

Egg-Free Medifast Products

The following Medifast products do not contain egg as a known ingredient.

Please note: Product information can change over time, therefore the ingredient label on the package is always the best and most current information for that specific item.

ANTIOXIDANT SHAKES:

- Cherry Pomegranate Shake
- Dark Chocolate Shake

CALORIEBURN MEALS:

- Cappuccino

CHEESE PUFFS:

- Chili Nacho
- Parmesan

CONDIMENTS:

- Sugar-free Syrup

CRUNCH BARS:

- Caramel
- Chocolate
- Chocolate Mint
- Cinnamon Roll
- Fruit & Nut
- Lemon Meringue
- Peanut Butter
- Oatmeal Raisin
- S'more
- Strawberry

FRUIT DRINKS:

- Cranberry Mango
- Tropical Punch

HEARTY MEALS:

- Vegetarian Sloppy Joe

HOT DRINKS:

- Cappuccino
- Chai Latte
- Hot Cocoa

ICED TEAS:

- Peach
- Raspberry

MAINTENANCE BARS:

- Caramel Nut
- Chocolate Mint
- Oatmeal Raisin

MEDIBITES:

- BBQ
- Cheese Pizza

OATMEALS:

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar
- Peach

PRETZEL STICKS:

- Cinnamon
- Honey Mustard
-

PUDDINGS:

- Banana
- Chocolate
- Vanilla

SHAKES:

MEDIFAST 55 AND 70

SHAKES:

- Banana Crème
- Dutch Chocolate
- French Vanilla
- Orange Crème
- Strawberry Crème
- Swiss Mocha

READY-TO-DRINK SHAKES:

- Dutch Chocolate
- French Vanilla

SOFT BAKES:

- Chocolate Chip

*This item is NOT a Medifast Meal and should be used in addition to your daily Medifast

SOUPS:

- Beef Vegetable Stew
- Chicken & Wild Rice
- Cream of Broccoli
- Cream of Chicken
- Cream of Tomato
- Homestyle Chili
- Maryland Crab

ESSENTIAL1:

ANTIOXIDANTS FLAVOR

INFUSERS™:

- Raspberry Açai Flavor Infuser™*
- White Grape Peach Flavor Infuser™*

CALORIEBURN FLAVOR

INFUSERS™:

- Green Tea Lemon Flavor Infuser™*
- Mixed Berry Flavor Infuser™*
- Strawberry Lemonade Flavor Infuser™*

DIETARY SUPPLEMENTS*:

- Digestive Health*
- Heart Health*
- Sleep Health*
-

MEDIFAST PLUS FOR:

APPETITE SUPPRESSION SHAKES:

- Chocolate
- Vanilla

DIABETICS SHAKES:

- Chocolate
- Strawberry
- Vanilla

JOINT HEALTH SHAKES:

- Chocolate

SNACKS*:

CRACKERS*:

- Garden Vegetable*
- Multi-Grain*

SOY CRISPS*:

- Apple Cinnamon*
- White Cheddar*
- Ranch*

Did you know?

If you can't remember whether an egg is fresh or hard-boiled, just spin it! If it wobbles, it's raw; if it spins easily, it's cooked.

Fish-Free Medifast Products

The following Medifast products do not contain fish as a known ingredient.

*This item is NOT a Medifast Meal and should be used in addition to your daily Medifast Meals

ANTIOXIDANT SHAKES:

- Cherry Pomegranate Shake
- Dark Chocolate Shake

BROWNIE:

- Brownie with real chocolate chips

CALORIEBURN MEALS:

- Cappuccino

CHEESE PUFFS:

- Chili Nacho
- Parmesan

COLD DRINKS:

- Orange Blend

CONDIMENTS:

- Sugar-free Syrup

CRUNCH BARS:

- Caramel
- Chocolate
- Chocolate Mint
- Cinnamon Roll
- Fruit & Nut
- Lemon Meringue
- Oatmeal Raisin
- Peanut Butter
- S'more
- Strawberry

EGGS:

- Original Style
- Southwest Style

FRUIT DRINKS:

- Cranberry Mango
- Tropical Punch

HEARTY MEALS:

- Vegetarian Sloppy Joe

HOT DRINKS:

- Cappuccino
- Chai Latte
- Hot Cocoa

ICED TEAS:

- Peach
- Raspberry

MAINTENANCE BARS:

- Caramel Nut
- Chocolate Mint
- Oatmeal Raisin

MEDIBITES:

- BBQ
- Cheese Pizza

OATMEALS:

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar
- Peach

PANCAKES:

- Chocolate Chip
- Original
- Spiced

PRETZEL STICKS:

- Cinnamon
- Honey Mustard

PUDDINGS:

- Banana
- Chocolate
- Vanilla

SHAKES:

MEDIFAST 55 AND 70 SHAKES:

- Banana Crème
- Dutch Chocolate
- French Vanilla
- Orange Crème
- Strawberry Crème
- Swiss Mocha

