

Medifast Recipes

Chili (1) – counts as one meal and one snack

Take 6 packets of the chili, 3 cups of water 2 tlbs. of chili powder and 1 tlb. of (Knorr) Calso de Tomate (it's a Mexican seasoning with tomato bouillon and chicken bouillon in it. Cook in crock-pot on low for 2 hrs. Separate into 6 individual servings and refrigerate. When you heat it up you'll want to add a little more water as it's pretty thick.

Chili (2) – counts as one meal and one snack

I make just the 1 pack as directed on the box...adding chili powder, minced onions, and 1t of bbq sauce (I read that we can have 2t of bbq sauce) just before the last minute of microwaving. Then I put a plate of the bowl (as if steeping) and let it sit. I generally make it in the am and eat it at lunch. Before eating though, I add a little water and re-heat for 30 sec. in the microwave

Chili (3) – counts as one meal and one snack

For the chili, I cook according to the directions in the microwave and add a bouillon cube directly into the soup. I don't add any extra water because then the chili wouldn't be thick. I need to let that stand a while longer, about 20-30 minutes, in order for the bouillon cube to dissolve and the beans to soften. I also add lots of chili powder, garlic powder, s&p and a few drops of Tabasco sauce.

Chinese Hot and Sour Soup

Due to lack of seasonings at work I added condiments lying around: 1 pk Chicken Noodle soup 1 1/2 cups hot water 1 packet Chinese mustard 2 packets Soy Sauce.... Micro aprox 40 sec to boil and let sit for 1-2 min VIOLA

Thai Flavor Creamy Chicken Soup

Add 1/4 tsp. lemongrass (a no-cal herb available at Asian & specialty markets), 1/2 TBSP rice vinegar & chili oil (just a drizzle) or hot sauce to taste. Yum! Also: adding a couple of teaspoons of plain non-fat yogurt to the chili with chili powder thickens it up and makes it creamy, less soupy

Minestrone – counts as one meal and one snack

I prepare the minestrone according to the package directions, and then I add a chicken bouillon cube to a cup of boiling water and add that to the minestrone after I am finished cooking it in the microwave. I let it sit about 10 minutes to soften everything up. I also spice it up with a little bit of chili powder, salt & pepper. It is so tasty, and seems more filling with the extra cup of liquid.

Oatmeal Cookies

Mix 1 packet of apple cinnamon oatmeal with 1/4 tsp cinnamon, 3 tsp Splenda sweetener, 1/3 cup water, 1/8 tsp baking powder, and 1/2 tsp vanilla extract. (I mix all the dry ingredients together first, and then add the liquids.) Let it set for a few minutes while you preheat the oven to 350 degrees. Spray a cookie sheet with PAM, and then drop the oatmeal by spoonfuls onto the sheet. I generally get about 5 cookies out of a batch. Bake for about 9 minutes. Some people let them bake a little longer to get them less chewy, but I like mine chewier. This recipe also makes your oatmeal portable.

Hot Cocoa Viennese

1 packet Medifast Hot Cocoa
1/2 tsp cinnamon
6 oz. hot water
1/4 tsp vanilla extract

Combine Hot Cocoa and cinnamon in a mug or cup. Add hot water and extract, stirring until dissolved. Allow drink to cool for a few minutes to blend flavors, and then stir again before drinking

Pumpkin Pie* – counts as one meal and one snack

1 pkt Medifast Apple Cinnamon Oatmeal
1 pkt Medifast Multi-Grain Crackers
5 oz water
1/4 tsp+ Pumpkin Pie Spice (to taste)
3 tsp+ Splenda sweetener (to taste)

Mix oatmeal, water, spice and sweetener together. Microwave on high for 2 minutes. Stir thickened mixture. Chill in freezer 10 minutes and spoon onto crackers. You may serve with tiny bit of Lite Redi- whip whipped cream if desired.

*Limit to one per day.

Shake Cookies

1 pack of vanilla medifast shake mix 1/8 teaspoon baking powder a small dash of salt 2 packets of Splenda 1/2 teaspoon of vanilla 1/2 teaspoon of cinnamon 1/4 cup water * Mix it all up and drop it by teaspoons onto a foil lined pan (spray foil with cooking spray). Spread the cookies thin (I got about 5 cookies). Bake for 15 minutes at 350 degrees.

Medifast Shake Recipes

Mocha Freeze

I do the dutch chocolate with tbls of instant coffee...packet of splenda and some sugar free vanilla or sugar free caramel Da Vinci syrup, put it in the blender with your water and loads of ice and YUMMY!

