (mg) | Iron (mg) | Vitamin D (IU) | Vitamin K (mcg) | Vitamin A (%) |
|---------------------------------------|----------|-----------|----------|-----------|-------------|--------|-----------|--------------------|---------------|--------|---------|----------------|--------------|-----------|----------------|-----------------|---------------|
| # | grams | grams | grams | grams | mg | mg | mg | grams | grams | grams | grams | mg | mg | mg | IU | µg | % |
| Pancakes | | | | | | | | | | | | | | | | | |
| Chocolate Chip | 110 | 1.5 | 1 | 0 | 5 | 240 | 410 | 14 | 4 | 4 | 11 | 18 | 200 | 3.6 | 80 | 16 | 20 |
| Original | 90 | 5 | 0 | 0 | 5 | 230 | 410 | 15 | 4 | 3 | 11 | 18 | 200 | 3.6 | 80 | 16 | 20 |
| Pretzel Sticks | | | | | | | | | | | | | | | | | |
| Cinnamon | 110 | 3 | 0 | 0 | 0 | 330 | 90 | 15 | 4 | 3 | 11 | 12 | 250 | 3.6 | 80 | 16 | 20 |
| Honey Mustard | 110 | 3 | 0 | 0 | 0 | 330 | 115 | 15 | 4 | 3 | 11 | 12 | 250 | 3.6 | 80 | 16 | 20 |
| Pudding | | | | | | | | | | | | | | | | | |
| Banana | 110 | 0.5 | 0 | 0 | 0 | 170 | 380 | 15 | 4 | 9 | 14 | 18 | 350 | 3.6 | 80 | 16 | 20 |
| Chocolate | 110 | 1 | 0 | 0 | 0 | 170 | 490 | 15 | 4 | 9 | 14 | 18 | 350 | 3.6 | 80 | 16 | 20 |
| Vanilla | 100 | 0 | 0 | 0 | 0 | 170 | 370 | 15 | 5 | 8 | 13 | 18 | 350 | 3.6 | 80 | 16 | 20 |
| Medifast 55 Shakes | | | | | | | | | | | | | | | | | |
| Banana Crème | 90 | 0.5 | 0 | 0 | 0 | 230 | 430 | 13 | 4 | 9 | 11 | 18 | 300 | 3.6 | 80 | 16 | 20 |
| Dutch Chocolate | 90 | 1 | 0 | 0 | 0 | 230 | 440 | 13 | 4 | 8 | 11 | 18 | 300 | 4.5 | 80 | 16 | 20 |
| French Vanilla | 90 | 0.5 | 0 | 0 | 0 | 230 | 430 | 13 | 4 | 9 | 11 | 18 | 300 | 3.6 | 80 | 16 | 20 |
| Orange Crème | 90 | 0.5 | 0 | 0 | 0 | 230 | 440 | 13 | 4 | 9 | 11 | 18 | 300 | 3.6 | 80 | 16 | 20 |
| Strawberry Crème | 90 | 0.5 | 0 | 0 | 0 | 230 | 430 | 13 | 4 | 9 | 11 | 18 | 300 | 3.6 | 80 | 16 | 20 |
| Swiss Mocha | 90 | 0.5 | 0 | 0 | 0 | 230 | 460 | 14 | 4 | 8 | 11 | 15 | 300 | 3.6 | 80 | 16 | 20 |
| Medifast 70 Shakes | | | | | | | | | | | | | | | | | |
| Banana Crème | 100 | 0.5 | 0 | 0 | 0 | 220 | 420 | 13 | 4 | 9 | 14 | 18 | 400 | 4.5 | 80 | 16 | 20 |
| Dutch Chocolate | 110 | 1 | 0 | 0 | 0 | 220 | 470 | 13 | 4 | 9 | 14 | 18 | 400 | 4.5 | 80 | 16 | 20 |
| French Vanilla | 100 | 0.5 | 0 | 0 | 0 | 220 | 420 | 13 | 4 | 9 | 14 | 18 | 400 | 4.5 | 80 | 20 | 20 |
| Orange Crème | 100 | 0.5 | 0 | 0 | 0 | 230 | 420 | 13 | 4 | 9 | 14 | 18 | 400 | 4.5 | 80 | 16 | 20 |
| Strawberry Crème | 100 | 0.5 | 0 | 0 | 0 | 220 | 420 | 13 | 4 | 9 | 14 | 18 | 400 | 4.5 | 80 | 16 | 20 |
| Swiss Mocha | 100 | 0.5 | 0 | 0 | 0 | 230 | 440 | 14 | 4 | 8 | 14 | 18 | 400 | 4.5 | 80 | 16 | 20 |
| Medifast Ready-to-Drink Shakes | | | | | | | | | | | | | | | | | |
| Dutch Chocolate | 90 | 1.5 | 0 | 0 | 0 | 190 | 480 | 13 | 4 | 6 | 11 | 18 | 400 | 5.4 | 80 | 20 | 20 |