READY-TO-DRINK SHAKES:

- Dutch Chocolate
- French Vanilla

SOFT BAKES:

- Chocolate Chip

SOFT SERVE:

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

SOUPS:

- Beef Vegetable Stew
- Chicken Noodle
- Chicken & Wild Rice
- Cream of Broccoli
- Cream of Chicken
- Cream of Tomato
- Homestyle Chili
- Maryland Crab

ESSENTIAL1:

ANTIOXIDANTS FLAVOR

INFUSERS™:

- Raspberry Açai Flavor Infuser™*
- White Grape Peach Flavor Infuser™*

CALORIEBURN FLAVOR

INFUSERS™:

- Green Tea Lemon Flavor Infuser™*
- Mixed Berry Flavor Infuser™*
- Strawberry Lemonade Flavor Infuser™*

DIETARY

SUPPLEMENTS*:

- Digestive Health*
- Sleep Health*

MEDIFAST PLUS FOR:

APPETITE SUPPRESSION

SHAKES:

- Chocolate
- Vanilla

DIABETICS SHAKES:

- Chocolate
- Strawberry

SNACKS*:

CRACKERS*:

- Garden Vegetable*
- Multi-Grain*

SOY CRISPS*:

- Apple Cinnamon*
- White Cheddar*
- Ranch*

Please note: Product information can change over time, therefore the ingredient label on the package is always the best and most current information for that specific item.

Did you know?

Caesar dressing and Worcestershire sauce can often contain fish ingredients (anchovies). Be sure to check product labels carefully and speak to your health care provider regarding your specific fish allergy.

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Medifast Products that are Certified Gluten-Free

The following Medifast products have been certified gluten-free by the Gluten-Free Certification Organization (GFCO).

ANTIOXIDANT SHAKES:

- Cherry Pomegranate Shake
- Dark Chocolate Shake

HOT DRINKS:

- Cappuccino
- Chai Latte
- Hot Cocoa

BROWNIE:

- Brownie with real chocolate chips

ICED TEAS:

- Peach
- Raspberry

CALORIE BURN MEALS:

- Cappuccino

PANCAKES:

- Chocolate Chip
- Original
- Spiced

COLD DRINKS:

- Orange Blend

PUDDINGS:

- Banana
- Chocolate
- Vanilla

CONDIMENTS:

- Sugar-free Syrup

EGGS:

- Original Style
- Southwest Style

SHAKES:

MEDIFAST 55 SHAKES:

- Banana Crème
- Dutch Chocolate
- French Vanilla
- Orange Crème
- Strawberry Crème
- Swiss Mocha

FRUIT DRINKS:

- Cranberry Mango
- Tropical Punch

HEARTY MEALS:

- Vegetarian Sloppy Joe

MEDIFAST 70 SHAKES:

- Banana Crème
- Dutch Chocolate
- French Vanilla
- Orange Crème
- Strawberry Crème
- Swiss Mocha

SOFT BAKES:

- Chocolate Chip

SOFT SERVE:

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

SOUPS:

- Chicken & Wild Rice
- Cream of Tomato
- Maryland Crab



Did you know?

Medifast's gluten-free products are certified by the Gluten-Free Certification Organization (GFCO).

This non-profit program of the Gluten Intolerance Group of North America is the leading gluten-free certification program in the world.

Products certified as gluten-free by the GFCO are independently verified for their quality, integrity and purity. Each individual ingredient, as well as the final product, must meet the strict standards of the GFCO.

No testing method is currently available to measure gluten to "0;" however, the gluten-free standard set by the GFCO, at less than 10ppm, is more restrictive than the proposed FDA guidelines of 20ppm or less.

For more information on Medifast's Certified Gluten-Free products, be sure to check out the Gluten-Free Fact Sheet, available as a free download from our Web site.

To see a complete list of products certified gluten-free or to learn more about the GFCO program, please visit the GFCO Web site at <http://www.gfco.org>.

Kosher Dairy Medifast Products

These Medifast products are certified Kosher Dairy by the Orthodox Union (OU).

These products either contain dairy or were manufactured on machines that process dairy; they have been prepared in accordance with dietary laws and meet the standards of the Orthodox Union (OU) for Kosher Dairy.