Dreamsicle

I tried diet orange soda in the french vanilla

Root Beer Float

If you like, mix diet A&W root beer with french vanilla

Peppermint Patty Shake*

1 pkt Medifast chocolate shake

1/8 tsp peppermint extract

6-8 oz cold water

3-4 ice cubes

Butter Pecan Smoothie*

1 pkt Medifast vanilla shake

3 oz water

1/2 tsp coconut extract

1/2 tsp maple extract

2 tsp+ Splenda sweetener (to taste) ice

Blend water, extracts and sweetener together. Add Medifast shake and blend again, adding ice until you achieve desired consistency. You may sprinkle with nutmeg if desired.

Banana Blitz shake

Mix Banana Blitz shake with Diet Cream Soda, Banana extract and lots of ice in a blender-Delicious! Also, for a taste just like an old creamsickle, mix the Orange Medifast with Diet Orange Soda in a blender with lots of ice!

Other Ideas

Tsp instant coffee in my choc shake

I am adding about 1/4 tsp of Crystal light Strawberry Kiwi drink mix to the Strawberry shakes to make them tastier. Also, have added Raspberry Crystal light, about 1/2 tsp to the Chocolate Shakes

Try coconut extract in the Dutch Chocolate; cherry extract in the French Vanilla; almond extract in the Swiss Mocha. And try mixing all of them with tea or coffee instead of water (decaf if you like)

I tried the banana shake first and it was okay. I tried it again this morning, but added lots of ice to the blender and some banana/strawberry Safeway sparkling water.

I use coffee instead of water with the swiss mocha and add 1TBSP sugar-free french vanilla coffee creamer and blend

Lean & Green Meals

Kabobs

Make kabobs with hunks of meat, eggplant, onion, shrimp, and tomato. Cook on grill. Marinate with a little Kraft low fat zesty Italian dressing.

Chicken

Broccoli Chicken Dijon – makes 2 servings

1/2 cup reduced sodium chicken broth
1 Tbsp. light soy sauce
4 cups broccoli florets
1 clove garlic, minced
1 Tbsp. olive oil
1 lb. boneless skinless chicken breasts cut into thin strips
2 Tbsp. GREY POUPON Dijon Mustard

Mix chicken broth and soy sauce; set aside.

Cook and stir broccoli and garlic in hot oil in large skillet on medium-high heat until crisp-tender. Remove from skillet; cover to keep warm.

Add chicken to skillet; cook and stir 3 to 4 minutes or until cooked through. Add broth mixture; mix well. Bring to boil. Reduce heat to medium-low. Stir in mustard until well blended. Return broccoli mixture to skillet; mix lightly. Cook until heated through, stirring occasionally

Other Ideas

Cut it into bite-sized pieces. Put a little olive oil in a pan, dumped in the chicken, garlic powder, seasoned salt, and paprika and cooked the chicken until done. Then I took half of the small frozen box of broccoli and thawed in the microwave, cut up some onion and red pepper (make sure to limit vegetables to 1 ½ cups) and threw it in the pan, topped it off with the juice from half a lemon; covered and cooked until the veggies were where I liked them and it was so good I had it again last night. It was also pretty with the different colors so it was very appealing.

Use either chicken strips or tenders or fish and add lots of basil or other seasoning (Jerk Chicken, Montreal---whatever sounds good to you). Cook in a non-stick frying pan. You can add a little green pepper (make sure to limit vegetables to 1 ½ cups) sautéed in a little water or with the chicken. The tomatoes I end up eating with the chicken plus a little "green," end up as a good vegetable serving even though not all green.

Beef/Ground Meat

Brown ground turkey with minced garlic, cumin, chili powder, minced onion (I used the dried), cayenne pepper and salt. These are all to taste, start with a little and you can always add more. I know I saw on the site someone uses taco seasoning instead, but the stuff I have has 4 carbs per two tsps -- I think it's the starch. Anyway, once you weigh out your 7 oz, add 2 Tbsp of salsa. Make your salad with whatever veggies you want, mix with 2 Tbsp low carb Raspberry Vinaigrette salad dressing then mix in the ground turkey. VERY good!

Taco Salad

I browned some turkey burger added some taco seasoning put it on 2 cups of lettuce and cut up some tomato - for my dressing I used salsa (make sure you read your labels for carb content - the one I used had less than my FF dressing). It was a pretty good taco salad.

