

# Take Shape For Life Plateau Tips

For most people, achieving success on the Medifast 5 & 1 Plan is simple and doesn't require any counting of calories or carbohydrates. Here are a few tips that can help if you are experiencing slower weight loss or if you reach a weight-loss plateau at some point in your program.

- If you haven't started exercising yet, now may be the time. Start slowly, and gradually increase time and intensity as your body allows. Remember, listen to your body! If you are already exercising, try picking up the intensity or frequency of your workouts.
- In general, be aware of your total carbohydrate intake. If you are experiencing slower weight loss or hit a plateau, we recommend staying between 80-85 grams of carbs per day.
- Avoid eating a Medifast snack product and a Medifast Maintenance Bar (in the green wrapper) in the same day if you are experiencing slower weight loss or a weight-loss plateau.
  - **Medifast Maintenance Bars (in the green wrapper) are higher in carbs than other Medifast Meals**
  - **Medifast snacks are higher in carbs than most non-Medifast snacks**

If you like eating both snacks and bars, try to alternate days that you eat a Medifast snack with days that you eat a Medifast Maintenance Bar. Refer to the list of non-Medifast snacks in your Quick Start Guide for more options.
- Use [MyMedifast](#) to log your meals and be sure you are eating the [Lean & Green Meal](#) as it is recommended.
- Make sure you are drinking at least 64 oz of water per day.

If you've tried these tips and are not getting the results you expected, or if you would like to speak to someone who can help customize a program to your individual needs, please contact your Health Coach or Medifast's Nutrition Support team at [NutritionSupport@TSFL.com](mailto:NutritionSupport@TSFL.com).