CHEESE PUFFS:

- Chili Nacho
- Parmesan

CALORIE BURN MEALS:

- Cappuccino

COLD DRINKS:

- Orange Blend

CRUNCH BARS:

- Caramel
- Chocolate
- Chocolate Mint
- Cinnamon Roll
- Fruit & Nut
- Lemon Meringue
- Oatmeal Raisin
- Peanut Butter
- S'more
- Strawberry

EGGS:

- Original Style
- Southwest Style

HOT DRINKS:

- Cappuccino
- Chai Latte
- Hot Cocoa

MAINTENANCE BARS:

- Caramel Nut
- Chocolate Mint
- Oatmeal Raisin

MEDIBITES:

- Cheese Pizza

PANCAKES:

- Original
- Spiced

PRETZEL STICKS:

- Cinnamon
- Honey Mustard

PUDDINGS:

- Banana
- Chocolate
- Vanilla

SHAKES:

MEDIFAST 55 AND 70

SHAKES:

- Banana Crème
- Dutch Chocolate
- French Vanilla
- Orange Crème
- Strawberry Crème
- Swiss Mocha

READY-TO-DRINK SHAKES:

- Dutch Chocolate
- French Vanilla

OATMEALS:

- Maple & Brown Sugar
- Peach

MEDIFAST PLUS FOR:

APPETITE SUPPRESSION SHAKES:

- Chocolate
- Vanilla

DIABETICS SHAKES:

- Chocolate
- Strawberry
- Vanilla

SOUPS:

- Cream of Tomato

SNACKS*:

SOY CRISPS*:

- White Cheddar*
- Ranch*

Kosher Parve Medifast Products

These Medifast products are certified Kosher Parve by the Orthodox Union (OU).

These products do not contain egg, meat, or dairy, have been prepared in accordance with dietary laws, and meet the standards of the Orthodox Union for Kosher Parve.

CONDIMENTS:

- Sugar-free Syrup

HEARTY MEALS:

- Vegetarian Sloppy Joe

MEDIBITES:

- BBQ

OATMEALS:

- Apple Cinnamon
- Blueberry

SNACKS*:

SOY CRISPS*:

- Apple Cinnamon*

*This item is NOT a Medifast Meal and should be used in addition to your daily Medifast Meals

Did you know?

The Orthodox Union (OU) is one of the largest kosher certification agencies in the country.

The OU Kosher logo indicates that a product may be consumed by those who observe kosher dietary laws, but this symbol can also be helpful for others who have special dietary requirements, such as Moslems and Seventh Day Adventists.

For more information, visit the OU Web site at <http://www.oukosher.org>

Lactose-Free Medifast Products

Medifast defines lactose “free” as containing less than 0.5 grams of lactose. The following Medifast products meet this definition and may be the most appropriate choices for people who are lactose intolerant.

ANTIOXIDANT SHAKES:

- Cherry Pomegranate Shake
- Dark Chocolate Shake

COLD DRINKS:

- Orange Blend

CONDIMENTS:

- Sugar-free Syrup

CRUNCH BARS:

- Caramel
- Chocolate Mint
- Cinnamon Roll
- Fruit & Nut
- Oatmeal Raisin
- Peanut Butter
- Strawberry

FRUIT DRINKS:

- Cranberry Mango
- Tropical Punch

HEARTY MEALS:

- Vegetarian Sloppy Joe

ICED TEAS:

- Peach Tea
- Raspberry Tea

OATMEALS:

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar
- Peach

MEDIBITES:

- BBQ

PUDDINGS:

- Banana
- Chocolate
- Vanilla

READY-TO-DRINK SHAKES:

- Dutch Chocolate
- French Vanilla

SOFT BAKES:

- Chocolate Chip

SOFT SERVE:

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

SOUPS:

- Beef Vegetable Stew
- Chicken Noodle
- Chicken & Wild Rice
- Homestyle Chili
- Maryland Crab

ESSENTIAL1:

ANTIOXIDANTS FLAVOR INFUSERS™:

- Raspberry Açai Flavor Infuser™ *
- White Grape Peach Flavor Infuser™ *

CALORIEBURN FLAVOR INFUSERS™:

- Green Tea Lemon Flavor Infuser™ *
- Mixed Berry Flavor Infuser™ *
- Lemonade Flavor Infuser™ *

DIETARY SUPPLEMENTS:

- Digestive Health*
- Heart Health*
- Sleep Health*

SNACKS*:

CRACKERS*:

- Garden Vegetable*
- Multi-Grain*

SOY CRISPS*:

- Apple Cinnamon*
- White Cheddar*
- Ranch*

Did you know?

Lactose intolerance is not the same thing as a milk allergy.

According to the National Institutes of Health, people with lactose intolerance have difficulty digesting lactose (the natural sugar found in milk) due to a lack of the enzyme lactase in their bodies.

Studies show that there are some things people with lactose intolerance can do to have fewer symptoms:

- Choose low-lactose or lactose-free calcium sources, such as lactose-free Medifast Meals
- Incorporate lactase from an over-the-counter source, such as Lactaid®, or a dietary supplement like Medifast’s Essential1: Digestive Health.

Be sure to consult with your physician regarding your specific needs.

*This item is NOT a Medifast Meal and should be used in addition to your daily Medifast Meals

Please note: Product information can change over time, therefore the ingredient label on the package is always the best and most current

Milk-Free Medifast Products

The following Medifast products do not contain milk as a known ingredient.

