

TSFL Recipe Book



*a collection of delicious
recipes inspired by
health advisors*



We at TSFL would like to thank the entire TSFL network of dedicated Health Advisors for taking the time to create & submit these delicious recipes! We hope that you will pull up a chair, whether it is to your dining room table, breakfast nook or favorite sunny patio spot, & share these wonderful recipes with friends & family. Bon Appétit!



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Vanilla

*a subtle taste
for a refined palette*



Peach Melba
Summer's Day
Old New Orleans Praline
Macadamia Ice Cream
Strawberry Shortcake
Strawberry Daiquiri
Rum & Coke
Kiwi Strawberry Surprise
Toasted Almond Delight
Butter Pecan
Banana Dream
Piña Colada
Vanilla Almond Cooler
Vanilla Mocha
Passion Peach
Tropical Paradise
Root Beer Float
Black Cherry Chiller
Key Lime Cooler
Raspberry Cream
Lemon Meringue
Caramel Apple

1 packet Medifast French
Vanilla Shake

1 cup cold water

1 cup ice

4 tbsp. sugar-free peach syrup

1 tbsp. sugar-free raspberry syrup

1 packet Medifast French
Vanilla Shake

1 diet sparkling water

1 cup ice

4 tbsp. sugar-free watermelon syrup

1 packet Medifast French
Vanilla Shake

1 cup cold water

1/2 cup ice

4 tbsp. sugar-free praline syrup

1 packet Medifast French
Vanilla Shake

1/2 cup cold water

1 cup ice

1 tsp. Splenda™ sweetener

1 tsp. maple extract

1 tsp. coconut extract

dash of nutmeg

Peach Melba Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Summer's Day Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Created by Elizabeth Jernigan

Old New Orleans Praline

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Macadamia Ice Cream Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Created by Whitney Kell

Strawberry Shortcake Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Strawberry Daiquiri Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Rum & Coke Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Kiwi Strawberry Surprise

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Created by Denise Abernathy

1 packet Medifast French
Vanilla Shake

1 cup cold water

1/2 cup ice

1 tsp. strawberry extract

1 packet Medifast French
Vanilla Shake

1 cup cold water

1/2 cup ice

1/8 tsp. rum extract

1/4 tsp. strawberry extract

1 packet Medifast French
Vanilla Shake

1 1/2 cup ice

1/2 cup Diet Coke®

1 tsp. rum extract

1 packet Medifast French
Vanilla Shake

8 - 10 ice cubes made with
strawberry flavored diet water

1 tsp. pineapple extract

1 tsp. banana extract

1 tsp. strawberry extract

1 tsp. Jell-O® sugar-free
strawberry banana

1 packet Medifast French
Vanilla Shake

1 cup cold water

1/2 cup ice

1/2 tsp. almond extract

1 packet Medifast French
Vanilla Shake

1 cup cold water

1/2 cup ice

1/8 tsp. coconut extract

1/8 tsp. maple extract

1 packet Medifast French
Vanilla Shake

1 cup cold water

1/2 cup ice

1/2 tsp. banana extract

1 packet Medifast French
Vanilla Shake

1/8 cup cold water

1/2 cup ice

1/2 cup diet ginger ale

1/4 tsp. pineapple extract

1/8 tsp. coconut extract

1/8 tsp. rum extract

Toasted Almond Delight

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Butter Pecan Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Banana Dream Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Piña Colada Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Vanilla Almond Cooler

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Vanilla Mocha Delight

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Passion Peach Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Created by Denise Abernathy

