
 Product Claims		Soy Protein (amount in grams) <small>Blank selections do not necessarily mean "soy-free"</small>	Contains Tree Nuts	Contains Peanuts	Contains Fish	Contains Shellfish	Contains Wheat	Contains Milk	Contains Egg	Certified Gluten-Free by GFCO* <small>*www.gfco.org</small>	Kosher D= Kosher Dairy; P= Kosher Parve	Non-Kosher	Diabetic-Friendly	Vegetarian-Friendly**	Lactose-Free (<0.5gm)	Caffeine-"Free" (1 mg or less)
V12282011														**Ovo-Lacto		
Medifast Meals:																
Antioxidant Shakes																
Cherry Pomegranate Shake	Soy Lecithin							✓		X		X	X	X	X	X
Dark Chocolate Shake	Soy Lecithin							✓		X		X	X	X	X	12.5 mg
Brownie																
Brownie	8.7						May Contain	✓		X		X	X	X	X	9 mg
Calorie Burn Meals																
Cappuccino								✓		X	D			X		100 mg
Cheese Puffs																
Chili Nacho	9.0							✓			D		X	X		X
Parmesan	9.0							✓			D		X	X		X
Cold Drinks																
Orange Blend	Soy Lecithin							✓	✓	X	D		X	X	X	X
Crunch Bars																
Caramel Crunch	9.3		✓					✓			D		X	X	X	X
Chocolate Crunch	8.7							✓			D		X	X		7 mg
Chocolate Mint Crunch	9.2							✓			D		X	X	X	7 mg
Cinnamon Roll Crunch	9.5							✓			D		X	X	X	X
Fruit & Nut Crunch	8.7	✓	✓					✓			D		X	X	X	X
Lemon Meringue Crunch	9.3							✓			D		X	X		X
Oatmeal Raisin Crunch	9.3							✓			D		X	X	X	X
Peanut Butter Crunch	8.4		✓					✓			D		X	X	X	X
S'more Crunch	9.1							✓			D		X	X		X
Strawberry Crunch	9.2							✓			D		X	X	X	X
Eggs																
Original Style Eggs	Soy Lecithin							✓	✓	X	D		X	X	X	X
Southwest Style Eggs	Soy Lecithin							✓	✓	X	D		X	X	X	X
Fruit Drinks																
Cranberry Mango	Soy Lecithin							✓		X		X	X	X	X	X
Tropical Punch	Soy Lecithin							✓		X		X	X	X	X	X
Hearty Meals																
Vegetarian Sloppy Joe	9.0									X	P		X	X	X	X
Hot Drinks																


Key
X Meets Criteria
✓ Contains this ingredient

D Kosher Dairy
P Kosher Parve

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Cappuccino						✓			X	D		X	X		X
Chai Latte						✓			X	D		X	X		X
Hot Cocoa						✓			X	D		X	X		2.6 mg
Iced Teas															
Peach	Soy Lecithin					✓			X		X	X	X	X	X
Raspberry	Soy Lecithin					✓			X		X	X	X	X	X
Medifast Maintenance Bars															
Caramel Nut	6.4		✓			✓				D		X	X		Unknown
Chocolate Mint	6.4					✓				D		X	X		Unknown
Oatmeal Raisin	8.7					✓				D		X	X		X
Medibites															
BBQ	9.0									P		X	X	X	X
Cheese Pizza	9.0					✓				D		X	X		X
Oatmeals															
Apple Cinnamon	8.1					✓				P		X	X	X	X
Blueberry	8.1					✓				P		X	X	X	X
Maple & Brown Sugar	8.1					✓				D		X	X	X	X
Peach	8.0					✓	✓			D		X	X	X	X
Pancakes															
Chocolate Chip	4.7					✓	✓	X			X	X	X		X
Original	4.7					✓	✓	X	D			X	X		X
Spiced	4.7					✓	✓	X	D			X	X		X
Pretzel Sticks															
Cinnamon	9.0	May Contain	May Contain			✓	✓			D		X	X		X
Honey Mustard	9.0	May Contain	May Contain			✓	✓			D		X	X		X
Puddings															
Banana	2.8					✓		X	D			X	X	X	X
Chocolate	2.9					✓		X	D			X	X	X	2.4 mg
Vanilla	2.9					✓		X	D			X	X	X	X
Medifast 55 Shakes															


