

# Maintenance Sample Meal Plans

In Maintenance, some people prefer to work with general guidelines for success while others prefer more structure and a specific meal pattern to follow. In this document, we will provide you with each so you can find what works best for your style.

After you find your specific calories, you can use the following charts to select foods that meet your individual calorie needs.

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## 1,200 CALORIES

- 2 Medifast Meals/Healthy Fuelings
- 1 Grain serving                      3 Vegetable servings
- 1 Fruit serving                        2 4-oz Protein servings
- 2 Dairy servings                       1 Fat serving

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	1 serving	½ cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	4 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
<b>Mid-Afternoon Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Dinner</b>	Vegetable	2 servings	1 cup lettuce ½ cup tomato
	Protein	1 serving	4 oz baked trout filet
	Fat	1 serving	2 Tbsp low-fat salad dressing

# 1,300 CALORIES

3 Medifast Meals/Healthy Fuelings  
 1 Grain serving                      3 Vegetable servings  
 1 Fruit serving                        2 4-oz Protein servings  
 2 Dairy servings                        1 Fat serving

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	1 serving	½ cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	4 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
<b>Mid-Afternoon Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Dinner</b>	Vegetable	2 servings	1 cup lettuce ½ cup tomato
	Protein	1 serving	4 oz baked trout filet
	Fat	1 serving	2 Tbsp low-fat salad dressing
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 1,400 CALORIES

- 3 Medifast Meals/Healthy Fuelings
- 1 Grain serving
- 2 Fruit servings
- 2 Dairy servings
- 3 Vegetable servings
- 2 4-oz Protein servings
- 1 Fat serving

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	1 serving	½ cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	4 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
<b>Mid-Afternoon Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Dinner</b>	Vegetable	2 servings	1 cup lettuce ½ cup tomato
	Fruit	1 serving	1 medium apple
	Protein	1 serving	4 oz baked trout filet
	Fat	1 serving	2 Tbsp low-fat salad dressing
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 1,500 CALORIES

3 Medifast Meals/Healthy Fuelings  
 2 Grain servings                      3 Vegetable servings  
 2 Fruit servings                      2 4-oz Protein servings  
 2 Dairy servings                      2 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	1 serving	½ cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Grain	1 serving	1 slice whole-wheat bread
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	4 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
<b>Mid-Afternoon Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Dinner</b>	Vegetable	2 servings	1 cup lettuce ½ cup tomato
	Fruit	1 serving	1 medium apple
	Protein	1 serving	4 oz baked trout filet
	Fat	2 servings	2 Tbsp low-fat salad dressing 5 green olives
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 1,600 CALORIES

- 3 Medifast Meals/Healthy Fuelings
- 2 Grain servings
- 2 Fruit servings
- 3 Dairy servings
- 3 Vegetable servings
- 2 4-oz Protein servings
- 2 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	1 serving	½ cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Grain	1 serving	1 slice whole-wheat bread
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	4 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
<b>Mid-Afternoon Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Dinner</b>	Vegetable	2 servings	1 cup lettuce ½ cup tomato
	Fruit	1 serving	1 medium apple
	Protein	1 serving	4 oz baked trout filet
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	2 servings	2 Tbsp low-fat salad dressing 5 green olives
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 1,700 CALORIES

- 3 Medifast Meals/Healthy Fuelings
- 2 Grain servings
- 2 Fruit servings
- 3 Dairy servings
- 3 Vegetable servings
- 2 4- to 6-oz Protein servings
- 2 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	1 serving	½ cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Grain	1 serving	1 slice whole-wheat bread
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
<b>Mid-Afternoon Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Dinner</b>	Vegetable	2 servings	1 cup lettuce ½ cup tomato
	Fruit	1 serving	1 medium apple
	Protein	1 serving	4 oz baked trout filet
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	2 servings	2 Tbsp low-fat salad dressing 5 green olives
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 1,800 CALORIES

- 3 Medifast Meals/Healthy Fuelings
- 2 Grain servings
- 2 Fruit servings
- 3 Dairy servings
- 3 Vegetable servings
- 2 6-oz Protein servings
- 3 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	1 serving	½ cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Grain	1 serving	1 slice whole-wheat bread
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
<b>Mid-Afternoon Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Dinner</b>	Vegetable	2 servings	1 cup lettuce ½ cup tomato
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 1,900 CALORIES

