

# Lean Options

Choose meats and meatless proteins that are grilled, baked, broiled, or poached—not fried.

**NOTE: SERVING OUNCES REPRESENT COOKED WEIGHT (NOT RAW).**

<p>▶ <b>LEANEST:</b> Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings.</p>	<p>▶ <b>LEANER:</b> Choose a 6-oz portion (cooked weight) plus 1 Healthy Fat serving.</p>	<p>▶ <b>LEAN:</b> Choose a 5-oz portion (cooked weight) – no Healthy Fat serving added.</p>
<ul style="list-style-type: none"><li>• <b>Fish:</b> cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish</li><li>• <b>Shellfish:</b> crab, scallop, shrimp, lobster</li><li>• <b>Game meat:</b> deer, buffalo, elk</li><li>• <b>Ground turkey or other meat:</b> ≥ 98% lean</li><li>• <b>Meatless options:</b><ul style="list-style-type: none"><li>• 14 egg whites</li><li>• 2 cups of EggBeaters®</li><li>• 2 Boca Burger®, Morningstar Farms®, or Garden Burger® patties, or other varieties with less than 6 grams of carbohydrate per patty</li></ul></li></ul>	<ul style="list-style-type: none"><li>• <b>Fish:</b> swordfish, trout, halibut</li><li>• <b>Chicken:</b> breast or white meat, without skin</li><li>• <b>Ground turkey or other meat:</b> 95 – 97% lean</li><li>• <b>Turkey:</b> light meat</li><li>• <b>Meatless options:</b><ul style="list-style-type: none"><li>• 15 oz extra-firm tofu</li><li>• 2 whole eggs plus 4 egg whites</li></ul></li></ul>	<ul style="list-style-type: none"><li>• <b>Fish:</b> salmon, tuna (bluefin steak), farmed catfish, mackerel, herring</li><li>• <b>Lean beef:</b> steak, roast, ground</li><li>• <b>Lamb</b></li><li>• <b>Pork chop or pork tenderloin</b></li><li>• <b>Ground turkey or other meat:</b> 85 – 94% lean</li><li>• <b>Chicken or turkey:</b> dark meat</li><li>• <b>Meatless options:</b><ul style="list-style-type: none"><li>• 15 oz firm or soft tofu</li><li>• 3 whole eggs (limit to once a week)</li></ul></li></ul>

## Healthy Fat serving options:

Add 0 – 2 servings daily based on your lean choices. One serving is equal to *one* of the following:

- 1 teaspoon of oil (canola, flaxseed, walnut, or olive)
- 5 – 6 black or green olives
- up to 2 tablespoons of low carbohydrate salad dressing (should provide ~5 grams of fat and <6 grams of carbohydrates per serving)
- 1 teaspoon trans fat-free margarine

Other fats can be used but we recommend choices that are lower in saturated and trans fat (such as examples listed).

## Meatless options:

Please refer to our Meatless Options list for additional choices and more detailed information.

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# Green Options

All vegetables promote healthful eating; however, during the weight-loss phase of your plan, we do eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, onions, edamame, and brussels sprouts) in order to enhance your weight-loss results. Once you transition to the Maintenance phase of the program, we encourage you to include ALL vegetables for long-term health.

## Select ANY combination of three servings for your Lean & Green Meal.

 LOWER CARBOHYDRATE 	 MODERATE CARBOHYDRATE 	 HIGHER CARBOHYDRATE 
<p><b>1 cup:</b> collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress.</p> <p><b>½ cup:</b> celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw).</p>	<p><b>½ cup:</b> Asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini).</p>	<p><b>½ cup:</b> Broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked).</p>

All vegetables on the Medifast Approved Vegetable List can be used while on the 5 & 1 Plan. This chart will help you identify the relative carbohydrate levels of these approved vegetables. If you hit a weight-loss plateau or are having trouble achieving the fat-burning state, we recommend you choose vegetables primarily from the lower carbohydrate side, as opposed to the choices from the higher carbohydrate side.

**Note:** The optimal fat-burning state can be achieved with a total daily carbohydrate intake of approximately 80–85 grams. If you find it difficult to limit your carbohydrate intake to this level, try reducing the use of condiments and/or choose not to consume an optional daily snack.

# Optional Snacks

*(Note: Snacks are not to be eaten in place of Medifast Meals.)*

In addition to your five Medifast Meals and one Lean & Green Meal, you may choose to include ONE of the following optional snacks each day. Medifast-approved optional snacks include:

- 3 celery stalks
- 1 fruit-flavored sugar-free Popsicle®
- ½ cup serving sugar-free gelatin, such as Jell-O®
- Up to 3 pieces of sugar-free gum or mints
- 2 dill pickle spears
- ½ oz of nuts: almonds (10 whole), walnuts (7 halves), or pistachios (20 kernels)\*

\*Be mindful that nuts are a rich source of healthy fat and additional calories—choose this optional snack sparingly.