Tropical Paradise Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

1 packet Medifast French
Vanilla Shake

1/8 cup cold water

1/2 cup ice

1 tsp. instant coffee

1/4 tsp. almond extract

1 packet Medifast French
Vanilla Shake

1 cup cold water

1/2 cup ice

1 tsp. instant coffee

1/4 tsp. chocolate extract

1 packet Medifast French
Vanilla Shake

8 - 10 ice cubes made with
tropical flavored diet water

1/2 cup passion peach
flavored diet water

1 tsp. pineapple extract

1 tsp. Jell-O® sugar-free peach

1 packet Medifast French
Vanilla Shake

8 - 10 ice cubes made with
tropical flavored diet water

1/2 cup key lime
flavored diet water

1 tsp. pineapple extract

1 tsp. banana extract

1 tbsp. coconut extract

1 packet Medifast French
Vanilla Shake

3/4 cup cold water

1/2 cup diet ginger ale

1/4 cup ice

1/2 tsp. root beer extract

1 packet Medifast French
Vanilla Shake

1 cup cold water

1/2 cup ice

1/8 packet unsweetened
Black Cherry Kool-Aid®

1 packet Medifast French
Vanilla Shake

1 cup cold water

1/2 cup ice

1/4 tsp. Lemon-Lime
Crystal Light™ powder mix

1 packet Medifast French
Vanilla Shake

1 cup cold water

1/2 cup ice

1/4 tsp. Raspberry Ice
Crystal Light™ powder mix

Root Beer Float Shake

Pour ingredients into a blender &
mix until smooth and frothy. Enjoy!

Black Cherry Chiller Shake

Pour ingredients into a blender &
mix until smooth and frothy. Enjoy!

Key Lime Cooler

Pour ingredients into a blender &
mix until smooth and frothy. Enjoy!

Raspberry Cream Shake

Pour ingredients into a blender &
mix until smooth and frothy. Enjoy!

Lemon Meringue Cooler

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Caramel Apple Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

1 packet Medifast French
Vanilla Shake

1 cup cold water

1/2 cup ice

1/4 tsp. Lemonade
Crystal Light™ powder mix

1 packet Medifast French
Vanilla Shake

1 cup cold water

1 cup ice, crushed

4 tbsp. sugar-free green apple syrup

2 tbsp. sugar-free caramel syrup

3 tsp. Splenda™ sweetener



**“Dining is and always was a great
artistic opportunity.”
Frank Lloyd Wright**



Chocolate

*a full-flavored
delight for the senses*



Chocolate Fudgesicle
Chocolate Banana
Orange Chocolate
Chocolate Fizz
Black Forest Freeze
Chocolate Cherry Chiller
Chocolate Mocha Delight
Chocolate Mint
Chocolate Irish Cream
Chocolate Raspberry
Heath Bar®
Almond Joy®



Chocolate Fudgesicle

Pour ingredients into a blender & mix until smooth and frothy. Freeze for 1 - 2 hours. Enjoy!

Chocolate Banana Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Orange Chocolate Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Chocolate Fizz Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

1 packet Medifast Dutch
Chocolate Shake

1 cup cold water

1/8 tsp. chocolate extract

1 packet Medifast Dutch
Chocolate Shake

1 cup cold water

1/2 cup ice

1/4 tsp. banana extract

1 packet Medifast Dutch
Chocolate Shake

1 cup cold water

1/2 cup ice

1/4 tsp. orange extract

1 packet Medifast Dutch
Chocolate Shake

3/4 cup ice

1 can diet vanilla cream soda

1 packet Medifast Dutch
Chocolate Shake

1 cup cold water

1 cup ice

1/2 tsp. cherry extract

1 packet Medifast Dutch
Chocolate Shake

1 cup cold water

1/2 cup ice

1/8 packet unsweetened
Black Cherry Kool-Aid®

1 packet Medifast Dutch
Chocolate Shake

1 cup cold water

1/2 cup ice

1/2 cup instant coffee

1 packet Medifast Dutch
Chocolate Shake

1 cup cold water

1 cup ice

4 drops peppermint extract

Black Forest Freeze Shake

Pour ingredients into a blender &
mix until smooth and frothy. Enjoy!

Chocolate Cherry Chiller

Pour ingredients into a blender &
mix until smooth and frothy. Enjoy!

Chocolate Mocha Delight

Pour ingredients into a blender &
mix until smooth and frothy. Enjoy!

Inspired by Ron Finley

Chocolate Mint Shake

Pour ingredients into a blender &
mix until smooth and frothy. Enjoy!

