

# 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.	LEVEL CARBOHYDRATE
<ul style="list-style-type: none"> <li>• 14 egg whites ✓✓✓</li> <li>• 2 cups (16 oz) EggBeaters® ✓✓✓✓</li> <li>• 2 cups (16 oz) AllWhites® ✓✓✓</li> </ul>	<ul style="list-style-type: none"> <li>• 2 whole eggs + 4 egg whites ✓</li> <li>• 2 whole eggs + 1 cup EggBeaters® ✓✓</li> <li>• 6 oz (1-1/2 cups shredded) low-fat cheese ✓✓ (1-1.5 oz grams fat/oz)</li> </ul>	<ul style="list-style-type: none"> <li>• 3 whole eggs ✓✓</li> <li>• 4 oz (1 cup shredded) moderate-fat cheese ✓✓✓ (3-6 grams fat/oz)</li> <li>• 2 MSF Grillers Prime® Veggie Burgers ✓✓✓</li> </ul>	
<ul style="list-style-type: none"> <li>• 1-1/2 cups (12 oz) 1% Cottage Cheese ✓✓✓✓✓</li> <li>• 2 Boca® Meatless Burgers Original ✓✓✓</li> </ul>	<ul style="list-style-type: none"> <li>• 6 MSF Veggie Sausage Links ✓✓✓✓</li> <li>• 15 oz Mori-Nu® Silken Extra Firm Tofu ✓</li> <li>• 3 MSF Veggie Sausage Patties (regular or maple) ✓✓✓</li> </ul>	<ul style="list-style-type: none"> <li>• 8 oz (1 cup) part-skim ricotta cheese ✓ (2-3 grams fat/oz)</li> <li>• 15 oz Mori-Nu® Silken Firm Tofu ✓</li> <li>• 3 Boca® Cheeseburger patties ✓✓✓✓</li> <li>• 2 Boca® All American Flame Grilled Burgers ✓✓ (71 gram patty serving size)</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 MSF Grillers® Vegan Burgers ✓✓✓</li> <li>• 2 Boca® Grilled Vegetable Burgers ✓✓✓</li> <li>• 2-1/2 YVC Lemon Herb Chicken Skewers ✓✓✓✓✓</li> <li>• 1 pkg YVC Heart's Desire Meatless Beef Strips ✓✓✓</li> <li>• 1 pkg YVC Heart's Desire Meatless Chicken Strips ✓✓✓✓</li> <li>• 10 YVC Heart's Desire Meatless Smoked Chicken Slices ✓✓✓✓✓</li> <li>• 10 YVC Heart's Desire Meatless Deli Turkey Slices ✓✓✓✓</li> </ul>	<ul style="list-style-type: none"> <li>• 24 MSF Meal Starters™ Chik'n Strips ✓✓✓✓</li> <li>• 2 cups MSF Meal Starters™ Sausage Style Recipe Crumbles™ ✓✓✓✓✓</li> <li>• 2 cups MSF Meal Starters™ Grillers™ Recipe Crumbles™ ✓✓✓</li> <li>• 1-1/2 cups (12 oz) 2% cottage cheese ✓✓✓✓✓</li> <li>• 2-1/2 YVC Meatless Chicken Burgers ✓✓✓✓</li> <li>• 3 Quorn® Naked Chik'n Cutlets ✓✓✓✓✓</li> <li>• 8 YVC Meatless Roast without the Beef Slices ✓✓✓</li> </ul>	<ul style="list-style-type: none"> <li>• 2 MSF Tomato &amp; Basil Pizza Burgers ✓✓</li> <li>• 2 MSF Grillers® Original Burgers ✓✓</li> <li>• 15 oz Mori-nu® Silken Soft Tofu</li> <li>• 2 Veggie Patch® Bistro au Naturel™ Family Size Meatless Garlic Portabella Burgers ✓✓✓ (91 gram patty serving size)</li> <li>• 12 Veggie Patch® Meatless Meatballs ✓✓✓✓</li> <li>• 12 Trader Joe's® Meatless Meatballs ✓✓✓✓</li> </ul>	

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.