CONDIMENTS:

- Sugar-free Syrup

HEARTY MEALS:

- Vegetarian Sloppy Joe

MEDIBITES:

- BBQ

OATMEALS:

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar

READY-TO-DRINK SHAKES:

- Dutch Chocolate
- French Vanilla

SOUPS:

- Beef Vegetable Stew
- Chicken Noodle
- Chicken & Wild Rice
- Homestyle Chili
- Maryland Crab

SNACKS*:

CRACKERS*:

- Garden Vegetable*

- Multi-Grain*

SOY CRISPS*:

- Apple Cinnamon*

ESSENTIAL 1:

ANTIOXIDANTS FLAVOR INFUSERS™:

- Raspberry Açai Flavor Infuser™ *
- White Grape Peach Flavor Infuser™ *

CALORIE BURN FLAVOR INFUSERS™:

- Green Tea Lemon Flavor Infuser™ *
- Mixed Berry Flavor Infuser™ *
- Strawberry Lemonade Flavor Infuser™ *

DIETARY SUPPLEMENTS*:

- Digestive Health*
- Heart Health*
- Sleep Health*

*This item is NOT a Medifast Meal and should be used in addition to your daily Medifast Meals

Did you know?

According to information from the Mayo Clinic, an allergy to milk is more common in children than adults. As we grow older, our digestive system matures and is less likely to react to milk. In fact, most children will outgrow this allergy before age 3.

A true milk allergy is very different from lactose intolerance. Unlike a milk allergy, an intolerance to lactose doesn't involve the immune system.

Lactose intolerance causes different symptoms and requires different treatment than a true milk allergy does.

Peanut-Free Medifast Products

The following Medifast products do not contain peanut or peanut butter as a known ingredient.

ANTIOXIDANT SHAKES:

- Cherry Pomegranate Shake
- Dark Chocolate Shake

BROWNIE:

- Brownie with real chocolate chips

CALORIEBURN MEALS:

- Cappuccino

CHEESE PUFFS:

- Chili Nacho
- Parmesan

COLD DRINKS:

- Orange Blend

CONDIMENTS:

- Sugar-free Syrup

CRUNCH BARS:

- Chocolate
- Chocolate Mint
- Cinnamon Roll
- Lemon Meringue
- Oatmeal Raisin
- S'more
- Strawberry

EGGS:

- Original Style
- Southwest Style

FRUIT DRINKS:

- Cranberry Mango
- Tropical Punch

HEARTY MEALS:

- Vegetarian Sloppy Joe

HOT DRINKS:

- Cappuccino
- Chai Latte
- Hot Cocoa

ICED TEAS:

- Peach
- Raspberry

MAINTENANCE BARS:

- Chocolate Mint
- Oatmeal Raisin

MEDIBITES:

- BBQ
- Cheese Pizza

OATMEALS:

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar
- Peach

PANCAKES:

- Chocolate Chip
- Original
- Spiced

PUDDINGS:

- Banana
- Chocolate
- Vanilla

SHAKES:

MEDIFAST 55 AND 70

SHAKES:

- Banana Crème
- Dutch Chocolate
- French Vanilla
- Orange Crème
- Strawberry Crème
- Swiss Mocha

READY-TO-DRINK SHAKES:

- Dutch Chocolate
- French Vanilla

SOFT BAKES:

- Chocolate Chip

SOFT SERVE:

- Chocolate Mint
- Coffee
- Mango

SOUPS:

- Beef Vegetable Stew
- Chicken Noodle
- Chicken & Wild Rice
- Cream of Broccoli
- Cream of Chicken
- Cream of Tomato
- Homestyle Chili
- Maryland Crab

ESSENTIAL1:

ANTIOXIDANT FLAVOR

INFUSERS™:

- Raspberry Açai Flavor Infuser™*
- White Grape Peach Flavor Infuser™*

CALORIEBURN FLAVOR

INFUSERS™:

- Green Tea Lemon Flavor Infuser™*
- Mixed Berry Flavor Infuser™*
- Strawberry Lemonade Flavor Infuser™*

DIETARY SUPPLEMENTS*:

- Digestive Health*
- Heart Health*
- Sleep Health*

MEDIFAST PLUS FOR:

APPETITE SUPPRESSION SHAKES:

- Chocolate
- Vanilla

DIABETICS SHAKES:

- Chocolate
- Strawberry
- Vanilla

JOINT HEALTH SHAKES:

- Chocolate
- Vanilla

SNACKS*:

CRACKERS*:

- Garden Vegetable*
- Multi-Grain*

SOY CRISPS*:

- Apple Cinnamon*
- White Cheddar*
- Ranch*

*This item is NOT a Medifast Meal and should be used in addition to your

Did you know?

According to the National Peanut Board, Dr. George Washington Carver researched and developed more than 300 uses for peanuts in the 1900s.

Please note: Product information can change over time, therefore the ingredient label on the package is always the best and most current information for that specific item.

Shellfish-Free Medifast Products

The following Medifast products do not contain shellfish such as shrimp, lobster, oysters, etc., as a known ingredient.

