

Helpful Hints by Rita:

- Oatmeal** Mix in a bowl with ½ cup of water, microwave for 45seconds To 1 minute. Add any of the following, little milk or fat free Coffee mate, sugar substitute, also you may add cinnamon or Any other spice you may like. **Athena: Also, if you mix it ahead of time and let it sit for at least 5 mins. the oatmeal will have a creamier texture.**
- Soups** Mix with 8oz of water in a bowl let sit for about 5 min. Microwave for 1 min let sit for 3min, microwave for 1 more Min. (***make sure it does not over boil***) let sit for 5 more min. You may add onions, garlic or any other spice you may like, We added hot sauce to make it Spicy.
- Chili** Mix in a bowl with ½ cup of water, let sit for 5 min. Add onions, garlic powder, chili powder, mushrooms or hot sauce. Microwave for 1 min. stir and let it sit for 3min. microwave For 1 more min, stir and let rest for 5 more min.
- Pudding** Chocolate - add a little less then ½ cup of water and mix with a whisk make sure all lumps are gone. You may add an extract flavor you like. Place in freezer for about a 15 minutes. It will set up better. Banana-You can add coconut extract and it tastes like Pina-Colada drink. Place in freezer for 15 minutes
- Shakes** Add any extract you like (coconut, hazelnut, chocolate, ect.) Crushed ice makes it a smoothie.
- Hot Cocoa & Cappuccino** Mix in a shaker jar with cold water. This will get the lumps out. Than heat and enjoy. **Athena: Mix with coffee in blender, YUM!**

Note: Medifast meals are delicious and Nutritious. If you have any challenges with either the taste or mixing instructions please call, text, or skype me! Athena ☺

Special Note:

**Clients who have the greatest success on the program use the support calls provided by Take Shape For Life. We strongly recommend that you dial in on a regular basis:
Monday night at 8:30pm Nurses Support call
Wednesday night at 8:30pm Doctors Support call**

You can listen in or ask questions on nutritional, health or medical related topics. If you miss the call, you can always listen to the replay at your convenience.

Recipes Developed by Athena Delmontie Using Medifast Products:

I love to cook. At my first challenge with eating packaged meals was the lack of cooking involved. So, I started mixing and adding the foods together and with other items. Below are some tasty ideas. Enjoy!

Super Soups!

This is a base for soups I make once a week. Then when I need a soup, I just grab a cup of the base and heat up my soup with it. In the recipe below, I'm making two servings at once because I'm combining 2 soups.

The Base:

1 small Onion
1/4 head shredded Cabbage or Cauliflower
1 Red, Yellow, Orange or Green pepper
1/4 cup chopped celery (optional)
1 cup of Green Beans (optional)
1 cup of Broccoli (optional)
Fresh or powdered Garlic (optional)
Dash of Black Pepper and/or Hot Sauce (optional)
Enough water to cover veggies (2-3 cups)

Combine any of the following or just add 1 packet to a cup of the base

1 packages of Medifast Chicken & Wild Rice or Chicken Noodle
1 packages of Medifast Cream of tomato Soup, Creamy Chick, or Creamy Broccoli

Mix Veggies together and simmer until are tender. Then add the soups, mix well and let sit for at least 5 minutes

Hint: Make a day in advance for flavors to blend. Experiment with other seasonings like Curry, Turmeric, Cumin, Chili Powder, Basil, and Oregano as well as vegetables

Makes at least 3 servings

Oatmeal Waffles Or Pancakes

1 pkg of oatmeal
1/4 tsp. of baking powder (only for Pancake)
1 egg white
Enough water to make it pour-able

Mix ingredients and let sit for a few minutes. This softens the oatmeal. You may need to add a bit more water after it sits. Spray pan, waffle iron, or Snack Master with Pam. I'm not a fan of Pam so I use a little margarine spread with wrapper or paper towel. Cook until done and enjoy.

Biscuits

You can really vary these to make them sweet or aromatic! Here's a couple ideas...

