

Your Check List – Getting Started on Medifast



As you begin your journey on the Medifast weight loss program it's important to have the right steps outlined so your expectations are met. Without this you will feel like Medifast is just another diet and you may find yourself abandoning your efforts after a few weeks.

Some of the things listed here can be done while you are waiting for your food. It will take between 5 to 7 business days for your food to arrive so you will have time to get some of the following things completed.

1. Pick a start date Think about the best time to start the Medifast weight loss program. Some clients choose to begin on the weekend. Select a day when you don't have any major social events planned so you can focus on the program and eating the meals every 2 – 3 hours.
2. Use the weight measurement chart to record your beginning weight and measurements. You will want to record your weight weekly and your inches monthly. A before picture is important, too.
3. Write down why you want to lose weight. Think about what it means if you do not lose the weight. Find your reason and visualize what you will look like at your goal weight.
4. Spend time going over the weight loss tools found in this section. Print and use all that apply.
5. Go shopping while you are waiting for your food to arrive. Plan your Medifast Lean & Green meals ahead of time. Refer back to the Standard Medifast meal plan found in this section for approved list of protein choices and the allowed low-carbohydrate vegetables. Many clients purchase frozen chicken breasts, fish fillets and other protein sources to have on hand for quick meals. Tyson and other food vendors make grilled chicken and steak strips that are healthy, and are a convenient way to prepare the Lean portion of your Medifast Lean & Green meal. Serve these with some steamed or stir-fried vegetables and a salad on the side and you are ready to go!
6. Most restaurants will allow you to order a serving of grilled protein and steamed vegetables even if it is not listed on the menu. Always ask.
7. Get rid of all temptations from the house. If you have children put their snacks and any other sweets or chips in a separate cupboard away from your Medifast meals. Ask for your family's support.
8. When your food arrives, organize and set out 5 days of meals. Decide what you want for breakfast, snacks and lunch.
9. The first 3 days on the program is when your body is using up its stores of carbohydrates for energy. Hang in there because it is worth it. Most people find that by day 4 or 5 they have an increase in energy and their cravings are gone and they are no longer hungry. Stay the course. We want you to be our next success story.
10. Store this website in your favorites so you can refer back to the material & receive the most current Medifast discounts and coupons.
11. Make a commitment to the entire program. You'll be happy you did.