







# 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><b>1 cup:</b> collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress.</p> <p><b>1/2 cup:</b> celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw).</p>	<p><b>1/2 cup:</b> Asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini).</p>	<p><b>1/2 cup:</b> 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>

### Meatless options:

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.