## FRESH HERBS

Basil: 1 cup  
 Capers: 2 Tbsp  
 Chives: 2 Tbsp  
 Cilantro: 1 cup  
 Dill weed: 1 cup

Garlic: 1 tsp  
 Ginger root: 2 tsp  
 Lemon grass: 2 tsp  
 Parsley: ¼ cup  
 Peppermint: ¼ cup

Rosemary: 2 Tbsp  
 Sage: 2 Tbsp  
 Salt: ¼ tsp  
 Spearmint: 2 Tbsp  
 Thyme: 2 tsp



## DRIED HERBS & SPICES

Allspice: ½ tsp  
 Anise seed: ½ tsp  
 Basil: 1 tsp  
 Bay leaf: 1 tsp  
 Caraway seed: ½ tsp  
 Cardamom: ½ tsp  
 Celery seed: 1 tsp  
 Cilantro: 1 Tbsp  
 Cinnamon: ½ tsp  
 Cloves (whole): ½ tsp  
 Cloves (ground): 1 tsp  
 Coriander seed: 1 tsp  
 Cumin seed: 1 tsp  
 Dill seed: ½ tsp

Dill weed: 1 tsp  
 Fennel seed: ½ tsp  
 Fenugreek seed: ½ tsp  
 Garlic powder: ½ tsp  
 Ginger (ground): ½ tsp  
 Lemon grass: 1 tsp  
 Mace: 1 tsp  
 Marjoram: 1 tsp  
 Mustard seed (ground): 1 tsp  
 Nutmeg: ½ tsp  
 Onion powder: ½ tsp  
 Oregano (whole leaves): 1 tsp  
 Oregano (ground): ½ tsp  
 Paprika: ½ tsp

Parsley: 1 Tbsp  
 Pepper: ½ tsp  
 Poppy seed: 1 tsp  
 Rosemary: 1 tsp  
 Saffron: 1 tsp  
 Sage: 1 Tbsp  
 Savory: 1 tsp  
 Spearmint: 1 Tbsp  
 Spice mixes: ½ tsp  
 Tarragon (whole leaf): 1 Tbsp  
 Tarragon (ground): 1 tsp  
 Thyme: 1 tsp  
 Turmeric: ½ tsp



## SAUCES & SYRUPS

Barbecue sauce: ½ tsp  
 Catsup: ½ tsp  
 Cocktail sauce: ½ tsp  
 Dijon mustard: 1 tsp  
 Fish sauce: 1 Tbsp  
 Honey mustard sauce: ½ tsp  
 Horseradish: 1 tsp  
 Hot pepper sauce: 2 Tbsp  
 Low-sodium soy sauce: 2 tsp

Medifast Sugar-Free Syrup: ½ packet  
*(1 single-serving packet counts as 2 condiment servings)*  
 Oyster sauce: 1 tsp  
 Salsa (tomato): 1 Tbsp  
 Soy sauce: 1 tsp  
 Steak sauce: 1 tsp  
 Sugar-free BBQ sauce: 1 Tbsp  
 Sugar-free catsup: 1 Tbsp  
 Sugar-free cocktail sauce: 1 Tbsp

Sugar-free syrups/flavorings: 2 Tbsp  
 Sweet and sour sauce: ½ tsp  
 Teriyaki sauce: 1 tsp  
 Tomato paste: 1 tsp  
 Vinegar – cider, white, wine: 2 Tbsp  
 Vinegar – balsamic: 1 tsp  
 Wasabi: ½ tsp  
 Worcestershire sauce: ½ tsp  
 Yellow mustard: 1 Tbsp



## DAIRY, CHEESE & MILK SUBSTITUTES

Butter Buds®: ½ tsp  
 Cream cheese (low-fat): 1 Tbsp  
 Cream substitute (liquid): 1 tsp  
 Cream substitute (powdered): ½ tsp  
 Milk – cow's (unflavored): 1 Tbsp  
 Milk – soy, rice (unsweetened): 1 Tbsp

Blue Diamond Almond Breeze®: ½ cup  
 Unsweetened Original or Unsweetened Vanilla  
 Silk Pure Almond®: 1 cup  
 Unsweetened Original or Unsweetened Vanilla  
 Parmesan cheese: 1 Tbsp  
 Sour cream: 1 tsp  
 Whipped cream: 1 Tbsp