ANTIOXIDANT SHAKES:

- Cherry Pomegranate Shake
- Dark Chocolate Shake

BROWNIE:

- Brownie with real chocolate chips

CALORIEBURN MEALS:

- Cappuccino

CHEESE PUFFS:

- Chili Nacho
- Parmesan

COLD DRINKS:

- Orange Blend

CONDIMENTS:

- Sugar-free Syrup

CRUNCH BARS:

- Caramel
- Chocolate
- Chocolate Mint
- Cinnamon Roll
- Fruit & Nut
- Lemon Meringue
- Oatmeal Raisin
- Peanut Butter
- S'more
- Strawberry

EGGS:

- Original Style
- Southwest Style

FRUIT DRINKS:

- Cranberry Mango
- Tropical Punch

HEARTY MEALS:

- Vegetarian Sloppy Joe

HOT DRINKS:

- Cappuccino
- Chai Latte
- Hot Cocoa

ICED TEAS:

- Peach
- Raspberry

MAINTENANCE BARS:

- Caramel Nut
- Chocolate Mint
- Oatmeal Raisin

MEDIBITES:

- BBQ
- Cheese Pizza

OATMEALS:

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar
- Peach

PANCAKES:

- Chocolate Chip
- Original
- Spiced

PRETZEL STICKS:

- Cinnamon
- Honey Mustard

PUDDINGS:

- Banana
- Chocolate
- Vanilla

SHAKES:

MEDIFAST 55 AND 70

SHAKES:

- Banana Crème
- Dutch Chocolate
- French Vanilla
- Orange Crème
- Strawberry Crème
- Swiss Mocha

READY-TO-DRINK SHAKES:

- Dutch Chocolate
- French Vanilla

SOFT BAKES:

- Chocolate Chip

SOFT SERVE:

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

SOUPS:

- Beef Vegetable Stew
- Chicken Noodle
- Chicken & Wild Rice
- Cream of Broccoli
- Cream of Chicken
- Cream of Tomato
- Homestyle Chili

ESSENTIAL 1:

ANTIOXIDANT FLAVOR

INFUSERS™:

- Raspberry Açai Flavor Infuser™*
- White Grape Peach Flavor Infuser™*

CALORIEBURN FLAVOR

INFUSERS™:

- Green Tea Lemon Flavor Infuser™*
- Mixed Berry Flavor Infuser™*
- Strawberry Lemonade Flavor Infuser™*

DIETARY

SUPPLEMENTS*:

- Digestive Health*
- Heart Health*
- Sleep Health*

MEDIFAST PLUS FOR:

APPETITE SUPPRESSION SHAKES:

- Chocolate
- Vanilla

DIABETICS SHAKES:

- Chocolate
- Strawberry
- Vanilla

SNACKS*:

CRACKERS*:

- Garden Vegetable*
- Multi-Grain*

SOY CRISPS*:

- Apple Cinnamon*
- White Cheddar*
- Ranch*

*This item is NOT a Medifast Meal and should be used in addition to your daily Medifast Meals

Did you know?

A shellfish allergy is the most common food allergy reported by adults. There are two categories of shellfish: crustaceans (such as lobster, crab, and shrimp) and mollusks (such as mussels, oysters, and scallops). Be sure to speak to your health care provider about your specific allergy.

Medifast Product Soy Allergen Information

The following information is provided to help those with an allergy or sensitivity to soy better understand which choices may be appropriate for their individual needs.

PRODUCTS THAT DO NOT CONTAIN SOY:

CALORIEBURN MEALS:

- Cappuccino

CONDIMENTS:

- Sugar-free Syrup

HOT DRINKS:

- Cappuccino
- Chai Latte
- Hot Cocoa

SOFT SERVE:

- Chocolate Mint
- Coffee
- Peanut Butter

SOUPS:

- Cream of Tomato

ESSENTIAL 1:

ANTIOXIDANT FLAVOR INFUSERS™:

- Raspberry Açai Flavor Infuser™ *
- White Grape Peach Flavor Infuser™ *

CALORIEBURN FLAVOR INFUSERS™:

- Green Tea Lemon Flavor Infuser™ *
- Mixed Berry Flavor Infuser™ *
- Strawberry Lemonade Flavor Infuser™ *

DIETARY SUPPLEMENTS*:

- Digestive Health*
- Heart Health*
- Sleep Health*

SNACKS*:

CRACKERS*:

- Garden Vegetable*
- Multi-Grain*

*This item is NOT a Medifast Meal and should be used in addition to your daily Medifast Meals

CONTAINS SOY LECITHIN ONLY

ANTIOXIDANTS SHAKES:

- Cherry Pomegranate Shake
- Dark Chocolate Shake

COLD DRINKS:

- Orange Blend

FRUIT DRINKS:

- Cranberry Mango
- Tropical Punch

ICED TEAS:

- Peach
- Raspberry

SOFT SERVE:

- Mango

EGGS:

- Original Style
- Southwest Style

Please note: Product information can change over time, therefore the ingredient label on the package is always the best and most current information for that specific item.

