





# MEDIFAST MEATLESS OPTIONS



You don't have to be a vegetarian to enjoy meatless meals! The following list provides alternative "lean" choices other than meat.






**Please note: Meatless options provide more carbohydrates than a typical serving of lean meat.** The options below have been organized to reflect their relative carbohydrate levels. To help ensure you remain within the fat-burning state when choosing meatless options consuming lower carbohydrate vegetables or Medifast meals (such as the shakes, fruit drinks, etc) is recommended.

Sodium levels for meatless portions are represented. MSF= Morning Star Farms® GB=Garden Burger®  =500 mg sodium\*




## NO ADDITIONAL FAT SERVINGS NEEDED



**3** whole eggs   
**4** ounces (or 1 cup shredded) moderate-fat cheese (3-6 grams fat/oz)   
**2** MSF Grillers Prime Veggie patties 






**8** ounces (1 cup) part-skim ricotta cheese (2-3 g fat/oz)   
**15** ounces Morni-Nu Silken Firm tofu 

**3** MSF Flame Grilled burger patties   
**2** MSF Tomato Basil Pizza patties   
**2** MSF Zesty Tomato Basil patties   
**2** MSF Philly Cheese Steak patties   
**15** ounces Morni-Nu Silken Soft tofu 




## 1 ADDITIONAL FAT SERVING NEEDED




**2** whole eggs + **4** egg whites   
**2** whole eggs + **1** cup EggBeaters®   
**6** ounces (or 1 ½ cups shredded) low-fat cheese (1-1.5 grams fat/oz) 


**6** MSF Veggie Sausage links   
**15** ounces Morni-Nu Extra Firm tofu 

**24** MSF Steak or Chik N' strips (average-sized strips)   
**2** MSF Thai burger patties   
**2** MSF Veggie Okra patties   
**2** MSF Classic patties   
**12** GB Mama Mia Meatballs   
**3** GB Chikn' Grill patties   
**2** cups MSF sausage recipe crumbles   
**2** cups MSF recipe crumbles   
**1 ½** cups (12 oz) 2% cottage cheese 

## 2 ADDITIONAL FAT SERVINGS NEEDED

**14** egg whites   
**2** cups (16 oz) EggBeaters®   
**1** cup (8 oz) 1% cottage cheese 

**1** cup (8 ounces) 2% cottage cheese   
**1 ½** cups (12 oz) 1% cottage cheese   
**2** GB Grillers Original Burger patties 

**2** MSF Grillers Vegan Burger patties 

\*Levels are approximated. Current dietary recommendations for sodium: <2300 mg/day for most individuals and <1500 mg/day for those persons with special health or dietary concerns.