

## 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

### **BITES:**

- BBQ
- Cheese Pizza

### **CALORIEBURN MEALS:**

- Cappuccino

### **CEREAL CRUNCH:**

- Cinnamon & Brown Sugar
- Mixed Berry

### **CHEESE PUFFS:**

- Chili Nacho
- Parmesan

### **CHEWY BARS**

- Cookie Dough
- Peanut Butter Chocolate Chip

### **CRUNCH BARS:**

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

### **FLAVORS OF HOME:**

- Chicken and Rice with Vegetables
- Turkey Meatball Marinara

### **FRUIT DRINKS:**

- Cranberry Mango
- Tropical Punch

### **HEARTY MEALS:**

- Macaroni & Cheese
- Vegetable Chili
- Vegetarian Sloppy Joe
- Ziti Marinara

### **HOT DRINKS:**

- Cappuccino
- Chai Latte
- Hot Cocoa

### **ICED TEAS:**

- Peach
- Raspberry

### **MAINTENANCE BARS:**

- Caramel Nut

### **OATMEALS:**

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

### **PRETZEL STICKS:**

- Cinnamon
- Honey Mustard

### **PUDDINGS:**

- Banana
- Chocolate
- Vanilla

### **SHAKES:**

### **MEDIFAST SHAKES:**

- Banana
- Dutch Chocolate
- French Vanilla
- Mocha
- Orange Cream
- Strawberry

### **READY-TO-DRINK SHAKES:**

- Dutch Chocolate
- French Vanilla
- Mocha

### **SOFT BAKES:**

- Chocolate Chip

### **SOUPS:**

- Beef Vegetable Soup
- Maryland Style Crab Flavored Soup
- Tomato Basil Bisque
- Wild Rice & Chicken Flavored Soup

### **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\*

### **SNACKS\*:**

### **CRACKERS\*:**

- Garden Vegetable\*
- Multi-Grain\*

### **SOY CRISPS\*:**

- Apple Cinnamon\*
- White Cheddar\*
- Ranch\*

### **CONDIMENTS\*:**

- Sugar-free Syrup\*

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

## **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.

## **ANTIOXIDANT SHAKES:**

- Cherry Pomegranate Shake
- Dark Chocolate Shake

## **CALORIEBURN MEALS:**

- Cappuccino

## **BITES:**

- BBQ
- Cheese Pizza

## **CEREAL CRUNCH:**

- Cinnamon & Brown Sugar
- Mixed Berry

## **CHEESE PUFFS:**

- Chili Nacho
- Parmesan

## **CHEWY BARS:**

- Cookie Dough
- Peanut Butter Chocolate Chip

## **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

## **FLAVORS OF HOME:**

- Chicken Cacciatore
- Chicken and Rice
- Turkey Meatball Marinara

## **FRUIT DRINKS:**

- Cranberry Mango
- Tropical Punch

## **HEARTY MEALS:**

- Garlic Mashed Potatoes
- Macaroni & Cheese
- Sour Cream and Chive Mashed Potatoes
- Vegetable Chili
- Vegetarian Sloppy Joe
- Ziti Marinara

## **HOT DRINKS:**

- Cappuccino
- Chai Latte
- Hot Cocoa

## **ICED TEAS:**

- Peach
- Raspberry

## **MAINTENANCE BARS:**

- Caramel Nut

## **OATMEALS:**

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

## **PANCAKES:**

- Chocolate Chip
- Original
- Spiced

## **PRETZEL STICKS:**

- Cinnamon
- Honey Mustard

## **PUDDINGS:**

- Banana
- Chocolate
- Vanilla

## **SHAKES:**

## **MEDIFAST SHAKES:**

- Banana
- Dutch Chocolate
- French Vanilla
- Mocha
- Orange Cream
- Strawberry
- Mocha