| French Vanilla | 90 | 1.5 | 0 | 0 | 0 | 200 | 370 | 12 | 4 | 6 | 11 | 18 | 450 | 4.5 | 80 | 20 | 20 |
| Soft Serve | | | | | | | | | | | | | | | | | |
| Chocolate Mint | 110 | 2.5 | 0 | 0 | 5 | 105 | 400 | 14 | 4 | 8 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Coffee | 110 | 2.5 | 0 | 0 | 5 | 65 | 380 | 15 | 4 | 7 | 11 | 15 | 200 | 3.6 | 80 | 16 | 20 |
| Mango | 110 | 2.5 | 0 | 0 | 5 | 65 | 330 | 14 | 4 | 8 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Peanut Butter | 110 | 2.5 | 0.5 | 0 | 5 | 100 | 380 | 13 | 4 | 8 | 11 | 12 | 200 | 3.6 | 80 | 16 | 20 |

| 6.24.2010 | Vitamin E (%) | Thiamin (B1) (%) | Riboflavin (B2) (%) | Niacin (B3) (%) | Vitamin B6 (%) | Folate (%) | Vitamin B12 (%) | Biotin (%) | Pantothenic Acid (%) | Phosphorus (%) | Iodine (%) | Magnesium (%) | Zinc (%) | Selenium (%) | Copper (%) | Manganese (%) | Chromium (5) | Molybdenum (%) | Vitamins & Minerals | |
|--------------------------------|---------------|------------------|---------------------|-----------------|----------------|------------|-----------------|------------|----------------------|----------------|------------|---------------|----------|--------------|------------|---------------|--------------|----------------|---------------------|--------------|
| | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % daily valu |
| Pancakes | | | | | | | | | | | | | | | | | | | | |
| Chocolate Chip | 20 | 30 | 35 | 20 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | |
| Original | 20 | 30 | 35 | 20 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | |
| Pretzel Sticks | | | | | | | | | | | | | | | | | | | | |
| Cinnamon | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-20 |
| Honey Mustard | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-25 |
| Pudding | | | | | | | | | | | | | | | | | | | | |
| Banana | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 25 | 20 | 15 | 20 | 30 | 20 | 40 | 25 | 50 | 25 | |
| Chocolate | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 25 | 20 | 20 | 20 | 30 | 20 | 40 | 25 | 50 | 25 | |
| Vanilla | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 25 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | |
| Medifast 55 | | | | | | | | | | | | | | | | | | | | |
| Banana Crème | 20 | 25 | 25 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 40 | 20 | 50 | 25 | |
| Dutch Chocolate | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | |
| French Vanilla | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | |
| Orange Crème | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | |
| Strawberry Crème | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | |
| Swiss Mocha | 20 | 25 | 25 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 35 | 20 | 50 | 25 | |
| Medifast 70 | | | | | | | | | | | | | | | | | | | | |