Chocolate Irish Cream Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

1 packet Medifast Dutch
Chocolate Shake

1 cup cold water

1/2 cup ice, crushed

4 tbsp. sugar-free irish cream syrup

Chocolate Raspberry Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Created by Margaret Keys

1 packet Medifast Dutch
Chocolate Shake

1 cup cold water

1 cup ice, crushed

4 tbsp. sugar-free raspberry syrup

Heath Bar® Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Created by Margaret Keys

1 packet Medifast Dutch
Chocolate Shake

1 cup cold water

3 tbsp. sugar-free english toffee syrup

Almond Joy® Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Created by Margaret Keys

1 packet Medifast Dutch
Chocolate Shake

1 cup cold water

2 tbsp. sugar-free almond syrup

4 tbsp. sugar-free coconut syrup

Orange

a twist of citrus and sun



Orange Pineapple
Orange Banana
Creamsicle
Chocolate Orange
Orange Coconut Cooler
Tropical Crème



Orange Pineapple Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Orange Banana Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Creamsicle Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Created by Margaret Keys

Chocolate Orange Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Created by Margaret Keys

1 packet Medifast Orange
Crème Shake

1 cup cold water

1/2 cup ice, crushed

1/8 tsp. pineapple extract

1 packet Medifast Orange
Crème Shake

1 cup cold water

1 cup ice, crushed

1/8 tsp. banana extract

1 packet Medifast Orange
Crème Shake

1 cup cold water

3 tbsp. sugar-free vanilla syrup

1 tbsp. sugar-free irish cream syrup

1 packet Medifast Orange
Crème Shake

1 cup cold water

3 tbsp. sugar-free chocolate syrup

1 packet Medifast Orange
Crème Shake

1 cup cold water

1/2 cup ice, crushed

3 tsp. coconut extract

1 packet Medifast Orange
Crème Shake

1 cup cold water

1/2 cup ice, crushed

3 tbsp. sugar-free mango syrup

2 tbsp. sugar-free coconut syrup

Orange Coconut Cooler

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Tropical Crème Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!



**"Tastes are made, not born."
Mark Twain**

Strawberry

*a sweet and playful
taste of summer*



Choco Berry

Chocolate Dipped Strawberry

Strawberry Almond

Banana Berry

1 packet Medifast Strawberry
Crème Shake

1 cup cold water

1/2 cup ice, crushed

4 tsp. chocolate extract

1 packet Medifast Strawberry
Crème Shake

3/4 cup cold water

1/2 cup ice, crushed

2 tbsp. sugar-free chocolate syrup

1 packet Medifast Strawberry
Crème Shake

1 cup cold water

1/2 cup ice, crushed

6 tsp. almond extract

1 packet Medifast Strawberry
Crème Shake

1 cup cold water

1/2 cup ice, crushed

6 tsp. banana extract

Choco Berry Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Chocolate Dipped Strawberry

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Created by Margaret Keys

Strawberry Almond Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Banana Berry Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Swiss Mocha

*an energizing flavor to
start your day*



Mocha Almond

Mocha Walnut

Orange Mocha

Warm & Spicy Mocha Crème



1 packet Medifast Swiss
Mocha Shake

- 1 cup cold water
 - 1/2 cup ice, crushed
 - 2 tsp. almond extract
-

1 packet Medifast Swiss
Mocha Shake

- 1 cup cold water
 - 1/2 cup ice, crushed
 - 2 tsp. walnut extract
-

1 packet Medifast Swiss
Mocha Shake

- 1 cup cold water
 - 1/2 cup ice, crushed
 - 1/4 tsp. orange extract
-

1 packet Medifast Swiss
Mocha Shake

- 1 cup cold water
- 1tbsp. half & half
- 1 tsp. instant coffee
- 3 tsp. Splenda™ sweetener
- 1/4 tsp. cinnamon

Mocha Almond Cooler

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Mocha Walnut Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Orange Mocha Shake

Pour ingredients into a blender & mix until smooth and frothy. Enjoy!

Warm & Spicy Mocha Crème

Pour ingredients into a blender & mix until smooth and frothy. Microwave on high for 1 minute. Enjoy!

Created by LeAnne Edwards

*"Soup is to the meal, what the hostesses'
smile of welcome is to the party.
A prelude to the goodness to come."
Louis P. De Gouy, The Soup Book*

5 & 1 Soups



1 packet Medifast Cream of Broccoli Soup

3/4 cup hot water

1/2 cup broccoli, chopped

2 tbsp. parmesan cheese, grated

Savory Cheesy Broccoli Soup

Moisten broccoli & microwave on high for 1 minute in a large cup or bowl.

