

Meatless Options

Anyone can enjoy meatless meals; you don't have to be a vegetarian! The following list provides alternative "Lean" choices instead of meat. **Please note: Meatless options provide more carbohydrates than a typical serving of 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 choosing lower carbohydrate vegetables or Medifast Meals (e.g., shakes, fruit drinks, etc.).

MSF=MorningStar Farms®

YVC=Yves® Veggie Cuisine

Sodium levels for meatless portions are represented: ✓ = 250 mg of sodium*

LEANEST: 2 Healthy Fat servings needed.	LEANER: 1 Healthy Fat serving needed.	LEAN: No Healthy Fat servings needed.
<ul style="list-style-type: none"> • 14 egg whites ✓✓✓ • 2 cups (16 oz) EggBeaters® ✓✓✓✓ • 2 cups (16 oz) AllWhites® ✓✓✓ 	<ul style="list-style-type: none"> • 2 whole eggs + 4 egg whites ✓ • 2 whole eggs + 1 cup EggBeaters® ✓✓ • 6 oz (1-1/2 cups shredded) low-fat cheese ✓✓ (1-1.5 oz grams fat/oz) 	<ul style="list-style-type: none"> • 3 whole eggs ✓✓ • 4 oz (1 cup shredded) moderate-fat cheese ✓✓✓ (3-6 grams fat/oz) • 2 MSF Grillers Prime® Veggie Burgers ✓✓✓
<ul style="list-style-type: none"> • 1-1/2 cups (12 oz) 1% Cottage Cheese ✓✓✓✓✓ • 2 Boca® Meatless Burgers Original ✓✓✓ 	<ul style="list-style-type: none"> • 6 MSF Veggie Sausage Links ✓✓✓✓ • 15 oz Mori-Nu® Silken Extra Firm Tofu ✓ • 3 MSF Veggie Sausage Patties (regular or maple) ✓✓✓ 	<ul style="list-style-type: none"> • 8 oz (1 cup) part-skim ricotta cheese ✓ (2-3 grams fat/oz) • 15 oz Mori-Nu® Silken Firm Tofu ✓ • 3 Boca® Cheeseburger patties ✓✓✓✓ • 2 Boca® All American Flame Grilled Burgers ✓✓ (71 gram patty serving size)
<ul style="list-style-type: none"> • 2 MSF Grillers® Vegan Burgers ✓✓✓ • 2 Boca® Grilled Vegetable Burgers ✓✓✓ • 2-1/2 YVC Lemon Herb Chicken Skewers ✓✓✓✓✓ • 1 pkg YVC Heart's Desire Meatless Beef Strips ✓✓✓ • 1 pkg YVC Heart's Desire Meatless Chicken Strips ✓✓✓✓ • 10 YVC Heart's Desire Meatless Smoked Chicken Slices ✓✓✓✓✓ • 10 YVC Heart's Desire Meatless Deli Turkey Slices ✓✓✓✓ 	<ul style="list-style-type: none"> • 24 MSF Meal Starters™ Chik'n Strips ✓✓✓✓ • 2 cups MSF Meal Starters™ Sausage Style Recipe Crumbles™ ✓✓✓✓✓ • 2 cups MSF Meal Starters™ Grillers™ Recipe Crumbles™ ✓✓✓ • 1-1/2 cups (12 oz) 2% cottage cheese ✓✓✓✓✓ • 2-1/2 YVC Meatless Chicken Burgers ✓✓✓✓ • 3 Quorn® Naked Chik'n Cutlets ✓✓✓✓✓ • 8 YVC Meatless Roast without the Beef Slices ✓✓✓ 	<ul style="list-style-type: none"> • 2 MSF Tomato & Basil Pizza Burgers ✓✓ • 2 MSF Grillers® Original Burgers ✓✓ • 15 oz Mori-nu® Silken Soft Tofu • 2 Veggie Patch® Bistro au Naturel™ Family Size Meatless Garlic Portabella Burgers ✓✓✓ (91 gram patty serving size) • 12 Veggie Patch® Meatless Meatballs ✓✓✓✓ • 12 Trader Joe's® Meatless Meatballs ✓✓✓✓

LEVEL
CARBOHYDRATE

Brand name products are subject to changes in ingredients and nutritional composition by their manufacturers. These products are only suggestions. A product is appropriate on the Medifast Program if the nutritional information meets the requirements listed in this chart:

	5 & 1 Plan	"Lean" portion of Lean & Green Meal
Calories	800-1,000	250-300
Fat	at least 10g but less than 30g	N/A
Protein	more than 70g	more than 25g
Carbs	less than 100g	less than 15g (the lower, the better)

*Levels are approximated. Current dietary recommendations for sodium is less than 2300 mg/day for most individuals and less than 1500 mg/day for individuals with special health or dietary concerns. Boca® Burger is a registered trademark of Boca Foods Co. Mori-Nu® is a registered trademark of Morinaga Milk Industry Co. Morningstar Farms® is a registered trademark of Kellogg Co. Yves® Veggie Cuisine is a registered trademark of Yves Veggie Cuisine, Inc. Quorn® is a registered trademark of Marlow Foods Limited. Veggie Patch® is a registered trademark of Food Tech International, Inc. Trader Joe's® is a registered trademark of Trader Joe's Company.