Chocolate Orange Biscuits

1pkg of Medifast Chocolate Shake or Pudding
1pkg of Medifast Peach Oatmeal (or 2 pkgs of oatmeal instead of shake or pudding)
1 teaspoon of baking powder
2 packets of Splendor
1 teaspoon of Soy Flour
2 teaspoons of Flax Seed (optional, but very useful)
1 teaspoon of Orange Extract (or Raspberry or any flavor extract)
1 whole egg or 1 egg white (using egg white will make these 2 servings, not 3)
½ cup seltzer water (club soda, Pellegrino, Pierre or any carbonated water)
1 baking pan sprayed with Pam
1 baking rack
Oven 325

Mix dry ingredients together thoroughly (I use a fork).

Beat egg; add to dry ingredients along with extract. Stir in Seltzer, a little at a time until absorbed. Let sit for 5-10 minutes (I turn on my oven after the mix is mixed) when the oven is ready, so is the batter.

Spoon on greased cookie pan. I use two teaspoons, one to scoop and to remove batter from spoon.

Will make 12 to 18 biscuits; depending on size

Bake 8 minutes. Remove from pan and place biscuits on baking rack. Place rack on pan, and bake for 8 minutes. Makes 3 portable servings - Yum!

Hints:

- If you don't have a cookie rack, use wax paper. After 6 min.; peel them from the paper, and put them back into the oven for 6-8 min.
- Use various extracts and spices; ginger, nutmeg, orange extract and the maple brown oatmeal.

Lemon juice or extract with the apple cinnamon oatmeal. Peppermint extract with the chocolate shake

Aromatic Parmesan Biscuits

This smells so good! Be careful though, you may get hooked!

1 pkg of Apple Cinnamon Oatmeal or Maple Brown Oatmeal
1 pkg of Medifast Eggs (or 1 whole egg)
1 tsp of Onion Powder (optional)
1 tsp of Dried Herbs: Italian Seasoning, or Basil, or Rosemary, etc
OR 1/2 teaspoon of Italian Seasoning & 1/2 Caraway seeds

1 tsp of Sesame Seeds (Not Necessary but adds Calcium and Iron) I buy the Food Lion Brand-cheaper\$

1 tsp of Soy Flour (adds only 30 calories to the meal, no carbs or sugar and worth it!)

2 tsp of Flax Seed (not necessary but worth it – only natural source of omg 3)

2 tablespoon of Grated Parmesan or Romano cheese

OR 1/2 ounce of shredded cheddar (good with the Maple Brown)

½ tsp of baking powder

½ cup water

Baking pan sprayed with Pam

Oven at 325

Mix dry ingredients together thoroughly (I use a fork). Stir in water, a little at a time until absorbed. Let sit for at least 10 minutes. Spoon into small cake pan, muffin tins, or greased cookie pan. Bake 8 minutes. Remove from pan and place on baking rack (not necessary if using paper muffin cups). Place rack on pan, and bake for 6 minutes. Makes 3 portable servings - Yum!

Makes 3 servings

*** If you have a Snack Master, Xpress Ready, Set, Bake, or any type of small enclosed baking device, use it (i.e. an Easy Bake oven for grown ups), speeds up the process – test cooking times though.

Tomato Basil Puffs

1pkg of Medifast Cream of Tomato Soup (can use Medifast Cream of Broccoli or Cream of chicken)
1pkg of Medifast Egg
1 teaspoon of baking powder
1 teaspoon of Soy Flour
2 tablespoons of Parmesan cheese
2 teaspoons of Flax Seed (optional, but very useful)
1 teaspoon of Dried Basil (Rosemary is good too)
1 teaspoon of Onion Powder
1/3 cup seltzer water (club soda, Pellegrino, Pierre or any carbonated water)
1 baking pan sprayed with Pam
1 baking rack
Oven 325

Mix dry ingredients together thoroughly (I use a fork).
Stir in Seltzer, a little at a time until absorbed. Let sit for 5-10 minutes (I turn on my oven after the mix is mixed) when the oven is ready, so is the batter.
Spoon on greased cookie pan. I use two teaspoons, one to scoop and to remove batter from spoon.
Will make 12 to 15 puffs; depending on size
Bake 8 minutes. Remove from pan and place biscuits on baking rack. Place rack on pan, and bake for 8 minutes. Makes 3 portable servings - Yum!

Hint: Bake them longer for a crunchy puff ☺

Quiche

A small amount of chopped onion, pepper, mushroom, cooked cauliflower or broccoli and/or cabbage. I use a variety of veggies; little of each, or sometimes just one item. Using cabbage gives it more of an egg roll taste.