- 3 Medifast Meals/Healthy Fuelings
- 2 Grain servings
- 3 Fruit servings
- 3 Dairy servings
- 3 Vegetable servings
- 2 6-oz Protein servings
- 3 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	1 serving	½ cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Fruit	1 serving	½ cup blueberries
	Grain	1 serving	1 slice whole-wheat bread
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
<b>Mid-Afternoon Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Dinner</b>	Vegetable	2 servings	1 cup lettuce ½ cup tomato
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 2,000 CALORIES

- 3 Medifast Meals/Healthy Fuelings
- 2 Grain servings
- 3 Fruit servings
- 3 Dairy servings
- 4 Vegetable servings
- 2 6-oz Protein servings
- 4 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	1 serving	½ cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Fruit	1 serving	½ cup blueberries
	Grain	1 serving	1 slice whole-wheat bread
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
	Fat	1 serving	1 tsp mayonnaise
<b>Mid-Afternoon Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Dinner</b>	Vegetable	3 servings	1 cup lettuce ½ cup tomato ½ cup beets
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 2,100 CALORIES

3 Medifast Meals/Healthy Fuelings  
 3 Grain servings  
 3 Fruit servings  
 3 Dairy servings  
 4 Vegetable servings  
 2 6-oz Protein servings  
 4 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	1 serving	½ cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Fruit	1 serving	½ cup blueberries
	Grain	1 serving	1 slice whole-wheat bread
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
	Fat	1 serving	1 tsp mayonnaise
<b>Mid-Afternoon Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Dinner</b>	Vegetable	3 servings	1 cup lettuce ½ cup tomato ½ cup beets
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Grain	1 serving	1 small dinner roll
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 2,200 CALORIES

3 Medifast Meals/Healthy Fuelings  
 3 Grain servings  
 4 Fruit servings  
 3 Dairy servings  
 4 Vegetable servings  
 2 6-oz Protein servings  
 5 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	2 servings	1 cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Fruit	1 serving	½ cup blueberries
	Grain	1 serving	1 slice whole-wheat bread
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
	Fat	2 servings	2 tsp mayonnaise
<b>Mid-Afternoon Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Dinner</b>	Vegetable	3 servings	1 cup lettuce ½ cup tomato ½ cup beets
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Grain	1 serving	1 small dinner roll
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 2,300 CALORIES

3 Medifast Meals/Healthy Fuelings  
 4 Grain servings  
 4 Fruit servings  
 3 Dairy servings  
 4 Vegetable servings  
 2 6-oz Protein servings  
 5 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	2 servings	1 cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Fruit	1 serving	½ cup blueberries
	Grain	1 serving	1 slice whole-wheat bread
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
	Fat	2 servings	2 tsp mayonnaise
<b>Mid-Afternoon Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Dinner</b>	Vegetable	3 servings	1 cup lettuce ½ cup tomato ½ cup beets
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Grain	2 servings	1 small dinner roll ½ cup brown rice
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 2,400 CALORIES

- 4 Medifast Meals/Healthy Fuelings
- 4 Grain servings
- 4 Fruit servings
- 3 Dairy servings
- 4 Vegetable servings
- 2 6-oz Protein servings
- 5 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	2 servings	1 cup cubed cantaloupe
	Dairy	1 serving	1 cup skim or low-fat milk
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Fruit	1 serving	½ cup blueberries
	Grain	1 serving	1 slice whole-wheat bread
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
	Fat	2 servings	2 tsp mayonnaise
<b>Mid-Afternoon Fueling</b>		2 Medifast Meals or 2 Healthy Fuelings	
<b>Dinner</b>	Vegetable	3 servings	1 cup lettuce ½ cup tomato ½ cup beets
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Grain	2 servings	1 small dinner roll ½ cup brown rice
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 2,500 CALORIES