Mix Medifast Cream of Broccoli Soup & water in a large cup or bowl. Pour over cooked broccoli.

Microwave on high for 2 minutes.

Top with grated parmesan cheese & Enjoy!

If using added vegetables, remove 1/2 cup of vegetables from your "lean & green" meal. If using cheese, remove 1 ounce of protein portion from your "lean & green" meal.

Created by LeAnne Edwards

1 packet Medifast Chicken Noodle Soup

1 1/2 cups hot water

1 tsp. chinese mustard

2 tsp. soy sauce

Chinese Hot & Sour Soup

Mix Medifast Cream of Chicken Soup, water, mustard & soy sauce in a large cup or bowl.

Microwave on high for 40 seconds.

Stir & Enjoy!

If using added vegetables, remove 1 cup of vegetables from your "lean & green" meal.

Tomato Mushroom Soup

Add mushrooms, celery, & basil to 1/2 cup water.

Microwave on high for 2 minutes.

Mix Medifast Cream of Tomato Soup & 1/2 cup water in a large cup or bowl.

Blend the two mixtures together & stir well.

Serve & Enjoy!

If using added vegetables, remove 1 cup of vegetables from your "lean & green" meal.

Spicy Chicken Oriental

Mix Medifast Delicate Chicken FastSoup & water in a large cup or bowl. Mix in spices stirring constantly until thoroughly blended.

Add soy sauce & Enjoy!

1 packet Medifast Cream of
Tomato Soup

1 cup hot water

2 large button mushrooms,
thinly sliced

1 tbsp. celery, diced

dash of sweet basil

Created by Cas Wucher

1 packet Medifast Delicate
Chicken FastSoup

3/4 cup hot water

1/8 tsp. Mrs. Dash®
Extra Spicy salt-free seasoning

1 tsp. low sodium soy sauce

This recipe may be used as a snack, but is not a 5 & 1 Soup.

***“Good soup is one of the prime ingredients of good living.
For soup can do more to lift the spirits and stimulate the
appetite than any other one dish.”***

Louis P. De Gouy, *The Soup Book*

Maintenance Soups



Hearty Harvest Soup

Mix Medifast Minestrone Soup, Medifast Robust Tomato FastSoup & water in a saucepan. Stir over medium heat & add spinach & vegetables.

Continue heating until just boiling. Turn heat to low & simmer for 5-10 minutes.

Serve & Enjoy!

Shrimp Broccoli Soup

Mix Medifast Robust Tomato FastSoup & 3/4 cup water in a large cup or bowl. Mix in broccoli.

Microwave on high for 2 minutes.

Mix Medifast Cream of Broccoli Soup, 1/2 cup water & shrimp in a large cup or bowl.

Combine both Medifast Soup mixes, basil, thyme & dill. Blend with a hand mixer until smooth & microwave for 2 minutes. Enjoy!

1 packet Medifast
Minestrone Soup

1 packet Medifast Robust
Tomato FastSoup

2 cups hot water

1/2 cup spinach, chopped

1 1/2 cup mixed raw vegetables

1/2 tsp. garlic powder

Created by LeAnne Edwards

1 packet Medifast Cream of
Broccoli Soup

1 packet Medifast Robust
Tomato FastSoup

1 1/4 cup hot water

3-4 medium shrimp, cooked,
finely chopped

1/2 cup broccoli, finely chopped

dash of basil, thyme, & dill

1 packet Medifast Cream of Chicken Soup

1 packet Medifast Robust Tomato FastSoup

1 cup clam juice

1 1/2 tbsp. celery, chopped

1 tsp. onion, chopped

1 sprig fresh basil

1 sprig fresh thyme

1 sprig fresh oregano

Created by LeAnne Edwards

1 packet Medifast Minestrone Soup

1 packet Medifast Robust Tomato FastSoup

1 1/2 cup vegetable broth

3 celery stalks, chopped

1 tsp. Splenda™ sweetener

Created by LeAnne Edwards

New England Meets Manhattan Chowder

Place celery, onion, & herbs in a bowl with 1/4 cup clam juice.