CONTAINS SOY SAUCE:

SOUPS:

- Cream of Broccoli
- Cream of Chicken

Did you know?

The majority of soy lecithin used in food applications is derived from refined soybean oil by a process which eliminates most, if not all, allergenic proteins.¹ According to information from the Cleveland Clinic, "studies have shown that most people with soy allergy can safely eat foods containing soy lecithin²." If you have an allergy to soy or another soy-related concern, please be sure to speak with your physician to determine what is best for you.

1. Taylor, SL, Kabourek, JL. Soyfoods and allergies: separating fact from fiction. *The Soy Connection*.2003; Vol. 11, No. 2.

2. Cleveland Clinic. Soy allergy. Online. Available http://my.clevelandclinic.org/disorders/soy_allergy.aspx.

Medifast Products that Contain Soy Protein

The following Medifast products contain soy protein.

BROWNIE:

- Brownie with real chocolate chips—8.7 g

CHEESE PUFFS:

- Chili Nacho—9 g
- Parmesan—9 g

CRUNCH BARS:

- Caramel—9.3 g
- Chocolate—8.7 g
- Chocolate Mint—9.2 g
- Cinnamon Roll—9.5 g
- Fruit & Nut—8.7 g
- Lemon Meringue—9.3 g
- Oatmeal Raisin—9.3 g
- Peanut Butter—8.4 g
- S'more—9.1 g
- Strawberry—9.2 g

HEARTY MEALS:

- Vegetarian Sloppy Joe—9 g

MAINTENANCE BARS:

- Caramel Nut—6.4 g
- Chocolate Mint—6.4 g
- Oatmeal Raisin—8.7 g

MEDIBITES:

- Pizza—9 g
- Barbeque—9 g

OATMEALS:

- Apple Cinnamon—8.1 g
- Blueberry—8.1 g
- Maple & Brown Sugar—8.1 g
- Peach—8 g

PANCAKES:

- Chocolate Chip—4.7 g
- Original—4.7 g
- Spiced—4.7 g

PRETZEL STICKS:

- Cinnamon—9 g
- Honey Mustard—9 g

PUDDINGS:

- Banana—2.8 g
- Chocolate—2.9 g
- Vanilla—2.9 g

SHAKES:

MEDIFAST 55 SHAKES:

- Banana Crème—7.6 g
- Dutch Chocolate—8.0 g
- French Vanilla—8.0 g
- Orange Crème—7.6 g
- Strawberry Crème—7.6 g
- Swiss Mocha—8.0 g

MEDIFAST 70 SHAKES:

- Banana Crème—9.7 g
- Dutch Chocolate—9.7 g
- French Vanilla—9.7 g
- Orange Crème—9.7 g
- Strawberry Crème—9.7 g
- Swiss Mocha—9.7 g

READY-TO-DRINK SHAKES:

- Dutch Chocolate—10.5 g
- French Vanilla—11 g

SNACKS*:

Amount Unknown

SOY CRISPS*:

- Apple Cinnamon*
- White Cheddar*
- Ranch*

SOFT BAKES:

- Chocolate Chip—9 g

MEDIFAST PLUS FOR:

APPETITE SUPPRESSION

SHAKES:

- Chocolate—9.5 g
- Vanilla—9.9 g

DIABETICS SHAKES:

- Chocolate—8.5 g
- Strawberry—9 g
- Vanilla—9 g

JOINT HEALTH SHAKES:

- Chocolate—8.6 g

SOUPS:

- Beef Vegetable Stew—4.9 g
- Chicken Noodle—9.7 g
- Chicken & Wild Rice—3.4 g
- Cream of Chicken (*contains soy sauce*)
- Cream of Broccoli (*contains soy sauce*)
- Homestyle Chili—10.5 g
- Maryland Crab—10 g

Did you know?

- Soy protein, as part of a diet low in saturated fat and cholesterol, has been linked to a decreased risk of developing coronary heart disease.
- In 1999, the FDA issued a Soy Health Claim based up on evidence from more than 27 studies.
- More than 32 Medifast Meals meet the criteria to carry the FDA's Soy Heart Health Claim.
- For more answers to your questions on soy's health effects, be sure to check out the Medifast Soy Overview, available as a free download from our Web site.

*This item is NOT a Medifast Meal and should be used in addition to your daily Medifast Meals

Please note: Product information can change over time, therefore the ingredient label on the package is always the best and most current information for that specific item.

ANTIOXIDANT SHAKES:

- Cherry Pomegranate Shake
- Dark Chocolate Shake

BROWNIE:

- Brownie with real chocolate chips

CALORIBURN MEALS:

- Cappuccino

CHEESE PUFFS:

- Chili Nacho
- Parmesan

COLD DRINKS:

- Orange Blend

CONDIMENTS:

- Sugar-free Syrup

CRUNCH BARS:

- Caramel
- Chocolate
- Chocolate Mint
- Cinnamon Roll
- Lemon Meringue
- Oatmeal Raisin
- Peanut Butter
- S'more
- Strawberry

EGGS:

- Original Style
- Southwest Style

Please note: Product information can change over time, therefore the ingredient label on the package is always the best and most current information for that specific item.