4 Medifast Meals/Healthy Fuelings  
 5 Grain servings  
 4 Fruit servings  
 4 Dairy servings  
 4 Vegetable servings  
 2 6-oz Protein servings  
 5 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	2 servings	1 cup cubed cantaloupe
	Dairy	2 servings	1 cup skim or low-fat milk 1 cup sugar-free yogurt
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Fruit	1 serving	½ cup blueberries
	Grain	1 serving	1 slice whole-wheat bread
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
	Fat	2 servings	2 tsp mayonnaise
<b>Mid-Afternoon Fueling</b>		2 Medifast Meals or 2 Healthy Fuelings	
<b>Dinner</b>	Vegetable	3 servings	1 cup lettuce ½ cup tomato ½ cup beets
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Grain	3 servings	1 small dinner roll 1 cup brown rice
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 2,600 CALORIES

- 4 Medifast Meals/Healthy Fuelings
- 5 Grain servings
- 4 Fruit servings
- 4 Dairy servings
- 4 Vegetable servings
- 2 7-oz (or total of 14 oz) Protein servings
- 5 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	2 servings	1 cup cubed cantaloupe
	Dairy	2 servings	1 cup skim or low-fat milk 1 cup sugar-free yogurt
	Protein	2 oz	4 scrambled egg whites
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Fruit	1 serving	½ cup blueberries
	Grain	1 serving	1 slice whole-wheat bread
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
	Fat	2 servings	2 tsp mayonnaise
<b>Mid-Afternoon Fueling</b>		2 Medifast Meals or 2 Healthy Fuelings	
<b>Dinner</b>	Vegetable	3 servings	1 cup lettuce ½ cup tomato ½ cup beets
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Grain	3 servings	1 small dinner roll 1 cup brown rice
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 2,700 CALORIES

4 Medifast Meals/Healthy Fuelings  
 6 Grain servings  
 4 Fruit servings  
 4 Dairy servings  
 4 Vegetable servings  
 2 7-oz (or total of 14 oz) Protein servings  
 5 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	2 servings	1 cup cubed cantaloupe
	Dairy	2 servings	1 cup skim or low-fat milk 1 cup sugar-free yogurt
	Protein	2 oz	4 scrambled egg whites
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Fruit	1 serving	½ cup blueberries
	Grain	2 servings	1 slice whole-wheat bread ½ cup whole-wheat pasta
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
	Fat	2 servings	2 tsp mayonnaise
<b>Mid-Afternoon Fueling</b>		2 Medifast Meals or 2 Healthy Fuelings	
<b>Dinner</b>	Vegetable	3 servings	1 cup lettuce ½ cup tomato ½ cup beets
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Grain	3 servings	1 small dinner roll 1 cup brown rice
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	

# 2,800 CALORIES

5 Medifast Meals/Healthy Fuelings  
 7 Grain servings  
 4 Fruit servings  
 4 Dairy servings  
 4 Vegetable servings  
 2 7-oz (or total of 14 oz) Protein servings  
 5 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	1 serving	1 cup ready-to-eat unsweetened cereal
	Fruit	2 servings	1 cup cubed cantaloupe
	Dairy	2 servings	1 cup skim or low-fat milk 1 cup sugar-free yogurt
	Protein	2 oz	4 scrambled egg whites
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Fruit	1 serving	½ cup blueberries
	Grain	3 servings	1 slice whole-wheat bread 1 cup whole-wheat pasta
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
	Fat	2 servings	2 tsp mayonnaise
<b>Mid-Afternoon Fueling</b>		2 Medifast Meals or 2 Healthy Fuelings	
<b>Dinner</b>	Vegetable	3 servings	1 cup lettuce ½ cup tomato ½ cup beets
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Grain	3 servings	1 small dinner roll 1 cup brown rice
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		2 Medifast Meals or 2 Healthy Fuelings	