| Banana Crème | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 25 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | |
| Dutch Chocolate | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 25 | 25 | 20 | 15 | 20 | 20 | 25 | 40 | 25 | 50 | 25 | |
| French Vanilla | 25 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 25 | 25 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 60 | 25 | |
| Orange Crème | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 25 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | |
| Strawberry Crème | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 25 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | |
| Swiss Mocha | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 25 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | |
| Medifast Ready-to-Drink | | | | | | | | | | | | | | | | | | | | |
| Dutch Chocolate | 20 | 30 | 30 | 20 | 30 | 25 | 20 | 20 | 20 | 35 | 20 | 15 | 25 | 20 | 30 | 40 | 25 | 50 | 2-50 | |
| French Vanilla | 25 | 30 | 30 | 20 | 30 | 25 | 20 | 20 | 20 | 35 | 20 | 10 | 25 | 20 | 25 | 40 | 35 | 50 | 2-50 | |
| Soft Serve | | | | | | | | | | | | | | | | | | | | |
| Chocolate Mint | 20 | 25 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 35 | 20 | 50 | 25 | |
| Coffee | 20 | 25 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 35 | 20 | 50 | 25 | |
| Mango | 20 | 25 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 35 | 20 | 50 | 25 | |
| Peanut Butter | 20 | 25 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 35 | 20 | 50 | 25 | |

| 6.24.2010 | Calories | Total Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium | Potassium | Total Carbohydrate | Dietary Fiber | Sugars | Protein | Vitamin C (mg) | Calcium (mg) | Iron (mg) | Vitamin D (IU) | Vitamin K (mcg) | Vitamin A (%) |
|---|----------|-----------|----------|-----------|-------------|--------|-----------|--------------------|---------------|--------|---------|----------------|--------------|-----------|----------------|-----------------|---------------|
| # | grams | grams | grams | grams | mg | mg | mg | grams | grams | grams | grams | mg | mg | mg | IU | µg | % |
| Soups | | | | | | | | | | | | | | | | | |
| Beef Vegetable Stew | 100 | 1 | 0 | 0 | 10 | 390 | 290 | 14 | 4 | 2 | 11 | 36 | 250 | 5.4 | 120 | 20 | 50 |
| Chicken Noodle | 100 | 1.5 | 0 | 0 | 5 | 360 | 580 | 11 | 4 | 1 | 12 | 21 | 400 | 6.3 | 120 | 20 | 50 |
| Chicken & Wild Rice | 100 | 1 | 0 | 0 | 15 | 200 | 460 | 13 | 4 | 2 | 12 | 18 | 350 | 3.6 | 80 | 16 | 60 |
| Cream of Broccoli | 100 | 1 | 0.5 | 0 | 15 | 330 | 340 | 10 | 4 | 4 | 14 | 21 | 200 | 4.5 | 100 | 16 | 20 |
| Cream of Chicken | 100 | 1.5 | 0.5 | 0 | 15 | 350 | 350 | 10 | 4 | 5 | 14 | 18 | 250 | 4.5 | 80 | 16 | 20 |
| Cream of Tomato | 110 | 1 | 0 | 0 | 15 | 220 | 340 | 13 | 4 | 8 | 14 | 24 | 200 | 4.5 | 25 | 20 | 40 |