## **READY-TO-DRINK SHAKES:**

- Dutch Chocolate
- French Vanilla

## **SMOOTHIES:**

- Pineapple Mango
- Triple Berry

## **SOFT BAKES:**

- Blueberry Muffin
- Brownie
- Chocolate Chip

## **SOFT SERVE:**

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

## **SOUPS:**

- Beef Vegetable Soup
- Chicken Flavored Noodle Soup
- Maryland Style Crab Flavored Soup
- Tomato Basil Bisque
- Wild Rice & Chicken Flavored Soup

## **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\*

## **SNACKS\*:**

## **CRACKERS\*:**

- Garden Vegetable\*
- Multi-Grain\*

## **SOY CRISPS\*:**

- Apple Cinnamon\*
- White Cheddar\*
- Ranch\*

## **CONDIMENTS\*:**

- Sugar-free Syrup\*

\*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?**

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

## **BITES:**

- BBQ
- Cheese Pizza

## **CALORIEBURN MEALS:**

- Cappuccino

## **CEREAL CRUNCH:**

- Cinnamon & Brown Sugar
- Mixed Berry

## **CHEESE PUFFS:**

- Chili Nacho
- Parmesan

## **COLD DRINKS:**

- Orange Blend

## **EGGS:**

- Original Style
- Southwest Style

## **FRUIT DRINKS:**

- Cranberry Mango
- Tropical Punch

## **HEARTY MEALS:**

- Garlic Mashed Potatoes
- Sour Cream and Chive Mashed Potatoes
- Vegetarian Sloppy Joe

## **HOT DRINKS:**

- Cappuccino
- Chai Latte
- Hot Cocoa

## **ICED TEAS:**

- Peach
- Raspberry

## **PANCAKES:**

- Chocolate Chip
- Original
- Spiced

## **PUDDINGS:**

- Banana
- Chocolate
- Vanilla

## **SHAKES:**

## **MEDIFAST SHAKES:**

- Banana
- Dutch Chocolate
- French Vanilla
- Mocha
- Orange Cream
- Strawberry

## **SMOOTHIES:**

- Pineapple Mango
- Triple Berry

## **SOFT BAKES:**

- Blueberry Muffin
- Brownie
- Chocolate Chip

## **SOFT SERVE:**

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

## **SOUPS:**

- Maryland Style Crab Flavored Soup
- Tomato Basil Bisque
- Wild Rice & Chicken Flavored Soup

## **CONDIMENTS\*:**

- Sugar-free Syrup\*

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

## 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.

### **BITES:**

- Cheese Pizza

### **CALORIEBURN MEALS:**

- Cappuccino

### **CHEESE PUFFS:**

- Chili Nacho
- Parmesan

### **CHEWY BARS:**

- Cookie Dough
- Peanut Butter  
Chocolate Chip

### **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

### **HEARTY MEALS:**

- Garlic Mashed Potatoes
- Macaroni & Cheese
- Sour Cream and Chive  
Mashed Potatoes