Microwave on high for 2 minutes & set aside.

Pour remaining clam juice into a large cup or bowl & add Medifast Cream of Chicken Soup & Medifast Robust Tomato FastSoup. Microwave on high for 3 minutes.

Combine the two mixtures & Enjoy!

Minestrone ala LeAnne

Microwave celery in 1/2 cup vegetable broth on high for 4 minutes.

Mix Medifast Minestrone Soup, Medifast Robust Tomato FastSoup & 1 cup vegetable broth in a bowl.

Microwave on high for 4 minutes.

Combine the two mixtures & stir well.

Serve & Enjoy!

Marg's Saucy Minestrone

Mix Medifast Minestrone Soup, Medifast Savory Beef FastSoup & water in a large cup or bowl. Mix in all other ingredients.

Microwave on high for 2-4 minutes.

Stir & Enjoy!

Spicy Creamy Tomato Soup

Mix Medifast Cream of Tomato Soup, Medifast Robust Tomato FastSoup & water in a large cup or bowl. Mix in canned tomatoes, green peppers & spices. Stir until blended.

Top with half & half & Enjoy!

1 packet Medifast
Minestrone Soup

1 packet Medifast Savory
Beef FastSoup

1 cup hot water

1/4 tsp. onion salt

1/4 tsp. garlic salt

1/4 tsp. italian seasoning

1/4 tsp. lemon pepper

1/4 tsp. basil

Created by Margaret Keys

1 packet Medifast Cream of
Tomato Soup

1 packet Medifast Robust
Tomato FastSoup or
1 tbsp. chicken tomato bouillon

2 cups hot water

1/3 canned crushed tomatoes

1 tbsp. green peppers, chopped

1 tbsp. dried onion flakes

1 tbsp. dried garlic flakes

dash of red pepper

1 tbsp. half & half

Created by Mary Kay Williams

*“One cannot think well, love well, sleep well,
if one has not dined well.”*

Virginia Woolf, 'A Room of One's Own'

5 & 1

Creative Meals



Oatmeal

Breakfast Treat

Mix Medifast Apple Cinnamon Oatmeal, spices & water in a large cup or bowl.

Chill in refrigerator overnight & in the morning remove & stir.

Microwave on high for 2-3 minutes.

Stir & Enjoy!

Maple & Caramel

Oatmeal

Mix Medifast Apple Cinnamon Oatmeal & water in a large cup or bowl.

Microwave on high for 1 minute.

Remove & stir.

Microwave on high for 30 seconds.

Mix in all additional ingredients.

Stir & Enjoy!

1 packet Medifast
Apple Cinnamon Oatmeal

3/4 cup hot water

1/8 tsp. allspice

1/8 tsp. ginger

1/4 tsp. cinnamon

Created by Denise Abernathy

1 packet Medifast
Apple Cinnamon Oatmeal

3/4 cup hot water

1/2 tsp. maple extract

1/2 tsp. sugar-free caramel syrup

dash of cinnamon

Created by LeAnne Edwards

**"I don't like gourmet cooking or
'this' cooking or 'that' cooking.
I like 'good cooking.'"
James Beard**

Maintenance • *Creative Meals*



Home-style Chili

Brown ground beef & drain. Sauté onions & garlic. Add all other ingredients & water.

Simmer for 15 minutes.

Serve & Enjoy!

1 packet Medifast Chili

1 packet Medifast
Minestrone Soup

2 cups cold water

1/4 cup lean ground beef

1/4 cup salsa

1/4 cup red onion, chopped

1 tsp. fresh garlic, chopped

1/2 tsp. cumin

1/2 tsp. chili powder

dash of salt

dash of pepper

Created by Cindy Hasselbach

Blueberry Oatmeal Crepe

Mix Medifast French Vanilla Berry Oatmeal & water in a large bowl. Mix in egg white & cinnamon. Divide mix into 2-3 portions & pour onto a large plate.

Microwave on high for 1-2 minutes or until centers are cooked. Lift crepes gently from the plate with a spatula.

