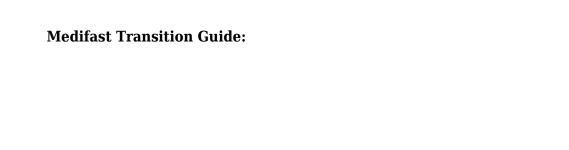
Target = of calories	Medifast Meals	Lean & Green" Meals	Additions
850 – 1,050	5	1	1 cup (2 servings) of your favorite vegetables
900 – 1,150	4	1	In addition to your: 1 cup of vegetables 2 medium-sized OR 1 cup of cubed fruit or berries* (2 servings)
1,000 – 1,300	4	1	In addition to your: 1 cup of vegetables AND 2 pieces of fruit OR 1 cup of cubed fruit or berries* 1 cup of low-fat or fat-free dairy (1 serving)
1,100 – 1,550	3	1	In addition to your: 1 cup of vegetables AND 2 pieces of fruit OR 1 cup of cubed fruit or berries* AND 1 cup of low-fat or fat-free dairy 4- to 6-oz serving of whole grain** (1 serving)

Medifast

Lean &

Medifast Transition Guide

Lei Shi



Medifast Transition Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has be much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Medifast Transition Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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