- Ziti Marinara

### **MAINTENANCE BARS:**

- Caramel Nut

### **OATMEALS:**

- Maple & Brown Sugar
- Peach

### **PANCAKES:**

- Chocolate Chip
- Original
- Spiced

### **PRETZEL STICKS:**

- Cinnamon
- Honey Mustard

### **PUDDINGS:**

- Banana
- Chocolate
- Vanilla

### **SHAKES:**

### **MEDIFAST SHAKES:**

- Banana
- Dutch Chocolate
- French Vanilla
- Mocha
- Orange Cream
- Strawberry

### **READY-TO-DRINK SHAKES:**

- Dutch Chocolate
- French Vanilla
- Mocha

### **SMOOTHIES:**

- Pineapple Mango
- Triple Berry

### **SOFT BAKES:**

- Blueberry Muffin
- Brownie
- Chocolate Chip

### **SOFT SERVE:**

- Chocolate Mint
- Coffee
- Peanut Butter

### **SOUPS:**

- Tomato Basil Bisque

### **SNACKS\*:**

### **SOY CRISPS\*:**

- 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.*

## 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.

### **BITES:**

- BBQ

### **CEREAL CRUNCH:**

- Cinnamon & Brown Sugar
- Mixed Berry

### **HEARTY MEALS:**

- Vegetarian Sloppy Joe

### **OATMEALS:**

- Apple Cinnamon
- Blueberry

### **SNACKS\*:**

### **SOY CRISPS\*:**

- Apple Cinnamon\*

### **ESSENTIAL 1 INFUSERS\*:**

- Green Tea Lemon\*
- Mixed Berry\*
- Raspberry Acai\*
- Strawberry Lemonade\*
- White Grape Peach\*

### **CONDIMENTS\*:**

- Sugar-free Syrup\*

## 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>

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# 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

## **BITES:**

- BBQ

## **CEREAL CRUNCH:**

- Cinnamon & Brown Sugar
- Mixed Berry

## **COLD DRINKS:**

- Orange Blend

## **FLAVORS OF HOME:**

- Chicken Cacciatore
- Chicken and Rice with Vegetables
- Turkey Meatball Marinara

## **FRUIT DRINKS:**

- Tropical Punch

## **HEARTY MEALS:**

- Vegetable Chili
- Vegetarian Sloppy Joe

## **HOT DRINKS:**

- Chai Latte

## **ICED TEAS:**

- Peach Tea

## **OATMEALS:**

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

## **PUDDINGS:**

- Banana
- Chocolate
- Vanilla

## **READY-TO-DRINK SHAKES:**

- Dutch Chocolate
- French Vanilla
- Mocha

## **SOFT SERVE:**

- Mango

## **SOUPS:**

- Beef Vegetable Soup
- Chicken Flavored Noodle Soup
- Maryland Style Crab Flavored Soup
- Wild Rice & Chicken Flavored Soup

## **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\*

### **SNACKS\*:**

#### **CRACKERS\*:**

- Garden Vegetable\*
- Multi-Grain\*

#### **SOY CRISPS\*:**

- Apple Cinnamon\*
- White Cheddar\*
- Ranch\*

#### **CONDIMENTS\*:**

- Sugar-free Syrup\*

## 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

## Milk-Free Medifast Products

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

### **BITES:**

- BBQ

### **CEREAL CRUNCH:**

- Cinnamon & Brown Sugar
- Mixed Berry

### **FLAVORS OF HOME:**

- Chicken Cacciatore
- Chicken and Rice with Vegetables
- Turkey Meatball Marinara

### **HEARTY MEALS:**

- Vegetable Chili
- Vegetarian Sloppy Joe

### **OATMEALS:**

- Apple Cinnamon
- Blueberry
- Maple & Brown Sugar

### **READY-TO-DRINK SHAKES:**

- Dutch Chocolate
- French Vanilla
- Mocha

### **SOUPS:**

- Beef Vegetable Soup
- Chicken Flavored Noodle Soup
- Maryland Style Crab Flavored Soup
- Wild Rice & Chicken Flavored Soup

### **SNACKS\*:**

#### **CRACKERS\*:**

- Garden Vegetable\*
- Multi-Grain\*

#### **SOY CRISPS\*:**

- Apple Cinnamon\*

### **ESSENTIAL1:**

#### **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\*

### **CONDIMENTS\*:**

- Sugar-free Syrup\*

## 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, intolerance to lactose doesn't involve the immune system.

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

\*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.*

# 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

## **BITES:**

- BBQ
- Cheese Pizza

## **CALORIEBURN MEALS:**

- Cappuccino

## **CEREAL CRUNCH:**

- Cinnamon & Brown Sugar
- Mixed Berry

## **CHEESE PUFFS:**

- Chili Nacho
- Parmesan

## **CHEWY BARS:**

- Cookie Dough

## **COLD DRINKS:**

- Orange Blend

## **CRUNCH BARS:**

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

## **EGGS:**

- Original Style
- Southwest Style

## **FLAVORS OF HOME:**

- Chicken Cacciatore
- Chicken and Rice
- Turkey Meatball Marinara

## **FRUIT DRINKS:**

- Cranberry Mango
- Tropical Punch

## **HEARTY MEALS:**

- Garlic Mashed Potatoes
- Macaroni & Cheese
- Sour Cream and Chive Mashed Potatoes
- Vegetable Chili
- Vegetarian Sloppy Joe
- Ziti Marinara