| Homestyle Chili | 110 | 1 | 0 | 0 | 0 | 260 | 400 | 15 | 5 | 1 | 14 | 24 | 350 | 6.3 | 120 | 20 | 60 |
| Maryland Crab | 110 | 1 | 0 | 0 | 5 | 430 | 460 | 14 | 4 | 4 | 13 | 24 | 450 | 5.4 | 80 | 16 | 40 |
| Maintenance Bars | | | | | | | | | | | | | | | | | |
| Caramel Nut | 170 | 5 | 2.5 | 0 | 0 | 160 | 290 | 22 | 4 | 11 | 11 | 18 | 300 | 4.5 | 80 | 16 | 20 |
| Chocolate Mint | 160 | 5 | 3 | 0 | 0 | 160 | 270 | 20 | 4 | 11 | 11 | 21 | 350 | 6.3 | 100 | 20 | 25 |
| Oatmeal Raisin | 150 | 3.5 | 2 | 0 | 0 | 170 | 290 | 22 | 4 | 12 | 11 | 21 | 400 | 6.3 | 100 | 20 | 25 |
| Essential1: Antioxidants | | | | | | | | | | | | | | | | | |
| Cherry Pomegranate | 90 | 0 | 0 | 0 | 5 | 170 | 280 | 14 | 4 | 4 | 13 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Dark Chocolate | 90 | 0.5 | 0 | 0 | 0 | 160 | 340 | 15 | 5 | 2 | 13 | 12 | 200 | 3.6 | 80 | 16 | 20 |
| Raspberry Acai Flavor Infuser™* | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 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 |
| Essential1: Calorie Burn | | | | | | | | | | | | | | | | | |
| Cappuccino | 100 | 0 | 0 | 0 | 10 | 110 | 330 | 13 | 4 | 8 | 14 | 18 | 250 | 3.6 | 80 | 16 | 20 |
| Green Tea Lemon Flavor Infuser™* | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 |
| Mixed Berry Flavor Infuser™* | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 0 | 0 | 0 | 0 | 0.0 | 0 | 0 | 0 |
| Strawberry Lemonade Flavor Infuser™* | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 0 | 0 | 1.2 | 0 | 0.0 | 0 | 0 | 0 |
| Essential1: Dietary Supplements | | | | | | | | | | | | | | | | | |
| Essential1: Digestive Health | 25 | 2.5 | 0 | 0 | | 0 | | 0 | | | 0 | 0 | 0 | 0 | 0 | 0 | |
| Essential1: Heart Health | 0 | 0 | 0 | 0 | | 0 | | 0 | | | 0 | | | | | | |
| Essential1: Sleep Health | 0 | 0 | 0 | 0 | | 0 | | 0 | | | 0 | | | | | | |
| Medifast Plus for Appetite Suppression | | | | | | | | | | | | | | | | | |
| Chocolate | 100 | 1 | 0 | 0 | 0 | 210 | 400 | 12 | 4 | 6 | 15 | 21 | 300 | 5.4 | 120 | 16 | 25 |
| Vanilla | 100 | 0.5 | 0 | 0 | 0 | 210 | 400 | 12 | 4 | 6 | 15 | 21 | 300 | 5.4 | 120 | 16 | 30 |
| Medifast Plus for Coronary Health | | | | | | | | | | | | | | | | | |
| Chocolate | 100 | 1 | 0 | 0 | 0 | 220 | 450 | 11 | 3 | 6 | 14 | 150 | 400 | 9.0 | 200 | 28 | 50 |
| Strawberry | 100 | 1 | 0 | 0 | 0 | 220 | 460 | 11 | 3 | 6 | 14 | 150 | 400 | 9.0 | 200 | 28 | 50 |

| 6.24.2010 | Vitamin E (%) | Thiamin (B1) (%) | Riboflavin (B2) (%) | Niacin (B3) (%) | Vitamin B6 (%) | Folate (%) | Vitamin B12 (%) | Biotin (%) | Pantothenic Acid (%) | Phosphorus (%) | Iodine (%) | Magnesium (%) | Zinc (%) | Selenium (%) | Copper (%) | Manganese (%) | Chromium (5) | Molybdenum (%) | Vitamins & Minerals | |
