







Green Options

All vegetables promote healthful eating; however, during the weight-loss phase of your plan, we do eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, onions, edamame, and brussels sprouts) in order to enhance your weight-loss results. Once you transition to the Maintenance phase of the program, we encourage you to include ALL vegetables for long-term health.

Select ANY combination of three servings for your Lean & Green Meal.

 LOWER CARBOHYDRATE 	 MODERATE CARBOHYDRATE 	 HIGHER CARBOHYDRATE 
<p>1 cup: collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress.</p> <p>½ cup: celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw).</p>	<p>½ cup: Asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini).</p>	<p>½ cup: Broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked).</p>

All vegetables on the Medifast Approved Vegetable List can be used while on the 5 & 1 Plan. This chart will help you identify the relative carbohydrate levels of these approved vegetables. If you hit a weight-loss plateau or are having trouble achieving the fat-burning state, we recommend you choose vegetables primarily from the lower carbohydrate side, as opposed to the choices from the higher carbohydrate side.

Note: The optimal fat-burning state can be achieved with a total daily carbohydrate intake of approximately 80–85 grams. If you find it difficult to limit your carbohydrate intake to this level, try reducing the use of condiments and/or choose not to consume an optional daily snack.

Lean Options

Choose meats and meatless proteins that are grilled, baked, broiled, or poached—not fried.

NOTE: SERVING OUNCES REPRESENT COOKED WEIGHT (NOT RAW).

▶ LEANEST: Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings.	▶ LEANER: Choose a 6-oz portion (cooked weight) plus 1 Healthy Fat serving.	▶ LEAN: Choose a 5-oz portion (cooked weight) – no Healthy Fat serving added.
<ul style="list-style-type: none">• Fish: cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish• Shellfish: crab, scallop, shrimp, lobster• Game meat: deer, buffalo, elk• Ground turkey or other meat: ≥ 98% lean• Meatless options:<ul style="list-style-type: none">• 14 egg whites• 2 cups of EggBeaters®• 2 Boca Burger®, Morningstar Farms®, or Garden Burger® patties, or other varieties with less than 6 grams of carbohydrate per patty	<ul style="list-style-type: none">• Fish: swordfish, trout, halibut• Chicken: breast or white meat, without skin• Ground turkey or other meat: 95 – 97% lean• Turkey: light meat• Meatless options:<ul style="list-style-type: none">• 15 oz extra-firm tofu• 2 whole eggs plus 4 egg whites	<ul style="list-style-type: none">• Fish: salmon, tuna (bluefin steak), farmed catfish, mackerel, herring• Lean beef: steak, roast, ground• Lamb• Pork chop or pork tenderloin• Ground turkey or other meat: 85 – 94% lean• Chicken or turkey: dark meat• Meatless options:<ul style="list-style-type: none">• 15 oz firm or soft tofu• 3 whole eggs (limit to once a week)

Healthy Fat serving options:

Add 0 – 2 servings daily based on your lean choices. One serving is equal to *one* of the following:

- 1 teaspoon of oil (canola, flaxseed, walnut, or olive)
- 5 – 6 black or green olives
- up to 2 tablespoons of low carbohydrate salad dressing (should provide ~5 grams of fat and <6 grams of carbohydrates per serving)
- 1 teaspoon trans fat-free margarine

Other fats can be used but we recommend choices that are lower in saturated and trans fat (such as examples listed).

Meatless options:

Please refer to our Meatless Options list for additional choices and more detailed information.

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