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Banana Crème	7.6						✓		X	D		X	X		X
Dutch Chocolate	8.0						✓		X	D		X	X		2.25 mg
French Vanilla	8.0						✓		X	D		X	X		X
Orange Crème	7.6						✓		X	D		X	X		X
Strawberry Crème	7.6						✓		X	D		X	X		X
Swiss Mocha	8.0						✓		X	D		X	X		8.7 mg
Medifast 70 Shakes															
Banana Crème	9.7						✓		X	D		X	X		X
Dutch Chocolate	9.7						✓		X	D		X	X		2.7 mg
French Vanilla	9.7						✓		X	D		X	X		X
Orange Crème	9.7						✓		X	D		X	X		X
Strawberry Crème	9.7						✓		X	D		X	X		X
Swiss Mocha	9.7						✓		X	D		X	X		13 mg
Medifast Ready-to-Drink Shakes															
Dutch Chocolate	10.5									D		X	X	X	1.23 mg
French Vanilla	11.0									D		X	X	X	X
Soft Bakes															
Chocolate Chip	9.0						✓		X		X	X	X	X	X
Soft Serve															
Chocolate Mint							✓	✓	X		X	X	X	X	X
Coffee							✓	✓	X		X	X	X	X	28 mg
Mango	Soy Lecithin						✓	✓	X		X	X	X	X	X
Peanut Butter			✓				✓	✓	X		X	X	X	X	X
Soups															
Beef Vegetable Stew	4.9					✓					X	X		X	X
Chicken Noodle	9.7					✓		✓			X	X		X	X
Chicken & Wild Rice	3.4								X		X	X		X	X
Cream of Broccoli	Soy Sauce					✓	✓				X	X			X
Cream of Chicken	Soy Sauce					✓	✓				X	X			X
Cream of Tomato							✓		X	D		X	X		X
Homestyle Chili	10.5					✓					X	X		X	X
Maryland Crab	10.0				✓				X		X	X		X	X

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Specialty Items for Optimal Health, Weight Loss and Weight Maintenance

Essential1®: Antioxidants Flavor Infusers™

Raspberry Acai Flavor Infuser™***											X	X	X	X	X
White Grape Peach Flavor Infuser™***											X	X	X	X	X

Essential1®: Calorie Burn Flavor Infusers™

Green Tea Lemon Flavor Infuser™***											X		X	X	100 mg
Mixed Berry Flavor Infuser™***											X		X	X	100 mg
Strawberry Lemonade Flavor Infuser™***											X		X	X	100 mg

Essential1®: Dietary Supplements

Essential1®: Digestive Health (custom probiotic & enzyme blend)***											X	X		X	X
Essential1®: Heart Health (omega-3)***				✓							X	X		X	X
Essential1®: Sleep Health (dual-release melatonin)***											X	X	X	X	X

***Not a Medifast Meal; may be used in addition to your daily Medifast Meals.

Specialty Items for Optimal Health, Weight Loss and Weight Maintenance

Medifast Plus for Appetite Suppression Shakes

Chocolate	9.5						✓			D		X	X		2.2 mg
Vanilla	9.9						✓			D		X	X		X

Medifast Plus for Diabetics Shakes


Chocolate	8.5						✓			D		X	X		2.2 mg
Strawberry	9.0						✓			D		X	X		X
Vanilla	9.0			✓			✓			D		X			X

Medifast Plus for Joint Health Shakes

Chocolate	8.6			✓			✓				X	X			2.2 mg
Vanilla	9.0			✓			✓				X	X			X

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Condiments (Each packet of Medifast Sugar-free Syrup counts as two optional condiment servings.)															
Condiments															
Sugar-free Syrup***									X	P		X	X	X	X
Snack Items (The following are optional snack items, which should not be counted as one of your daily Medifast Meals. For best results, limit yourself to ONE optional snacks per day.)															
Crackers															
Garden Vegetable***						✓					X	X	X	X	X
Multi-grain***						✓					X	X	X	X	X
Soy Crisps															
Apple Cinnamon***	✓									P		X	X	X	X
White Cheddar***	✓						✓			D		X	X	X	X
Ranch***	✓						✓			D		X	X	X	X
<small>***Not a Medifast Meal; may be used in addition to your daily Medifast Meals.</small>															
<small>Note: Because product information may change over time, the label on the package is always the best information for that specific product.</small>															

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