

When Hunger Strikes on the Medifast Program

During those times you might get hungry while on the Medifast program. I do these things myself and they are also what I learned while studying to be a certified Take Shape For Life Health Advisor so I know these tips will work for you too.

1. **Evaluate Your Day:** Before doing anything, go over what you have eaten that day. If you ate something that was not on plan, it may have added extra calories, carbs or fat to your program which would increase your appetite. Don't beat yourself up about the mistake. Just learn from it so you can avoid doing it again.
2. **Meal Spacing:** Determine how many hours apart you are eating your Medifast meals. If you are eating them 3 hours apart, move them closer together such as 2-1/2 hours apart. Always have your first meal within the first hour after you wake up. If you can have it within the first 30 minutes that is even better.
3. **Number of Meals:** Are you eating all 5 of your Medifast meals and the entire Lean and Green meal? It is important to understand that you must get in all 6 meals every day so your body is continually being fueled. If at the end of the day you determine you are behind in eating your meals, it is better to double up your meals than to skip a meal. It is not recommended that you double up too often. Use it as a learning experience and correct the problem the next day. The Medifast meal plan is also teaching you portion control and better eating habits so consuming double meals all the time is not recommended.
4. **Medifast Snacks:** If you are not currently eating a Medifast approved snack, you may consider adding one snack into your daily meal plan. See the list of approved Healthy Snack list.
5. **Drink Lots of Water:** Are you drinking a minimum of 64 ounces of water? The keyword here is "minimum". Water is a natural appetite suppressant and is very healthy for our bodies. The human body is comprised of 70% water, so drink up!
6. **Hungry between meals:** Try bouillon up to 1 cup it can help build your electrolytes and help curb your appetite.
7. **Eat an Extra Medifast Meal:** If you have tried everything then consider eating an extra Medifast Meal. It is better to eat another meal which would add an additional 100 calories to your meal plan than to be tempted to go off plan.
8. **Contact me for Support:** As a certified Health Advisor for Take Shape For Life, I am qualified to assist you in determining what will work for you on the Medifast program. For example, I can help you determine what might be triggering your hunger. My service to you is free because I get paid by TSFL for coaching you. For those that do not know, TSFL is Medifast's division of Health Advisors who assist others on the program so that they are successful. Medifast states that the success rate of someone on their program who has a Health Advisor is much higher than someone who does not. So it is to their advantage and yours for you to be assisted through the Medifast program by a Health Advisor. [Contact me anytime for support with your Medifast program.](#)

Medifast Snacks

Did you know that you can have one Medifast approved snack a day while on the weight loss program? The daily snack can be just what you need when you are craving that certain something in between your Medifast meals or as an evening snack. Listed below are the approved snacks you can choose from. Medifast Crackers - Medifast Soy Crisps - 3 celery stalks- 2 dill pickle spears - 1 cup bouillon - 1 sugar-free Popsicle - 1 cup sugar free Jello
In addition, up to 5 pieces of either sugar-free gum or mints per day.