# 2,900 CALORIES

5 Medifast Meals/Healthy Fuelings  
 8 Grain servings  
 4 Fruit servings  
 4 Dairy servings  
 4 Vegetable servings  
 2 7-oz (or total of 14 oz) Protein servings  
 6 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	2 servings	1 cup ready-to-eat unsweetened cereal 1 slice toast
	Fruit	2 servings	1 cup cubed cantaloupe
	Dairy	2 servings	1 cup skim or low-fat milk 1 cup sugar-free yogurt
	Protein	2 oz	4 scrambled egg whites
	Fat	1 serving	1 tsp trans-fat-free margarine
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Fruit	1 serving	½ cup blueberries
	Grain	3 servings	1 slice whole-wheat bread 1 cup whole-wheat pasta
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
	Fat	2 servings	2 tsp mayonnaise
<b>Mid-Afternoon Fueling</b>		2 Medifast Meals or 2 Healthy Fuelings	
<b>Dinner</b>	Vegetable	3 servings	1 cup lettuce ½ cup tomato ½ cup beets
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Grain	3 servings	1 small dinner roll 1 cup brown rice
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		2 Medifast Meals or 2 Healthy Fuelings	

# 3,000 CALORIES

5 Medifast Meals/Healthy Fuelings  
 9 Grain servings  
 4 Fruit servings  
 4 Dairy servings  
 4 Vegetable servings  
 2 7-oz (or total of 14 oz) Protein servings  
 6 Fat servings

	Food Group	Serving Size	Example
<b>Breakfast</b>	Grain	3 servings	2 cups ready-to-eat unsweetened cereal 1 slice toast
	Fruit	2 servings	1 cup cubed cantaloupe
	Dairy	2 servings	1 cup skim or low-fat milk 1 cup sugar-free yogurt
	Protein	2 oz	4 scrambled egg whites
	Fat	1 serving	1 tsp trans-fat-free margarine
<b>Mid-Morning Fueling</b>		1 Medifast Meal or 1 Healthy Fueling	
<b>Lunch</b>	Fruit	1 serving	½ cup blueberries
	Grain	3 servings	1 slice whole-wheat bread 1 cup whole-wheat pasta
	Vegetable	1 serving	½ cup cooked broccoli
	Protein	1 serving	6 oz sliced chicken
	Dairy	1 serving	1 cup sugar-free yogurt
	Fat	2 servings	2 tsp mayonnaise
<b>Mid-Afternoon Fueling</b>		2 Medifast Meals or 2 Healthy Fuelings	
<b>Dinner</b>	Vegetable	3 servings	1 cup lettuce ½ cup tomato ½ cup beets
	Fruit	1 serving	1 medium apple
	Protein	1 serving	6 oz baked trout filet
	Grain	3 servings	1 small dinner roll 1 cup brown rice
	Dairy	1 serving	1 cup skim or low-fat milk
	Fat	3 servings	2 Tbsp low-fat salad dressing 5 green olives 1 tsp trans fat-free margarine
<b>Evening Fueling</b>		2 Medifast Meals or 2 Healthy Fuelings	

# Healthy Fuelings

Here are examples of Healthy Fuelings, which you can enjoy interchangeably (any Healthy Fueling can be used instead of another Healthy Fueling). The list includes both Medifast Meals and healthy traditional food options.

**Note: Calories range from 90 to 110 calories per Healthy Fueling.**

## Food group

## Healthy Fueling



**Medifast Meal**

- Any Medifast Meal



**Fruit**

- 1 cup fresh cherries
- 1 medium apple
- 1 medium pear
- ¼ cup seedless, raisins
- 1-½ cups fresh raspberries
- 1 medium banana
- 1 cup sliced mango
- 1 cup seedless grapes
- ¼ cup dried cranberries
- ¼ cup dried unsweetened peaches
- 1 cup unsweetened applesauce
- 5 pitted dates
- 2 cups diced watermelon
- ¼ cup dried apricots
- 3 plums
- 1 medium pink grapefruit
- 1 cup sliced kiwi
- 1-½ cup blackberries



**Vegetable**

- 2 cups baby carrots
- 1 cup fresh broccoli, 1 cup fresh cauliflower with 2 Tbsp low-fat ranch dressing
- 2 cups raw spinach, ¾ cup sliced cucumber, ½ cup cherry tomatoes, ½ cup chopped carrots, and 2 Tbsp balsamic vinegar