## **HOT DRINKS:**

- Cappuccino
- Chai Latte
- Hot Cocoa

## **ICED TEAS:**

- Peach
- Raspberry

## **OATMEALS:**

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

## **PANCAKES:**

- Chocolate Chip
- Original
- Spiced

## **PUDDINGS:**

- Banana
- Chocolate
- Vanilla

## **SHAKES:**

## **MEDIFAST SHAKES:**

- Banana
- Dutch Chocolate
- French Vanilla
- Mocha
- Orange Cream
- Strawberry

## **READY-TO-DRINK SHAKES:**

- Dutch Chocolate
- French Vanilla
- Mocha

## **SMOOTHIES:**

- Pineapple Mango
- Triple Berry

## **SOFT BAKES:**

- Blueberry Muffin
- Brownie
- Chocolate Chip

## **SOFT SERVE:**

- Chocolate Mint
- Coffee
- Mango

## **SOUPS:**

- Beef Vegetable Soup
- Chicken Flavored Noodle Soup
- Maryland Style Crab Flavored Soup
- Tomato Basil Bisque
- Wild Rice & Chicken Flavored Soup

## **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\*

## **SNACKS\*:**

## **CRACKERS\*:**

- Garden Vegetable\*
- Multi-Grain\*

## **SOY CRISPS\*:**

- Apple Cinnamon\*
- White Cheddar\*
- Ranch\*

## **CONDIMENTS\*:**

- Sugar-free Syrup\*

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

*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?**

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

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# 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

## **BITES:**

- BBQ
- Cheese Pizza

## **CALORIEBURN MEALS:**

- Cappuccino

## **CEREAL CRUNCH:**

- Cinnamon & Brown Sugar
- Mixed Berry

## **CHEESE PUFFS:**

- Chili Nacho
- Parmesan

## **CHEWY BARS:**

- Cookie Dough
- Peanut Butter Chocolate Chip

## **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

## **FLAVORS OF HOME:**

- Chicken Cacciatore
- Chicken and Rice
- Turkey Meatball Marinara

## **FRUIT DRINKS:**

- Cranberry Mango
- Tropical Punch

## **HEARTY MEALS:**

- Garlic Mashed Potatoes
- Macaroni & Cheese
- Sour Cream and Chive Mashed Potatoes
- Vegetable Chili
- Vegetarian Sloppy Joe
- Ziti Marinara

## **HOT DRINKS:**

- Cappuccino
- Chai Latte
- Hot Cocoa

## **ICED TEAS:**

- Peach
- Raspberry

## **MAINTENANCE BARS:**

- Caramel Nut

## **OATMEALS:**

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

## **PANCAKES:**

- Chocolate Chip
- Original
- Spiced

## **PRETZEL STICKS:**

- Cinnamon
- Honey Mustard

## **PUDDINGS:**

- Banana
- Chocolate
- Vanilla

## **SHAKES:**

## **MEDIFAST SHAKES:**

- Banana
- Dutch Chocolate
- French Vanilla
- Mocha
- Orange Cream
- Strawberry

## **READY-TO-DRINK SHAKES:**

- Dutch Chocolate
- French Vanilla
- Mocha

## **SMOOTHIES:**

- Pineapple Mango
- Triple Berry

## **SOFT BAKES:**

- Blueberry Muffin
- Brownie
- Chocolate Chip

## **SOFT SERVE:**

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

## **SOUPS:**

- Beef Vegetable Soup
- Chicken Flavored Noodle Soup
- Tomato Basil Bisque
- Wild Rice & Chicken Flavored Soup