Tree Nut-Free Medifast Products

The following Medifast products do not contain tree nuts as a known ingredient.

FRUIT DRINKS:

- Cranberry Mango
- Tropical Punch

HEARTY MEALS:

- Vegetarian Sloppy Joe

HOT DRINKS:

- Cappuccino
- Chai Latte
- Hot Cocoa

ICED TEAS:

- Peach
- Raspberry

MAINTENANCE BARS:

- Caramel Nut
- Chocolate Mint
- Oatmeal Raisin

MEDIBITES:

- BBQ
- Cheese Pizza

OATMEALS:

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar
- Peach

PANCAKES:

- Chocolate Chip
- Original
- Spiced

PUDDINGS:

- Banana
- Chocolate
- Vanilla

SHAKES:

MEDIFAST 55 AND 70

SHAKES:

- Banana Crème
- Dutch Chocolate
- French Vanilla
- Orange Crème
- Strawberry Crème
- Swiss Mocha

READY-TO-DRINK SHAKES:

- Dutch Chocolate
- French Vanilla

SOFT BAKES:

- Chocolate Chip

SOFT SERVE:

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

SOUPS:

- Beef Vegetable Stew
- Chicken Noodle
- Chicken & Wild Rice
- Cream of Broccoli
- Cream of Chicken
- Cream of Tomato
- Homestyle Chili
- Maryland Crab

ESSENTIAL1:

ANTIOXIDANT FLAVOR

INFUSERS™:

- Raspberry Açai Flavor Infuser™*
- White Grape Peach Flavor Infuser™*

CALORIEBURN FLAVOR

INFUSERS™:

- Green Tea Lemon Flavor Infuser™*
- Mixed Berry Flavor Infuser™*
- Strawberry Lemonade Flavor Infuser™*

DIETARY SUPPLEMENTS*:

- Digestive Health*
- Heart Health*
- Sleep Health*

MEDIFAST PLUS FOR:

APPETITE SUPPRESSION

SHAKES:

- Chocolate
- Vanilla

DIABETICS SHAKES:

- Chocolate
- Strawberry
- Vanilla

JOINT HEALTH SHAKES:

- Chocolate
- Vanilla

SNACKS*:

CRACKERS*:

- Garden Vegetable*
- Multi-Grain*

SOY CRISPS*:

- Apple Cinnamon*
- White Cheddar*
- Ranch*

*This item is NOT a Medifast Meal and should be used in addition to your daily Medifast Meals

Did you know?

Tree nuts include walnut, almond, cashew, and Brazil nuts, among others. A tree nut allergy should not be confused or grouped together with an allergy to peanuts (a type of legume) or seeds, such as sunflower or sesame. Speak with your health care provider to learn more information about your specific allergy.

ANTIOXIDANT SHAKES:

- Cherry Pomegranate Shake
- Dark Chocolate Shake

BROWNIE:

- Brownie with real chocolate chips

CALORIEBURN MEALS:

- Cappuccino

CHEESE PUFFS:

- Chili Nacho
- Parmesan

COLD DRINKS:

- Orange Blend

CONDIMENTS:

- Sugar-free Syrup

CRUNCH BARS:

- Caramel
- Chocolate
- Chocolate Mint
- Cinnamon Roll
- Fruit & Nut
- Lemon Meringue
- Oatmeal Raisin
- Peanut Butter
- S'more
- Strawberry

EGGS:

- Original Style
- Southwest Style

FRUIT DRINKS:

- Cranberry Mango
- Tropical Punch

HEARTY MEALS:

- Vegetarian Sloppy Joe

HOT DRINKS:

- Cappuccino
- Chai Latte
- Hot Cocoa

ICED TEAS:

- Peach
- Raspberry

MAINTENANCE BARS:

- Caramel Nut
- Chocolate Mint
- Oatmeal Raisin

MEDIBITES:

- BBQ
- Cheese Pizza

OATMEALS:

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar
- Peach

PANCAKES:

- Chocolate Chip
- Original
- Spiced

PRETZEL STICKS:

- Cinnamon
- Honey Mustard

PUDDINGS:

- Banana
- Chocolate
- Vanilla

SHAKES:

MEDIFAST 55 AND 70

SHAKES:

- Banana Crème
- Dutch Chocolate
- French Vanilla
- Orange Crème
- Strawberry Crème
- Swiss Mocha

READY-TO-DRINK SHAKES:

- Dutch Chocolate
- French Vanilla

SOFT BAKES:

- Chocolate Chip

SOFT SERVE:

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

SOUPS:

- Cream of Tomato

ESSENTIAL 1:

ANTIOXIDANT FLAVOR

INFUSERS™:

- Raspberry Açai Flavor Infuser™*
- White Grape Peach Flavor Infuser™*

CALORIEBURN FLAVOR

INFUSERS™:

- Green Tea Lemon Flavor Infuser™*
- Mixed Berry Flavor Infuser™*
- Strawberry Lemonade Flavor Infuser™*

DIETARY SUPPLEMENTS*:

- Sleep Health*

MEDIFAST PLUS FOR:

APPETITE SUPPRESSION

SHAKES:

- Chocolate

DIABETICS SHAKES:

- Chocolate
- Strawberry

SNACKS*:

CRACKERS*:

- Garden Vegetable*
- Multi-Grain*

SOY CRISPS*:

- Apple Cinnamon*
- White Cheddar*
- Ranch*

*This item is NOT a Medifast Meal and should be used in addition to your daily Medifast

Vegetarian-Friendly Medifast Products

The following Medifast products contain no meat or meat byproducts. These may contain egg or milk, but are appropriate choices for those following a lacto-ovo vegetarian meal plan.

Did you know?

Whether you've decided to follow a vegetarian lifestyle or simply like choosing meatless options now and again, Medifast can help!

Not only is every Medifast Meal packed with high quality protein (with many vegetarian-friendly choices, like those listed here), did you know we have a Medifast for Vegetarians Guide?

The Medifast for Vegetarians Guide includes information on vegetarian nutrition, provides an expanded list of meatless options for your Lean & Green Meal, and has great meal planning tips.

Be sure to check out the Medifast for Vegetarians Guide, available as a free download from our Web site.

Please note: Product information can change over time, therefore the ingredient label on the package is always the best and most current information for that specific item.

ANTIOXIDANT

SHAKES:

- Cherry Pomegranate Shake

- Dark Chocolate Shake

BROWNIE:

- Brownie with real chocolate chips

CALORIEBURN MEALS:

- Cappuccino

CHEESE PUFFS:

- Chili Nacho
- Parmesan

COLD DRINKS:

- Orange Blend

CONDIMENTS:

- Sugar-free Syrup

CRUNCH BARS:

- Caramel
- Chocolate
- Chocolate Mint
- Cinnamon Roll
- Fruit & Nut
- Lemon Meringue
- Oatmeal Raisin
- Peanut Butter
- S'more
- Strawberry

EGGS:

- Original Style
- Southwest Style

HEARTY MEALS:

- Vegetarian Sloppy Joe

HOT DRINKS:

- Cappuccino
- Chai Latte
- Hot Cocoa

ICED TEAS:

- Peach
- Raspberry

MAINTENANCE BARS:

- Caramel Nut
- Chocolate Mint
- Oatmeal Raisin

MEDIBITES:

- BBQ
- Cheese Pizza

PANCAKES:

- Chocolate Chip
- Original
- Spiced

PUDDINGS:

- Banana
- Chocolate
- Vanilla

SHAKES:

MEDIFAST 55 AND 70 SHAKES:

- Banana Crème
- Dutch Chocolate
- French Vanilla
- Orange Crème
- Strawberry Crème
- Swiss Mocha

READY-TO-DRINK SHAKES:

- Dutch Chocolate
- French Vanilla

SOFT BAKES:

- Chocolate Chip

SOFT SERVE:

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

Wheat-Free Medifast Products

The following Medifast products do not contain wheat as a known ingredient.

SOUPS:

- Chicken & Wild Rice
- Cream of Tomato
- Maryland Crab

ESSENTIAL1:

ANTIOXIDANT FLAVOR

INFUSERS™:

- Raspberry Açai Flavor Infuser™ *
- White Grape Peach Flavor Infuser™ *

CALORIEBURN FLAVOR

INFUSERS™:

- Green Tea Lemon Flavor Infuser™ *
- Mixed Berry Flavor Infuser™ *
- Strawberry Lemonade Flavor Infuser™ *

DIETARY SUPPLEMENTS*:

- Digestive Health*
- Heart Health*
- Sleep Health*

MEDIFAST PLUS FOR:

APPETITE SUPPRESSION

SHAKES:

- Chocolate
- Vanilla

DIABETICS SHAKES:

- Chocolate
- Strawberry
- Vanilla

JOINT HEALTH SHAKES:

- Chocolate

SNACKS*:

SOY CRISPS*:

- Apple Cinnamon*
- White Cheddar*
- Ranch*

*This item is NOT a Medifast Meal and should be used in addition to your daily Medifast Meals

Please note: Product information can change over time, therefore the ingredient label on the package is always the best and most current information for that specific item.

Did you know?

Wheat allergies are commonly confused with celiac disease or gluten intolerance. If you have a wheat allergy, you don't necessarily need to follow a gluten-free meal plan; contact your health care provider to understand what is best for your overall health. For more information on Medifast's Certified Gluten-Free products, be sure to check out the Gluten-Free Fact Sheet, available as a free download from our Web site.