**Dairy**

- 8 oz prepared Yoplait® Frozen Smoothie
- 6 oz Chobani® nonfat plain greek yogurt or 4 oz nonfat flavored yogurt
- ½ cup low-fat vanilla yogurt
- 1 cup 1% milk
- 1 cup Silk® soymilk

**Grain**

- 5 slices Melba toast
- 1 cup Cheerios®, dry
- 3 cups plain air-popped popcorn (measured after popping)
- ½ cup plain shredded-wheat cereal, dry
- ½ cup cooked brown, long-grain rice
- ⅔ cup cream of wheat prepared with water
- 1 slice whole-wheat toast with 2 tsp of strawberry preserves

**Nuts & Seeds**

- 2 Tbsp sesame seeds
- 3 Brazil nuts
- 26 pistachios
- ¾ oz trail mix

**Protein**

- ¾ cup raw edamame
- 1-½ oz low-fat mozzarella cheese
- Deviled egg: Cut 1 hard-boiled egg in half, mix the yolk with 1 Tbsp hummus, and fill the egg white with the yolk mixture

**Combinations****Fruit & dairy**

- 1 medium peach with ¼ cup nonfat plain yogurt
- ½ cup blueberries with ¼ cup low-fat vanilla yogurt
- 1 cup diced honeydew melon with ¼ cup nonfat plain yogurt
- 1 cup pineapple chunks with 2 Tbsp whipped topping
- 1 cup fresh halved strawberries, ½ cup blueberries, and 2 Tbsp light whipped topping

**Fruit & protein**

- ½ cup low-fat cottage cheese with 5 medium strawberries
- 1 small apple with 1 tsp natural peanut butter
- 1 cup cubed cantaloupe with ¼ cup 1% low-fat cottage cheese
- ½ cup cottage cheese and 4 large olives

**Fruit & vegetable**

- ¼ cup pureed avocado, 1 Tbsp chopped tomatoes, 1 tsp lime juice

## Combinations

**Vegetable & protein**

- 1 medium tomato, sliced, sprinkled with 1 oz low-fat mozzarella cheese
- ½ cup low-fat cottage cheese with ½ medium tomato, sliced
- 5 4-inch celery sticks with 1 Tbsp natural peanut butter
- 1 cup raw portabella mushrooms with 1 oz low-fat grated mozzarella cheese
- 1 cup sliced eggplant with 1 oz low-fat mozzarella cheese melted on top
- ¾ oz tuna mixed with 1 tsp hummus and spread on 1 endive leaf
- 1 cup chopped broccoli with a 1 cubic-inch square of cheddar cheese melted on top
- 8 cherry tomatoes with 1 cubic inch of cheddar cheese
- ½ cup sliced red bell pepper with 3 Tbsp hummus
- 6 fresh basil leaves, 1 medium tomato, sliced, and 3 Tbsp hummus
- 2 Tbsp hummus, 2 Tbsp avocado, and 3 large celery stalks

**Grain & vegetable**

- ½ cup cooked couscous with 2 medium celery stalks

**Grain & fruit**

- ½ cup dry bran cereal with ½ cup fresh blueberries

**Grain & dairy**

- 1 Tbsp low-fat granola with ½ cup nonfat plain yogurt

**Grain & protein**

- 1 slice whole-grain bread with 1 oz fat-free turkey breast
- 1 whole-wheat pita (4-inch diameter) with 1 Tbsp hummus spread on top
- 1 plain rice cake with 2 tsp natural peanut butter spread on top
- 1 oz cooked salmon with 3 RITZ® crackers
- ½ cup cooked whole-wheat spaghetti with 1 Tbsp grated parmesan cheese
- 1 whole graham cracker rectangle with 1 tsp natural peanut butter spread on top
- ½ whole-wheat English muffin, 1 slice of a medium tomato, and 2 Tbsp shredded, fat-free mozzarella cheese
- 1 wedge Laughing Cow® Swiss cheese spread on 1 mini bagel (4-inch diameter)

**Nuts/seeds & vegetable**

- 10 almonds and 3 large celery stalks

**Protein & dairy**

- 1 large egg scrambled with 1 Tbsp skim milk and 1 Tbsp shredded cheddar cheese