Fill centers with whipped cream, roll & Enjoy!

1 packet Medifast French Vanilla
Berry Oatmeal

1/2 cup cold water

1 egg white

dash of cinnamon

2 tbsp. low fat whipped cream

We recommend using only low fat whipped cream on the Maintenance Plan.

1 packet Medifast
Chicken & Wild Rice Soup

1 cup hot water

1 tsp. Aloha Shoyu® soy sauce

2 tsp. leaf onion, chopped

1/2 tbsp. Limu Kohu seaweed

5 slices of fish cake*

dash of pepper

Created by Roy Horner

1 packet Medifast Cream of
Tomato Soup

1 packet Medifast Savory
Beef FastSoup

1/2 cup hot water

1 tsp. olive oil

2 cups mushrooms, sliced

1 tsp. garlic, minced

1 tsp. season salt

Created by Dottie

Pacific Rim Soup

Mix Medifast Chicken & Wild Rice Soup & all ingredients in a large cup or bowl.

Stir & Enjoy!

** Fish cake is steamed fish that is processed into small round pieces or a half moon shape and cooked over wood.*

Mushroom Delight

Mix Medifast Cream of Tomato Soup, Medifast Savory Beef FastSoup, garlic, season salt & water. Set aside.

Heat frying pan over medium heat. Add mushrooms & olive oil. Stir well. Cover and steam for 5 minutes.

Add soup mixture to frying pan & simmer for 5 minutes.

Serve & Enjoy!

Add extra water if mixture becomes pasty.

TSFL

Chow Mein

Mix Medifast Chicken Noodle Soup into a large cup or bowl. Add 3/4 cup water & let steep.

Empty FastSoup or bouillon into a separate bowl. Add 1/2 cup water & celery.

Microwave on high for 2 minutes. Combine the two soups.

Add soy sauce & Enjoy!

Tangy Tasty Texas Chili

Mix Medifast Chili & cold water in a large mug or bowl. Mix in onion flakes & cumin. Stir until blended. Microwave on high for 2-3 minutes, then set aside.

Mix Medifast Savory Beef FastSoup & hot water in a large mug or bowl. Mix in celery & stir until blended. Microwave on high for 2 minutes.

Combine the two mixtures together & microwave for an additional 1 - 2 minutes. Enjoy!

1 packet Medifast Chicken Noodle Soup

1 packet Medifast Savory Beef FastSoup or Delicate Chicken FastSoup or 1 tsp. bouillon

1 1/4 cup hot water

9 - 3 in. celery sticks, chopped

1-2 tsp. low sodium soy sauce

Created by LeAnne Edwards

1 packet Medifast Chili

1 packet Medifast Savory Beef FastSoup

1/2 cup cold water

3/4 cup hot water

1/2 tsp. dried onion flakes

1/4 tsp. cumin

1 cup celery, chopped

1 packet Medifast Chili
1 packet Medifast Delicate
Chicken FastSoup
1 packet Medifast
Multi-grain Crackers
1/2 cup boiling water
1/4 tsp. dried onion flakes
1/4 tsp. cumin
1/4 tsp. chili powder
1/4 tsp. garlic powder

Created by Marc Bettinger

1 packet Medifast Delicate
Chicken FastSoup
1 packet Medifast
Multi-grain Crackers
1/2 cup hot water
2 tbsp. celery, chopped
4 tbsp. onion, chopped
dash of poultry seasoning

Created by LeAnne Edwards

South of the Border Bean Dip

Mix Medifast Delicate Chicken FastSoup & boiling water in a large cup or bowl. Mix in Medifast Chili & stir until blended.

Microwave on high for 1 minute. Mix in spices & stir until blended.

Microwave on high for 1 minute.

With a hand mixer, blend until smooth & thick.

Serve with Medifast Multi-grain Crackers & Enjoy!

TSFL Stuffing

Crush Medifast Multigrain Crackers with a meat mallet & pour into a small bowl. Set aside.

Sauté celery & onions over medium heat until cooked. Add poultry seasoning & spoon mixture over Medifast Multigrain Crackers.