## **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\*

## **SNACKS\*:**

## **CRACKERS\*:**

- Garden Vegetable\*
- Multi-Grain\*

## **SOY CRISPS\*:**

- Apple Cinnamon\*
- White Cheddar\*
- Ranch\*

## **CONDIMENTS\*:**

- Sugar-free Syrup\*

\*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.*

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## **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

### **HEARTY MEALS:**

- Macaroni & Cheese

### **HOT DRINKS:**

- Cappuccino
- Chai Latte
- Hot Cocoa

### **SOFT SERVE:**

- Mango

### **SOUPS:**

- Tomato Basil Bisque

### **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\*

#### **SNACKS\*:**

#### **CRACKERS\*:**

- Garden Vegetable\*
- Multi-Grain\*

#### **CONDIMENTS\*:**

- Sugar-free Syrup\*

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

## **CONTAIN SOY LECITHIN ONLY:**

### **ANTIOXIDANTS SHAKES:**

- Cherry Pomegranate Shake
- Dark Chocolate Shake

### **COLD DRINKS:**

- Orange Blend

### **EGGS:**

- Original Style
- Southwest Style

### **FRUIT DRINKS:**

- Cranberry Mango
- Tropical Punch

### **HEARTY MEALS:**

- Garlic Mashed Potatoes
- Sour Cream and Chive Mashed Potatoes

### **ICED TEAS:**

- Peach
- Raspberry

### **SMOOTHIES:**

- Pineapple Mango
- Triple Berry

### **SOFT SERVE:**

- Chocolate Mint
- Coffee
- Peanut Butter

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?**

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.<sup>1</sup> According to information from the Cleveland Clinic, "studies have shown that most people with soy allergy can safely eat foods containing soy lecithin."<sup>2</sup> 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. Soy foods and allergies: separating fact from fiction. *The Soy Connection*.2003; Vol. 11, No. 2.
2. Cleveland Clinic. Soy allergy. Online. Available [http://mv.clevelandclinic.org/disorders/soy\\_allergy.aspx](http://mv.clevelandclinic.org/disorders/soy_allergy.aspx).

# Medifast Products that Contain Soy Protein

The following Medifast products contain soy protein.

## **BITES:**

- Barbeque—9.0 g
- Pizza—9.0 g

## **CEREAL CRUNCH:**

- Cinnamon & Brown Sugar—9.0 g
- Mixed Berry—9.0 g

## **CHEESE PUFFS:**

- Chili Nacho—9.0 g
- Parmesan—9.0 g

## **CHEWY BARS:**

- Cookie Dough—5.5g
- Peanut Butter Chocolate Chip—5.4g

## **CRUNCH BARS:**

- Caramel—9.0 g
- Chocolate—8.5 g
- Chocolate Mint—9.0 g
- Cinnamon Roll—9.5 g
- Fruit & Nut—8.5 g
- Lemon Meringue—9.0 g
- Oatmeal Raisin—9.0 g
- Peanut Butter—8.5 g
- S'more—9.0 g
- Strawberry—9.2 g

## **FLAVORS OF HOME:**

- Chicken Cacciatore
- Chicken and Rice
- Turkey Meatball Marinara

## **HEARTY MEALS:**

- Vegetable Chili—10.5 g
- Vegetarian Sloppy Joe—9.0 g
- Ziti Marinara—8.6 g

## **MAINTENANCE BARS:**

- Caramel Nut—6.4 g

## **OATMEALS:**

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

## **PANCAKES:**

- Chocolate Chip—4.5 g
- Original—4.7 g
- Spiced—4.7 g

## **PRETZEL STICKS:**

- Cinnamon—9.0 g
- Honey Mustard—9.0 g

## **PUDDINGS:**

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

## **PUFFS:**

- Chili Nacho—9.0g
- Parmesan—9.0g

## **SHAKES:**

### **MEDIFAST SHAKES:**

- Banana—8.9 g
- Dutch Chocolate—8.6 g
- French Vanilla—9.0 g
- Mocha—8.8 g
- Orange Cream—8.9 g
- Strawberry—8.9 g