Oriental Roll-up:

Make a stir-fry with meat and a few veggies (rehydrated dried mushroom is very good and bean sprouts give it a nice crunch), and oriental seasonings (rice wine vinegar, soy sauce, ginger, garlic, fish sauce) and roll it up in the lettuce leaf.

Other Ideas

I used Cindy's (from Connecticut) Del Monte stewed tomatoes idea and mixed it with lean ground beef, garlic powder, salt and pepper. It was very good and so easy to make.

Seafood

Cindy from CT's Del Monte Recipe

Put your 5-6 oz. piece of fish in it. Then I put stewed tomatoes with celery in it already. Del Monte makes it. Cover with foil and bake for 15 minutes at 400 degrees. It is really good. I have some tomatoes mixture left from Tuesday when I had Haddock and tonight I am doing the same thing with 5-6 oz. of medium shrimp. Should be scrumptious.

Fish-In Foil

Tear off a good-sized piece of foil. Spray the center lightly with vegetable spray. Put fish in the center of the foil. Top with onion, pepper and other spices. Fold foil over fish, leaving space around the fish. Carefully turn and seal the ends and the middle so that juices don't leak out. Bake in a 425°F oven for 18 minutes. When done, carefully open foil to prevent steam burns.

Pork

Pork Roast

Here's a pork roast recipe I tried last night with tons of flavor. I cut the roast into 1" slices (froze the rest). I mixed a rub of rosemary (2tsp), thyme (2 tsp), 4 cloves of finely minced garlic and lots of salt and pepper. I rubbed both side of the roast and cooked them in a pan sprayed liberally with Pam. Cooked until done then deglazed the pan with chicken stock and used that as a sauce

More Lean & Green Ideas

Broiled salmon with sliced tomato and cucumber on the side. The tomato and cucumber are a nice alternative to a salad.

Stir-fry with cubes of lean pork, veggies, a bit of fish sauce that was really good. An alternative instead of rice is to quickly stir-fry bean sprouts and serve the stir-fry over that (has a little crunch and goes nicely with it).

Grilled shrimp is good with grilled zucchini. We like to add mesquite for a nice smoked flavor.

Pork chops can be broiled just like steaks. Sprinkle with garlic powder and a little seasoning salt. Serve with baby spinach, mushrooms, red onion rings, and low-fat honey Dijon dressing.

Lean & Green Notes

These options replace the lean protein portion of the lean and green meal:

1 c Low-fat Cheese

2 Eggs (not more than 3 times a week)

½-1 c Egg Substitute

1 c Low-fat Cottage Cheese

Boca Burger

Morning Star Burger

1 Block Firm Tofu

1 2"x1" piece of Soft Tofu

Veggies

--Veggies I can have—

Asparagus	Broccoli
Celery	Greens (collard, turnip)
Mushrooms	Spinach
Turnips	Alfalfa Sprouts
Cabbage	Cucumber
Kale	Onions/Peppers (green)
Summer Squash	Zucchini
Beans (Italian, Green, Waxed)	Cauliflower
Eggplant	Lettuce (romaine, iceberg, bib)
Radishes	
Tomato	

Asparagus with hollandaise sauce

I used my cream of broccoli soup, mixed it with 1/2 cup water and 1 teaspoon cremora coffee creamer. I cooked it for two minutes in the microwave, added a little more water to get the consistency I wanted and 1 teaspoon crystal light lemonade.

Notes & Tips

You can have 2 eggs not more than 3 times a week, or you can have 1/2-1 cup of egg substitute

Walden Farms makes a whole line of calorie free products, including salad dressings, BBQ sauce, veggie dips, sauces (scampi, alfredo, etc) and other products. I have tried several different products and so far they are all good. The only grocery store I have found them in is Cub Foods, but you can buy all the products online at waldenfoods.com

I make the oatmeal with two cups of boiling water instead of pkg instructions. Then pour it in a large cup and add lots of cinnamon

I called Medifast and they said we can have 1 cup of SF FF Jell-O a day. At Easter time, Jell-O had an egg Jell-O mold promotion and I use that and have one egg when I need something sweet. Someone also mentioned they put 1/4 or 1/2 cup of made Jell-O to vanilla shake and mixed and that was good.

The following are snack options: 2 dill pickles, 3 celery stalks, 1c of Sugar-free Jell-O, 1 bouillon, 1 Medifast Fast Soup, 1 Packet of Medifast Crackers. Make sure to limit your snack to one a day.

nutritionsupport@medifastdiet.com