

# Download Quick Start Guide Medifast

2 Medifast Quick Start Guide Consult with your health care provider We recommend that you contact your health care provider before starting Medifast, and stay in regular touch throughout your weight-loss progress. The Medifast Lean & Green Meals are a great way to learn how to make delicious, healthy meals at home. Get the details and download the full PDF here. Studies show that professional support during weight loss leads to lasting changes, which is why Medifast offers a team of local, certified professional nutritionists and registered dietitians to guide you through every step of your weight loss journey. Medifast is a line of weight-loss products designed to help promote weight loss. The plan is often doctor-recommended with most seeing results., Quick Start Guide Medifast.

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