### **READY-TO-DRINK SHAKES:**

- Dutch Chocolate—10.5 g
- French Vanilla—11.0 g
- Mocha—11.0 g

### **SOFT BAKES:**

- Blueberry Muffin—6.3g
- Brownie —8.7 g
- Chocolate Chip—9.0 g

### **SOUPS:**

- Beef Vegetable Soup—4.9 g
- Chicken Flavored Noodle Soup—9.7 g
- Maryland Style Crab Flavored Soup—10.0 g
- Wild Rice & Chicken Flavored Soup—7.5g

### **SNACKS\*:**

Amount Unknown

### **SOY CRISPS\*:**

- Apple Cinnamon\*
- White Cheddar\*
- Ranch\*

## 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

## **BITES:**

- BBQ
- Cheese Pizza

## **CALORIEBURN MEALS:**

- Cappuccino

## **CEREAL CRUNCH:**

- Cinnamon & Brown Sugar
- Mixed Berry

## **CHEESE PUFFS:**

- Chili Nacho
- Parmesan

## **CHEWY BARS:**

- Cookie Dough
- Peanut Butter Chocolate Chip

## **COLD DRINKS:**

- Orange Blend

## **CRUNCH BARS:**

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

## **EGGS:**

- Original Style
- Southwest Style

## **FLAVORS OF HOME:**

- Chicken Cacciatore
- Chicken and Rice
- Turkey Meatball Marinara

## **FRUIT DRINKS:**

- Cranberry Mango
- Tropical Punch

## **HEARTY MEALS:**

- Garlic Mashed Potatoes
- Macaroni & Cheese
- Sour Cream and Chive Mashed Potatoes
- Vegetable Chili
- Vegetarian Sloppy Joe
- Ziti Marinara

## **HOT DRINKS:**

- Cappuccino
- Chai Latte
- Hot Cocoa

## **ICED TEAS:**

- Peach
- Raspberry

## **MAINTENANCE BARS:**

- Caramel Nut

# Tree Nut-Free Medifast Products

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

## **OATMEALS:**

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

## **PANCAKES:**

- Chocolate Chip
- Original
- Spiced

## **PUDDINGS:**

- Banana
- Chocolate
- Vanilla

## **SHAKES:**

### **MEDIFAST SHAKES:**

- Banana
- Dutch Chocolate
- French Vanilla
- Mocha
- Orange Cream
- Strawberry

### **READY-TO-DRINK SHAKES:**

- Dutch Chocolate
- French Vanilla
- Mocha

## **SMOOTHIES:**

- Pineapple Mango
- Triple Berry

## **SOFT BAKES:**

- Blueberry Muffin
- Brownie
- Chocolate Chip

## **SOFT SERVE:**

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

## **SOUPS:**

- Beef Vegetable Soup
- Chicken Flavored Noodle Soup
- Maryland Style Crab Flavored Soup
- Tomato Basil Bisque
- Wild Rice & Chicken Flavored Soup

## **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\*

#### **SNACKS\*:**

#### **CRACKERS\*:**

- Garden Vegetable\*
- Multi-Grain\*

#### **SOY CRISPS\*:**

- Apple Cinnamon\*
- White Cheddar\*
- Ranch\*

#### **CONDIMENTS\*:**

- Sugar-free Syrup\*

\*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?

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.