1pkg of Medifast Egg.
Enough water to make it pour-able.
½ Tsp of grated roman/parmesan cheese

Mix ingredients. Spray pan, waffle iron, or Snack Master with Pam. I'm not a fan of Pam so I use a little margarine spread with wrapper or paper towel. Cook until done. Top with cheese and pepper and enjoy.

When we started the plan, my daughter and I were not fans of the cream of broccoli soup by Medifast So I came up with this idea (however, our taste buds changed and we now actually enjoy it). :

1 egg white; or 1 tablespoon of eggs white mix (I use powdered egg whites from the bakers section and make up a batch ahead of time to use through out the week).

1 pkg. Cream of Broccoli Soup

Mix together and add enough water to make about 1/3 to 1/2 cup of mixture.

Prepare as you would an Omelet or scrambled eggs. I top with a little fresh grated Romano cheese for flavor, and fresh ground pepper. I also serve it over arugula lettuce or fresh spinach

Makes 1 serving

Creamy Beef Stew

1 package of Medifast Beef Stew

1 packages of Medifast Cream of tomato Soup

1 small onion

1/2 cup shredded cabbage or handful of frozen Green beans

Dash of Black Pepper and/or Garlic powder (optional)

3 cups of water.

Mix Veggies together and simmer until they are tender. Then add the soups, mix well and let sit for at least 5 minutes

Hint: Make a day in advance for flavors to blend. Experiment with other seasonings and vegetables

Divide into 2 servings

Minestrone Soup

1 package of Medifast Beef Stew

1 package of Medifast Cream of tomato Soup

1 package of Medifast Chili

1 small onion

1 red pepper

Handful of frozen Green beans

Dash of Black Pepper

Garlic powder (optional)

Teaspoon of Oregano

3 cups of water.

Mix together and simmer until veggies are tender. Then add the soups, mix well and let sit for at least 5 minutes

Hint: A pinch of Parmesan or Romano cheese really enhances this dish

Make a day in advance for flavors to blend. Experiment with other seasonings and vegetables

Divide into 3 servings

Chicken Noodle Munchies

This is an interesting dish when you're looking for something to munch - great to bring to the movies. Be careful though, because you may get hooked!

1 pkg of Chicken Noodle Soup
1 tsp of Onion Powder
1 tsp of Soy Flour (adds only 30 calories to the meal, no carbs or sugar and worth it!)
1 tablespoon of Grated Parmesan or Romano cheese
½ cup of Hot Water
Baking pan sprayed with Pam

Oven at 375

Mix Soup and Onion Powder thoroughly before adding water.
Add enough water to make into a wet paste type mixture. You may not need all of the water, or you may need a little more. Let sit for at least 10 minutes.

Spread flour and cheese on to surface or Waxed paper.
Soup mixture should have turned into a sticky dough. Spoon it a ball on surface. Roll into a long pipe about 1 ½ inches thick. Roll back and forth on surface to make sure all sides are covered with the flour & cheese. You may need a pinch more flour. Slice into ½ inch medallions and place on baking sheet.
Bake about 10 minutes or until firm. Eat warm or let cool so they'll get crunchy 😊

Makes 1 serving

Tip: 1. Add the Medifast tomato soup; basil and/or garlic, Yum! Remember to divide into 2 servings
2. Make Munchies and add to low sodium chicken broth for chicken & dumplings
3. Add fresh onions, mushroom, and or cauliflower. Spoon and flatten into 4" patties to make croquets instead. Excellent with arugula salad 😊

I love seeing food on my plate. In addition to my green vegetables I love sautéed cabbage. It's very nutritious, filling, easy to make and tasty too!

Sautéed Cabbage

¼ head of cabbage, white, purple or both
¼ onion
1 teaspoon of oregano
½ teaspoon of garlic powder
Black pepper to taste
1 teaspoon of olive oil (more later if necessary)

Pour oil into pan and use paper towel to coat the pan (I avoid using Pam whenever possible)
Heat pan and add veggies and seasonings. As soon as pan starts to sizzle, add less than ¼ of water. Cook until tender, adding more water as necessary. 2 Servings.

