



Snack Options

In addition to your 5 Medifast Meals and 1 Lean & Green Meal, you may choose **one** of the following **optional** items per day:

:: 3 celery stalks

:: 1 fruit flavored sugar-free Popsicle®

:: 1/2 cup of sugar-free gelatin dessert, such as Jell-O®

:: up to 3 pieces of sugar-free gum or mints

:: 2 dill pickle spears

:: 1 packet of Medifast Soy Crisps

:: 1 packet of Medifast Crackers