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### **ANTIOXIDANT SHAKES:**

- Cherry Pomegranate Shake
- Dark Chocolate Shake

### **BITES:**

- BBQ
- Cheese Pizza

### **CALORIEBURN MEALS:**

- Cappuccino

### **CEREAL CRUNCH:**

- Cinnamon & Brown Sugar
- Mixed Berry

### **CHEESE PUFFS:**

- Chili Nacho
- Parmesan

### **CHEWY BARS:**

- Cookie Dough
- Peanut Butter Chocolate Chip

### **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

## 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.

### **FRUIT DRINKS:**

- Cranberry Mango
- Tropical Punch

### **HEARTY MEALS:**

- Garlic Mashed Potatoes
- Macaroni & Cheese
- Sour Cream and Chive Mashed Potatoes
- Vegetarian Sloppy Joe
- Ziti Marinara

### **HOT DRINKS:**

- Cappuccino
- Chai Latte
- Hot Cocoa

### **ICED TEAS:**

- Peach
- Raspberry

### **MAINTENANCE BARS:**

- Caramel Nut

### **OATMEALS:**

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

### **PANCAKES:**

- Chocolate Chip
- Original
- Spiced

### **PRETZEL STICKS:**

- Cinnamon
- Honey Mustard

### **PUDDINGS:**

- Banana
- Chocolate
- Vanilla

### **SHAKES:**

### **MEDIFAST SHAKES:**

- Banana
- Dutch Chocolate
- French Vanilla
- Mocha
- Orange Cream
- Strawberry

### **READY-TO-DRINK SHAKES:**

- Dutch Chocolate
- French Vanilla
- Mocha

### **SMOOTHIES:**

- Pineapple Mango
- Triple Berry

### **SOFT BAKES:**

- Blueberry Muffin
- Brownie
- Chocolate Chip

### **SOFT SERVE:**

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

### **SOUPS:**

- Tomato Basil Bisque

### **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™\*

### **SNACKS\*:**

### **CRACKERS\*:**

- Garden Vegetable\*
- Multi-Grain\*

### **SOY CRISPS\*:**

- Apple Cinnamon\*
- White Cheddar\*
- Ranch\*

### **CONDIMENTS\*:**

- Sugar-free Syrup\*

## 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.*

\*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

### **BITES:**

- BBQ
- Cheese Pizza

### **CALORIEBURN MEALS:**

- Cappuccino

### **CEREAL CRUNCH:**

- Cinnamon & Brown Sugar
- Mixed Berry

### **CHEESE PUFFS:**

- Chili Nacho
- Parmesan

### **CHEWY BARS:**

- Peanut Butter Chocolate Chip

### **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

### **FLAVORS OF HOME:**

- Chicken and Rice
- Turkey Meatball Marinara

### **FRUIT DRINKS:**

- Cranberry Mango
- Tropical Punch

### **HEARTY MEALS:**

- Garlic Mashed Potatoes
- Sour Cream and Chive Mashed Potatoes
- Vegetarian Sloppy Joe

### **HOT DRINKS:**

- Cappuccino
- Chai Latte
- Hot Cocoa

### **ICED TEAS:**

- Peach
- Raspberry

### **MAINTENANCE BARS:**

- Caramel Nut

### **PANCAKES:**

- Chocolate Chip
- Original
- Spiced

### **PUDDINGS:**

- Banana
- Chocolate
- Vanilla

### **SHAKES:**

### **MEDIFAST SHAKES:**

- Banana
- Dutch Chocolate
- French Vanilla
- Mocha
- Orange Cream
- Strawberry

### **READY-TO-DRINK**

### **SHAKES:**

- Dutch Chocolate
- French Vanilla
- Mocha

### **SMOOTHIES:**

- Pineapple Mango
- Triple Berry

### **SOFT BAKES:**

- Blueberry Muffin
- Brownie
- Chocolate Chip

### **SOFT SERVE:**

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter

### **SOUPS:**

- Maryland Style Crab Flavored Soup
- Tomato Basil Bisque
- Wild Rice & Chicken Flavored Soup

### **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™\*

## Wheat-Free Medifast Products

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

### **DIETARY SUPPLEMENTS\*:**

- Digestive Health\*
- Heart Health\*

### **SNACKS\*:**

### **SOY CRISPS\*:**

- Apple Cinnamon\*
- White Cheddar\*
- Ranch\*

### **CONDIMENTS\*:**

- Sugar-free Syrup\*

\*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.