We eat fairly late in my house, so the timing is a little close to have dinner and then our nightly pudding. So I came up with this idea, based on the gelatin desert 1,2,3

- 1 pkg. of sugar free jello, strawberry/banana
- 2 Tablespoons of fat free or lite Cool Whip
- 1 pkg .of Medifast banana pudding

Prepare jello; divide in half. Pour half of mixture (1 cup) into a mixing bowl and place in fridge to soft set firm.

Divide 2nd half of mixture into 3 dessert glasses (each should have 1/3 each). This is a really pretty dessert so you may want to use wine glasses. Put in fridge to firm.

When jello in bowl starts to firm, remove from fridge;

Prepare banana pudding; divide into 3. Either gently layer pudding on top of jello or use a melon scoop to create a ball; drop into jello glasses.

When jello in bowl starts to firm, remove from fridge; Add mixture equally to the 3 glasses

Top with Sugar Free or Fat Free Cool whip

Tips: Try using the chocolate Medifast pudding and orange sugar free jello – very tasty combination;

Also, this dessert can be ready to eat from start to finish in 10 minutes. I always use the speed method to set the jello: Boil the water and prepare the jello as usual. To save a step, mix it in a glass measuring cup. When completely dissolved, add ice cubes to reach the 2 cup mark. Stir until thickened, about 2 minutes, and discard extra ice. Divide mixture; place half in freezer, and glasses with jello too. In 5 minutes mixture will be firm enough to work with. Enjoy

Parfait:

- 1 pkg. of unflavored gelatin
- 1 pkg. of Medifast shake
- 2 tablespoons of cool whip (always lite or fat free)

Prepare gelatin as directed on package. Add shake. Chill until soft set. Use hand mixer to whip gelatin; it will almost double in volume. Divide between 3 dishes. Top each with cool whip. Enjoy

Variations: if using Vanilla shake, try adding coconut or almond extract. If using orange shake, top with 1 tablespoon of calorie free chocolate syrup, then cool whip, if desired.

Tip:

Place deserts in freezer ½ hour (depends on freezer) to semi freeze. Makes nice frozen dessert.

Mid afternoon pick me up:

Dutch Chocolate Medifast shake (Vanilla works well too)

1 serving of instant coffee

½ cap of Almond extract

2 tbsp of fat free half/half

1 pkt Splenda

Ice, water, blender, Enjoy

NOTE:

Check sides of meal boxes for recipes such as pancakes and muffins ☺

RECIPES FROM MEDIFAST

Oatmeal Cookies

Mix 1 packet of apple cinnamon oatmeal with 1/4 tsp cinnamon, 3 tsp Splenda sweetener, 1/3 cup water, 1/8 tsp baking powder, and 1/2 tsp vanilla extract. (I mix all the dry ingredients together first, and then add the liquids.) Let it set for a few minutes while you preheat the oven to 350 degrees. Spray a cookie sheet with PAM, and then drop the oatmeal by spoonfuls onto the sheet. I generally get about 5 cookies out of a batch. Bake for about 9 minutes. Some people let them bake a little longer to get them less chewy, but I like mine chewier. This recipe also makes your oatmeal portable.

Shake Cookies

1 pack of vanilla medifast shake mix 1/8 teaspoon baking powder a small dash of salt 2 packets of Splenda 1/2 teaspoon of vanilla 1/2 teaspoon of cinnamon 1/4 cup water * Mix it all up and drop it by teaspoons onto a foil lined pan (spray foil with cooking spray). Spread the cookies thin (I got about 5 cookies). Bake for 15 minutes at 350 degrees.

Pumpkin Pie* – counts as one meal and one snack

1 pkt Medifast Apple Cinnamon Oatmeal

1 pkt Medifast Multi-Grain Crackers

5 oz water

1/4 tsp+ Pumpkin Pie Spice (to taste)

3 tsp+ Splenda sweetener (to taste)

Asparagus with hollandaise sauce

I used my cream of broccoli soup, mixed it with 1/2 cup water and 1 teaspoon cremora coffee creamer. I cooked it for two minutes in the microwave, added a little more water to get the consistency I wanted and 1 teaspoon crystal light lemonade.

Chinese Hot and Sour Soup

Due to lack of seasonings at work I added condiments lying around: 1 pk Chicken Noodle soup 1 1/2 cups hot water 1 packet Chinese mustard 2 packets Soy Sauce.... Micro aprox 40 sec to boil and let sit for 1-2 min VIOLA