



V210127

	Soy Protein Amount	No Soy	No Milk	No Egg	No Peanut	No Tree Nuts	No Fish	No Shellfish	No Wheat	Shared Equipment / Facility*	Certified Gluten-Free ()	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian Friendly Ovo-Lacto	Added Caffeine Amount per Serving	Natural Caffeine Amount per Serving	Contains Sugar Alcohol	
Medifast Meals																			
Bars																			
Caramel Crunch	10 g			✓		✓	✓	✓	✓			✓			✓		5-10 mg	✓	
Caramel Nut	6 g			✓		✓	✓	✓	✓			✓			✓		5-10 mg	✓	
Chocolate Crunch	9 g			✓	✓	✓	✓	✓	✓			✓			✓		5-10 mg	✓	
Chocolate Mint Crunch	10 g			✓	✓	✓	✓	✓	✓			✓			✓		5-10 mg	✓	
Cinnamon Roll Crunch	9 g						✓	✓		✓		✓			✓			✓	
Cookie Dough	6 g			✓	✓	✓	✓	✓				✓			✓			✓	
Fruit & Nut Crunch	9 g			✓		Almonds	✓	✓	✓			✓			✓			✓	
Lemon Meringue Crunch	10 g			✓	✓	✓	✓	✓	✓			✓			✓			✓	
Oatmeal Raisin Crunch	9 g						✓	✓		✓		✓			✓			✓	
Peanut Butter Chocolate Chip	5 g			✓		✓	✓	✓	✓			✓			✓		<5 mg		
Peanut Butter Crunch	9 g			✓		✓	✓	✓	✓			✓			✓		<5 mg	✓	
S'more Crunch	9 g			✓	✓	✓	✓	✓	✓			✓			✓		5-10 mg	✓	
Strawberry Crunch	9 g						✓	✓		✓		✓			✓			✓	
Breakfast Style																			
Chocolate Chip Pancakes	5 g				✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
Cinnamon & Brown Sugar Crunch	10 g		✓	✓	✓	✓	✓	✓	✓		✓		✓		✓				
Maple & Brown Sugar Oatmeal	9 g		✓	✓	✓	✓	✓	✓	May Contain				✓		✓				
Mixed Berry Cereal Crunch	10 g		✓	✓	✓	✓	✓	✓	✓		✓		✓		✓				
Crunchers																			
Cheese Pizza Bites	10 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Chili Nacho Puffs	10 g			✓	✓	✓	✓	✓	✓		✓	✓			✓				
Cinnamon Pretzel Sticks	9 g			✓	✓		✓	✓		✓		✓			✓				
Honey Mustard Pretzel Sticks	9 g			✓	✓		✓	✓		✓		✓			✓				
Dessert Style																			
Blueberry Muffin Soft Bake	7 g				✓	✓	✓	✓	✓		✓	✓			✓				
Brownie Soft Bake	9 g				✓	✓	✓	✓	✓		✓	✓			✓		10-15 mg		
Chocolate Chip Soft Bake	10 g			✓	✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
Chocolate Pudding	3 g			✓	✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
Drinks																			
Calorie Burn Cappuccino	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓	99 mg	<5 mg		
Hot Cocoa	0 g	✓		✓	✓	✓	✓	✓	✓		✓	✓			✓		<5 mg		
Hearty Meals																			
Macaroni and Cheese	0 g	✓		✓	✓	✓	✓	✓			✓	✓			✓				
Sour Cream and Chive Mashed Potatoes	0 g	✓			✓	✓	✓	✓	✓		✓	✓			✓				

✓ = Product does not contain allergen

Specific tree nut listed =Present in product

*See product page for more information



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Ziti Marinara	9 g			<	<	<	<	<				<			<				
Shakes & Smoothies																			
Dutch Chocolate Shake	12 g			<	<	<	<	<	<		<	<			<		<5 mg		
French Vanilla Shake	13 g			<	<	<	<	<	<		<	<			<				
Strawberry Shake	12 g			<	<	<	<	<	<		<	<			<				
Snacks																			
Multigrain Crackers	0 g	<	<	<	<	<	<	<					<		<				
Rosemary Sea Salt Crackers	0 g	<	<	<	<	<	<	<					<		<				
Cheddar & Sour Cream Popcorn	0 g	<		<	<	<	<	<	<		<	<			<				
Sea Salt Popcorn	0 g	<	<	<	<	<	<	<	<		<		<		<				
Flavors of Home																			
Beef Stew	0 g	<	<	<	<	<	<	<	<					<					
Chicken Cacciatore	2 g		<		<	<	<	<						<					
Chicken and Rice with Vegetables	2 g		<	<	<	<	<	<	<					<					
Chili Lime Chicken & Rice	2 g		<	<	<	<	<	<	<					<					
Ginger Lemongrass Chicken	2 g		<	<	<	<	<	<	<					<					
Turkey Meatball Marinara	0 g	<	<	<	<	<	<	<						<					
Flavor Infusers																			
Energy Infusers																			
Mandarin Orange	0 g	<	<	<	<	<	<	<	<		<		<		<	50 mg			
Essential1®: Calorie Burn Flavor Infusers™																			
Green Tea Lemon Flavor Infuser™	0 g	<	<	<	<	<	<	<	<				<		<	100 mg	<5 mg		
Mixed Berry Flavor Infuser™	0 g	<	<	<	<	<	<	<	<				<		<	100 mg			
Strawberry Lemonade Flavor Infuser™	0 g	<	<	<	<	<	<	<	<				<		<	100 mg			
<i>Note: Because product information may change over time, the label on the package is always the best information for that specific product.</i>																			

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