|---|---------------|------------------|---------------------|-----------------|----------------|------------|-----------------|------------|----------------------|----------------|------------|---------------|----------|--------------|------------|---------------|--------------|----------------|---------------------|--------------|
| | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % daily valu |
| Soups | | | | | | | | | | | | | | | | | | | | |
| Beef Vegetable Stew | 25 | 40 | 35 | 30 | 40 | 35 | 20 | 20 | 25 | 15 | 30 | 15 | 25 | 20 | 30 | 50 | 30 | 60 | 15-60 | |
| Chicken Noodle | 25 | 45 | 35 | 30 | 40 | 35 | 20 | 25 | 25 | 20 | 30 | 10 | 30 | 30 | 35 | 45 | 30 | 60 | 6-60 | |
| Chicken & Wild Rice | 20 | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 10 | 20 | 2 | 20 | 20 | 20 | 40 | 25 | 50 | 23 | |
| Cream of Broccoli | 20 | 35 | 30 | 30 | 35 | 25 | 35 | 25 | 20 | 10 | 25 | 20 | 35 | 20 | 20 | 35 | 15 | 70 | 2-70 | |
| Cream of Chicken | 20 | 35 | 30 | 20 | 35 | 25 | 35 | 25 | 20 | 10 | 20 | 20 | 35 | 20 | 20 | 35 | 15 | 70 | 2-70 | |
| Cream of Tomato | 25 | 45 | 35 | 25 | 35 | 25 | 35 | 30 | 20 | 10 | 25 | 20 | 35 | 30 | 25 | 35 | 20 | 80 | 25 | |
| Homestyle Chili | 25 | 40 | 35 | 20 | 40 | 40 | 20 | 25 | 25 | 25 | 30 | 25 | 30 | 20 | 40 | 50 | 30 | 60 | 2-60 | |
| Maryland Crab | 20 | 35 | 35 | 30 | 30 | 25 | 20 | 20 | 20 | 25 | 20 | 20 | 25 | 20 | 25 | 60 | 20 | 80 | 25 | |
| Maintenance Bars | | | | | | | | | | | | | | | | | | | | |
| Caramel Nut | 30 | 25 | 25 | 20 | 25 | 25 | 20 | 20 | 20 | 30 | 15 | 20 | 15 | 15 | 15 | 45 | 20 | 60 | 15-60 | |
| Chocolate Mint | 35 | 30 | 35 | 25 | 30 | 30 | 25 | 25 | 25 | 35 | 20 | 25 | 20 | 20 | 20 | 50 | 25 | 60 | 20-60 | |
| Oatmeal Raisin | 35 | 35 | 30 | 25 | 30 | 35 | 25 | 25 | 25 | 45 | 20 | 25 | 20 | 25 | 25 | 50 | 25 | 60 | 20-60 | |
| Essential1: Antioxidants | | | | | | | | | | | | | | | | | | | | |
| Cherry Pomegranate | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 20 | 20 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 24 |
| Dark Chocolate | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 20 | 20 | 25 | 20 | 15 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Raspberry Acai Flavor Infuser™* | 0 | 0 | 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 | 0 | 0 |
| Essential1: Calorie Burn | | | | | | | | | | | | | | | | | | | | |
| Cappuccino | 20 | 30 | 30 | 20 | 30 | 20 | 25 | 20 | 20 | 15 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 24 | |
| Green Tea Lemon Flavor Infuser™* | 0 | 0 | 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 | 0 | 0 | |
| Strawberry Lemonade Flavor Infuser™* | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Essential1: Dietary Supplements | | | | | | | | | | | | | | | | | | | | |
| Essential1: Digestive Health | | | | | | | | | | | | | | | | | | | | |
| Essential1: Heart Health | | | | | | | | | | | | | | | | | | | | |
| Essential1: Sleep Health | | | | | | | | | | | | | | | | | | | | |
