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Breakfast: 1st Medifast Meal • Medifast Original Style Eggs with egg whites Mid-Morning: nd2 Medifast Meal • Medifast Dutch Chocolate Shake Lunch: 3rd Medifast Meal • Medifast Cream of Tomato Soup sprinkled with parsley flakes Mid-Afternoon: t4 H Medifast Meal • Medifast Caramel Crunch Bar Dinner: lean & green™ Meal • 5 oz grilled salmon • 11 /

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PRICE: Starting at \$149. Medifast also gives shorter terms bundles to those who would prefer to try it out before committing to a full month of food. This is also a good option for people who only need to lose between 5 and 10 pounds. Two-week bundles incorporate all the meal alternatives of the 4-week plan.

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