## BAKING & COOKING INGREDIENTS

Baker's yeast: ½ tsp  
 Baking powder: ½ tsp  
 Baking soda: 1 tsp  
 Boullion: 1 cup  
 Bran – wheat, rice, corn: ½ tsp  
 Chopped onion: 1 Tbsp  
 Cooking oil spray (ex. Pam®): 10 sprays  
 Cream of tartar: ½ tsp

Extracts: 1 tsp  
 Flax seed: 1 tsp  
 Imitation butter: 10 sprays  
 Lemon or lime juice: 2 tsp  
 Pine nuts: ¼ oz (or up to 40 nuts)  
 Sesame seeds: 1 tsp  
 Sunflower seeds: ½ tsp  
 Wheat germ: ½ tsp



## FLAVOR ENHANCERS

Crystal Light®  
 "On the Go" sticks: ½ packet

True Lemon® or True Lime®: 1 packet  
 Calorie-free sweetener: 1 packet

Truvia®: ⅓ packet



## HEALTHY FAT OPTIONS

Canola oil: 1 tsp  
 Flaxseed oil: 1 tsp  
 Grapeseed oil: 1 tsp

Olive oil: 1 tsp  
 Peanut oil: 1 tsp  
 Safflower oil: 1 tsp

Benecol® Light: 1 Tbsp  
 Light mayonnaise: 1 Tbsp

Almonds: ½ oz  
 Avocado: 1-½ oz  
 Half and half: 3 Tbsp  
 Hazelnuts: ½ oz

Light margarine: 1 Tbsp  
 Olives: 1-½ oz  
 Peanuts: ½ oz  
 Pistachios: ½ oz

Regular cream cheese: 1 Tbsp  
 Regular mayonnaise: ½ Tbsp  
 Smart Balance® Light: 1 Tbsp  
 Walnuts: ½ oz

Butter: ½ Tbsp

Margarine: 1 tsp

healthiest

healthier

healthy



A salad dressing should contain about 5 grams of fat and less than 5 grams of carbohydrate per serving to count as a Healthy Fat Serving. The following salad dressings meet the guidelines for one Healthy Fat Serving. Be mindful of your total daily carbohydrate intake when you use these salad dressings.



## SALAD DRESSINGS (HEALTHY FAT OPTIONS)

	2 Tbsp	1 Tbsp
Newman's Own® Lighten Up:	<ul style="list-style-type: none"> <li>• Sun Dried Tomato</li> <li>• Lime Vinaigrette</li> <li>• Balsamic Vinaigrette</li> <li>• Caesar</li> <li>• Red Wine Vinegar &amp; Olive Oil</li> </ul>	
Newman's Own® Light:	<ul style="list-style-type: none"> <li>• Italian</li> <li>• Sun Dried Tomato</li> </ul>	
Newman's Own®:		<ul style="list-style-type: none"> <li>• Balsamic Vinaigrette</li> <li>• Parmesan &amp; Roasted Garlic</li> <li>• Family Recipe Italian</li> <li>• Olive Oil &amp; Vinegar</li> <li>• Ranch</li> </ul>
Kraft® Light Done Right:	<ul style="list-style-type: none"> <li>• Raspberry Vinaigrette</li> <li>• Roka Blue Cheese</li> <li>• Italian</li> </ul>	
Kraft®:		<ul style="list-style-type: none"> <li>• Buttermilk Ranch</li> <li>• Honey Dijon</li> <li>• Creamy Italian</li> <li>• CarbWell Classic Caesar</li> </ul>
Annie's® Naturals:	<ul style="list-style-type: none"> <li>• Light Goddess</li> <li>• Organic Buttermilk</li> <li>• Roasted Red Pepper Vinaigrette</li> </ul>	<ul style="list-style-type: none"> <li>• Cowgirl Ranch</li> <li>• Organic Asian Sesame</li> <li>• Organic French</li> </ul>
Hidden Valley®:	<ul style="list-style-type: none"> <li>• Light Buttermilk Ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Caesar</li> <li>• Garden Tomato &amp; Bacon</li> <li>• Roasted Onion Parmesan</li> <li>• Savory Bleu Cheese</li> <li>• Southwest Chipotle</li> </ul>
Wish-Bone® (all 2 Tbsp)	<ul style="list-style-type: none"> <li>• Romano Basil Vinaigrette</li> <li>• Light Asian with Sesame &amp; Ginger Vinaigrette</li> <li>• Light Deluxe French</li> </ul>	<ul style="list-style-type: none"> <li>• Light Thousand Island</li> <li>• Light Creamy Caesar</li> <li>• Mediterranean Italian</li> </ul>