Mix Medifast Delicate Chicken FastSoup & water. Slowly pour mixture over Medifast Multigrain Crackers until preferred consistency is attained. Enjoy!

Chunky Creamy Chicken

Mix Medifast Cream of Chicken Soup, Medifast Delicate Chicken FastSoup & water in a large cup or bowl. Mix in chicken & spices. Stir until blended.

Top with half & half, & Enjoy!

1 packet Medifast Cream of Chicken Soup

1 packet Medifast Delicate Chicken FastSoup or
1 tsp. chicken bouillon

2 cups hot water

2 tbsp. canned chicken

1 tbsp. dried onion flakes

1 tbsp. dried garlic flakes

dash of red pepper flakes

dash of curry

Created by LeAnne Edwards



“Anybody can make you enjoy the first bite of a dish, but only a real chef can make you enjoy the last.”
Francois Minot



*“Cooking should be a carefully balanced reflection
of all the good things of the earth.”*

Jean & Pierre Troisgros

5 & 1

Just Desserts



Holiday Egg Nog

Pour ingredients into a large cup & mix until smooth and frothy. Enjoy!

1 packet Medifast French
Vanilla Shake

3/4 cup cold water

1 tbsp. sugar-free egg nog syrup

3/4 tbsp. sugar-free butter rum
syrup

3/4 tbsp. sugar-free spice blend
syrup

dash of nutmeg

Created by Margaret Keys

Maple Spice Cookies

Preheat oven to 350°F.

Mix Medifast Maple Brown Sugar Oatmeal, baking powder, cloves, ginger, nutmeg, salt & Splenda™ in a large bowl. Stir until combined. Add water & vanilla extract & mix thoroughly.

Let mixture stand for 5 minutes.

Grease cookie sheet & drop spoonfuls of batter onto cookie sheet. Bake at 350°F for 15 minutes. Cool & Enjoy!

1 packet Medifast Maple
Brown Sugar Oatmeal

1/3 cup water

1/8 tsp. baking powder

1/8 tsp. cloves

1/8 tsp. ginger

1/8 tsp. nutmeg

1/4 tsp. vanilla extract

2 1/2 tsp. Splenda™ sweetener

dash of salt

Created by Lynda Anderson

**"Cookery is not chemistry. It is an art.
It requires instinct and taste rather
than exact measurements."
X. Marcel Boulestin**

Maintenance • *Just Desserts*



Chocolate Orange Stick Pudding

Combine Medifast Orange Crème Shake & pudding in a small container. Set aside.

Stir gelatin in hot water. Let soften 3-4 minutes, then stir until clear. Add cold water & stir again. Process gelatin mixture & dry ingredients with hand blender until thoroughly combined.

Refrigerate for 15-20 minutes.

Stir and Enjoy!

Hazelnut Chocolate Dessert Drink

Mix Medifast Dutch Chocolate Shake & water in a large cup or bowl. Mix in all additional ingredients.

Stir and Enjoy!

2 packets Medifast Orange
Crème Shake

2 cups cold water

1/8 cup boiling water

1/4 cup ice

1 packet Jell-O® sugar-free
instant chocolate pudding

1 tsp. unflavored gelatin

1/4 tsp. lemon extract

Created by Margaret Keys

1 packet Medifast Dutch
Chocolate Shake

1 cup cold water

1 tsp. fat free Nestlé Hazelnut
Coffee-Mate®

dash of cinnamon

Created by Ann Pollard

1 packet Medifast Maple
Brown Sugar Oatmeal

1/4 cup water

1/8 tsp. baking powder

1/2 tsp. cinnamon

1/4 tsp. nutmeg

1/2 tsp. vanilla extract

2 tbsp. sugar-free banana syrup

dash of salt

Created by Lynda Anderson

1 packet Medifast French
Vanilla Berry Oatmeal

1/4 cup plus 1 tsp. water

1/8 tsp. baking powder

1/4 tsp. vanilla extract

1/4 tsp. cinnamon

1/2 tsp. Splenda™ sweetener

1 tbsp. sugar-free coconut syrup

dash of salt

Created by Lynda Anderson

Banana Oatmeal Cookies

Preheat oven to 350°F.

