


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 that you remain within the fat-burning state when incorporating meatless options, we recommend consuming lower carbohydrate vegetables or Medifast Meals (such as the shakes, fruit drinks, etc).


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

LEANEST

2 FAT SERVINGS NEEDED




14 egg whites 
 2 cups (16 oz) EggBeaters® 
 2 cups (16 oz) All Whites® 





1 ½ cups (12 oz) 1% cottage cheese 
 2 Boca Original Burger patties 









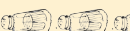
2 MSF Grillers Vegan Burger patties 
 (variety **not** made from organic soy)

LEANER

1 FAT SERVING NEEDED




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




6 MSF Veggie Sausage links 
 15 oz Morni-Nu Extra Firm Tofu 
 3 Boca All American-Flame Grilled burgers 
 3 MSF Veggie Sausage patties
 (made from regular or organic soy) 






24 MSF Steak or Chik N' strips
 (average-sized strips) 
 2 MSF Thai burger patties 
 2 MSF Okara patties (made with organic soy) 
 2 MSF Zesty Tomato Patties
 (made with organic soy) 
 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 

LEAN

NO FAT SERVINGS NEEDED

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

8 oz (1 cup) part-skim ricotta cheese
 (2-3 g fat/oz) 
 15 ounces Morni-Nu Silken Firm Tofu 
 3 Boca Cheeseburger patties 

3 GB Flame Grilled burger patties 
 2 MSF Tomato Basil Pizza patties 
 2 MSF Grillers Original Burger patties 
 2 MSF Philly Cheese Steak patties 
 15 oz Morni-Nu Silken Soft tofu 

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