| Medifast Plus for Appetite Suppression | | | | | | | | | | | | | | | | | | | | |
| Chocolate | 20 | 35 | 30 | 20 | 35 | 25 | 20 | 20 | 20 | 25 | 30 | 20 | 20 | 20 | 30 | 45 | 30 | 60 | 4-60 | |
| Vanilla | 20 | 35 | 30 | 20 | 35 | 25 | 20 | 20 | 20 | 25 | 30 | 20 | 20 | 20 | 25 | 45 | 30 | 60 | 8-60 | |
| Medifast Plus for Coronary Health | | | | | | | | | | | | | | | | | | | | |
| Chocolate | 150 | 100 | 100 | 100 | 250 | 100 | 100 | 25 | 100 | 45 | 50 | 80 | 50 | 35 | 50 | 70 | 160 | 60 | 4-250 | |
| Strawberry | 150 | 100 | 100 | 100 | 250 | 100 | 100 | 100 | 100 | 45 | 50 | 70 | 50 | 35 | 50 | 50 | 160 | 60 | 8-250 | |

| 6.24.2010 | Calories | Total Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium | Potassium | Total Carbohydrate | Dietary Fiber | Sugars | Protein | Vitamin C (mg) | Calcium (mg) | Iron (mg) | Vitamin D (IU) | Vitamin K (mcg) | Vitamin A (%) |
|---|----------|-----------|----------|-----------|-------------|--------|-----------|--------------------|---------------|--------|---------|----------------|--------------|-----------|----------------|-----------------|---------------|
| # | grams | grams | grams | grams | mg | mg | mg | grams | grams | grams | grams | mg | mg | mg | IU | mcg | % |
| Medifast Plus for Diabetics | | | | | | | | | | | | | | | | | |
| Chocolate | 90 | 1 | 0 | 0 | 0 | 250 | 400 | 10 | 4 | 5 | 14 | 21 | 300 | 5.4 | 120 | 20 | 25 |
| Strawberry | 90 | 0.5 | 0 | 0 | 0 | 250 | 400 | 9 | 3 | 5 | 14 | 21 | 300 | 5.4 | 120 | 16 | 25 |
| Vanilla | 90 | 0.5 | 0 | 0 | 0 | 250 | 410 | 10 | 4 | 5 | 14 | 21 | 300 | 4.5 | 120 | 20 | 25 |
| Medifast Plus for Joint Health | | | | | | | | | | | | | | | | | |
| Chocolate | 100 | 1 | 0 | 0 | 0 | 260 | 410 | 12 | 4 | 6 | 15 | 21 | 300 | 5.4 | 120 | 20 | 25 |
| Vanilla | 100 | 0.5 | 0 | 0 | 0 | 260 | 410 | 11 | 3 | 6 | 15 | 21 | 300 | 5.4 | 120 | 16 | 30 |
| Medifast Plus for Women's Health | | | | | | | | | | | | | | | | | |
| Chocolate | 110 | 1 | 0 | 0 | 0 | 160 | 490 | 15 | 4 | 10 | 14 | 150 | 500 | 9.0 | 200 | 28 | 50 |
| Vanilla | 110 | 1 | 0 | 0 | 0 | 170 | 480 | 15 | 4 | 10 | 14 | 150 | 500 | 9.0 | 200 | 28 | 50 |
| Snack Items: These should not be counted as part of your daily Medifast Meals | | | | | | | | | | | | | | | | | |
| Crackers** | | | | | | | | | | | | | | | | | |
| Garden Vegetable | 60 | 0 | 0 | 0 | 0 | 90 | 0 | 12 | 0 | 1 | 2 | 1.2 | 0 | 0.0 | 0 | 0 | 2 |
| Multi-grain | 50 | 0 | 0 | 0 | 0 | 65 | 0 | 12 | 1 | 1 | 1 | 0 | 0 | 0.4 | 0 | 0 | 0 |
| Soy Crisps** | | | | | | | | | | | | | | | | | |
| Apple Cinnamon | 70 | 2 | 0 | 0 | 0 | 95 | 0 | 8 | 1 | 2 | 4 | 0 | 20 | 0.7 | 0 | 0 | 0 |
| Ranch | 60 | 2 | 0 | 0 | 0 | 210 | 0 | 7 | 1 | 1 | 5 | 0 | 40 | 0.7 | 0 | 0 | 0 |
| White Cheddar | 70 | 2 | 0 | 0 | 0 | 140 | 0 | 7 | 1 | 1 | 5 | 0 | 40 | 0.7 | 0 | 0 | 0 |