Mix Medifast Maple Brown Sugar Oatmeal, baking powder, nutmeg, salt & cinnamon in a large bowl. Stir until combined. Add water, vanilla extract & banana syrup mix thoroughly.

Let mixture stand for 5 minutes.

Grease cookie sheet & drop spoonfuls of batter onto cookie sheet. Bake at 350°F for 15 minutes. Cool & Enjoy!

Blueberry Coconut Cookies

Preheat oven to 350°F.

Mix Medifast French Vanilla Berry Oatmeal, baking powder, cinnamon, Splenda™ & salt in a large bowl. Stir until combined. Add water, vanilla extract & coconut syrup & mix thoroughly.

Let mixture stand for 5 minutes.

Grease cookie sheet & drop spoonfuls of batter onto cookie sheet. Bake at 350°F for 15 minutes. Cool & Enjoy!

Key Lime Pie

Mix Medifast French Vanilla Shake & all ingredients in a blender. Blend together on high for 1 minute. Let stand for 5-10 minutes.

Spoon mixture over crackers & Enjoy!

1 packet Medifast French
Vanilla Shake

1 packet Medifast
Multi-grain Crackers,
finely crushed

1 cup water

1/2 tsp. unsweetened
Lemon Lime Kool-Aid®

3 tsp. Splenda™ sweetener

Created by LeAnne Edwards

Irish Cream Mousse

Blend all ingredients in a large bowl with a hand mixer until thickened.

Chill in refrigerator for 20 minutes.

Remove & Enjoy!

1 packet Medifast French
Vanilla Shake

1/2 cup cold water

1-2 tbsp. sugar-free irish cream
syrup

2 tbsp. Jell-O® sugar-free
instant vanilla pudding

Created by Margaret Keys

1 packet Medifast Banana
Cream Pudding

1 packet Medifast
Multi-grain Crackers,
finely crushed

1/2 cup cold water

1 ice cube, crushed

2 tbsp. sugar-free coconut syrup

2 tsp. Splenda™ sweetener

2 tbsp. low fat whipped cream

Created by LeAnne Edwards

1 packet Medifast French
Vanilla Shake

1 Medifast Fruit & Nut Bar

1 cup boiling water

3/4 cup cold water

2 ice cubes

1 packet Jell-O® sugar-free
cherry

Created by LeAnne Edwards & Margaret Keys

Banana Coconut Cream Pie

Mix Medifast Banana Cream Pudding & water in a large cup or bowl. Mix in ice, syrup & sweetener. Stir until thick.

Spoon mixture over crackers & top with whipped cream.

Serve & Enjoy!

We recommend using only low fat whipped cream on the Maintenance Plan.

Cherry Berry Blitz

Pour Jell-O® into large bowl, add boiling water & stir until gelatin dissolves. Add ice cubes & stir until melted. Refrigerate until almost jelled. Remove & blend with hand mixer until frothy.

Mix Medifast Vanilla Shake & cold water in large cup or bowl. Slowly add to gelatin mix & blend.

Chop Medifast Fruit & Nut Bar into small pieces and fold into blended mix. Enjoy!

cracker snack

Cinnamon Snacker

creamy soup

Tomato Bisque Treat

5 & 1 Savory Snacks



1 packet Medifast
Multi-grain Crackers

butter flavored cooking spray

Splenda™ sweetener

cinnamon

Created by Cindy Hasselbach

1 packet Medifast Robust
Tomato FastSoup

1 1/4 cup hot water

1 tsp. fat free Nestlé
Coffee-Mate®

dash of Splenda™ sweetener

dash of pepper

Created by Mary Jane Medlock

Cinnamon Snackers

Spray Medifast Multi-grain Crackers with cooking spray, sprinkle with Splenda™ & cinnamon.

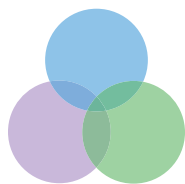
Microwave on high for 20 seconds.

Serve & Enjoy!

Tomato Bisque Treat

Mix Medifast Robust Tomato FastSoup & water in a large cup or bowl. Mix in all additional ingredients.

Stir and Enjoy!



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Acknowledgements

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