| *These are Flavor Infusers™, which should not be counted as one of your daily Medifast Meals. | | | | | | | | | | | | | | | | | |
| **These are an optional snack item, which should not be counted as one of your daily Medifast Meals. For best results, limit optional snacks to only ONE per day. | | | | | | | | | | | | | | | | | |

| 6.24.2010 | Vitamin E (%) | Thiamin (B1) (%) | Riboflavin (B2) (%) | Niacin (B3) (%) | Vitamin B6 (%) | Folate (%) | Vitamin B12 (%) | Biotin (%) | Pantothenic Acid (%) | Phosphorus (%) | Iodine (%) | Magnesium (%) | Zinc (%) | Selenium (%) | Copper (%) | Manganese (%) | Chromium (5) | Molybdenum (%) | Vitamins & Minerals | |
|---|---------------|------------------|---------------------|-----------------|----------------|------------|-----------------|------------|----------------------|----------------|------------|---------------|----------|--------------|------------|---------------|--------------|----------------|---------------------|--------------|
| | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % daily valu |
| Medifast Plus for Diabetics | | | | | | | | | | | | | | | | | | | | |
| Chocolate | 25 | 35 | 30 | 20 | 35 | 25 | 20 | 20 | 25 | 25 | 30 | 20 | 25 | 20 | 30 | 45 | 30 | 60 | 4-60 | |
| Strawberry | 20 | 35 | 30 | 20 | 35 | 25 | 20 | 20 | 20 | 25 | 25 | 20 | 20 | 20 | 25 | 45 | 30 | 60 | 8-60 | |
| Vanilla | 25 | 35 | 30 | 20 | 35 | 25 | 20 | 20 | 25 | 25 | 30 | 20 | 20 | 20 | 25 | 45 | 30 | 60 | 8-60 | |
| Medifast Plus for Joint Health | | | | | | | | | | | | | | | | | | | | |
| Chocolate | 25 | 35 | 30 | 20 | 35 | 25 | 20 | 20 | 25 | 25 | 30 | 20 | 25 | 20 | 30 | 45 | 30 | 60 | 4-60 | |
| Vanilla | 20 | 35 | 30 | 20 | 35 | 25 | 20 | 20 | 20 | 25 | 30 | 20 | 20 | 20 | 25 | 45 | 30 | 60 | 8-60 | |
| Medifast Plus for Women's Health | | | | | | | | | | | | | | | | | | | | |
| Chocolate | 150 | 100 | 100 | 100 | 250 | 100 | 100 | 100 | 100 | 50 | 50 | 60 | 50 | 35 | 50 | 50 | 160 | 60 | 6-250 | |
| Vanilla | 150 | 100 | 100 | 100 | 250 | 100 | 100 | 100 | 100 | 50 | 50 | 60 | 50 | 35 | 50 | 50 | 160 | 70 | 10-250 | |
| Snack Items: These should not be counted as part of your daily Medifast Meals | | | | | | | | | | | | | | | | | | | | |
| Crackers** | | | | | | | | | | | | | | | | | | | | |
| Garden Vegetable | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0-2 |
| Multi-grain | 0 | 0 | 0 | 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 | 0 | 0 | 0-4 |
| Ranch | 0 | 0 | 0 | 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 | 0 | 0 | 0-4 |
| *These are Flavor Infusers™, which should not be counted as one of your daily Medifast Meals. | | | | | | | | | | | | | | | | | | | | |
| **These are an optional snack item, which should not be counted as one of your daily Medifast Meals. For best results, limit optional snacks to only ONE per day. | | | | | | | | | | | | | | | | | | | | |