

Client Lean and Green Menu Ideas

When you lose weight using Medifast, you get to enjoy a healthy lean & green meal that you make for yourself each day when you follow the 5 and 1 plan. Most Medifast clients usually opt to have their Lean & Green meal at dinner time but they can be used throughout the day. Here are some quick and easy lean & green menu ideas from our group along with some references to help keep your Medifast eating plan on track.

Medfast Recipe Book: \$6:95 – When on your account – click on shopping & then on program materials. Scroll down until you get to Medifast recipe book; add to your cart!

Lean & Green Recipes by Stacey Hawkins – gourmet chef
www.timesavorgourmet.com

Georgena's Turkey loaf: Mix 6 ounce lean ground turkey with ½ cup sautéed red peppers and 1 jalapeño. Add in ½ cup canned mushrooms. Form into a loaf and bake at 350° for 20 to 30 minutes. Add an additional vegetable choice (i.e.: 1 cup salad) and you have a complete lean & green meal!

Georgena's Stuffed Portabella Mushrooms: Dice 6 ounce roasted chicken breast. Chop ½ cup broccoli and sun dried tomatoes. Mix together and season to taste. Stuff mushroom caps and bake at 350° for 25 minutes until tender. Sprinkle lightly with parmesan cheese.

Georgena's Lettuce Wrap: Lettuce leaves, 6 ounce cooked and seasoned chicken breast sliced in fingers, and your choice of vegetables (i.e.: asparagus, red peppers, and mushrooms). Take lettuce leaves and lay flat. Place chicken and veggies on lettuce. Roll like a wrap or burrito. Can use any kind of cooked meat and veggies.

Amy's favorite meal:

- Sam's Club Alaskan seasoned Salmon grilled. Add spring mix salad with lots of veggies!
- 6 ounce Chicken sautéed with onions & peppers. Spray with Italian Dressing Spritzer & sprinkle with parmesan cheese.

Bonnie's favorite meal: Sam's Club seasoned pork loins rotisserie cooked. Combine with Spinach & asparagus topped with Raspberry vinaigrette Spritzer dressing.

Becky's favorite meal: 6 scallops from the Swann man pan cooked in a little olive oil. Add cucumbers & salad.

Monta's favorite meal: 7 ounce Tilapia (soaked in hot water with salt to get rid of fishy taste). Bread with crushed Medifast crackers combined with lemon pepper and seasoning salt. Add large salad.

Coy's favorite meal: 5 ounce lean grilled burger on George Foreman grill. Add Spring mix salad with tomatoes, green & yellow peppers, broccoli & cauliflower, roasted almonds and topped with feta cheese. Spitz with favorite spritzer.

Julie's favorite meal:

- Chili's guiltless Chicken breast ordered with double the vegetables and no rice.
- 6 ounce pork loin marinated in a mixture of thyme, rosemary, olive oil, & Dijon mustard. Add favorite vegetables.

Chicken Caesar Salad

To prepare my dinner, I usually used pre-washed bags of romaine lettuce or I would pick up some Dole Caesar Salad Kits when they were on sale. You can cook your own chicken breast and dice it up, or you can do what I did -- buy packaged grilled chicken strips.

For variety, I usually added some sun-dried tomato and occasionally mushrooms. Or if I had some bagged spinach, I'd mix my romaine lettuce with the spinach. You'll be having a full two cups of salad greens so mix them how you like. Just remember to leave off the croutons!

Asian Stir Fry

You can enjoy lots of stir fries for your Lean & Green meal and it can help keep things interesting because you can easily swap out the type of protein you use and the various types of vegetables. For oil, you can use a small amount of olive oil or try some sesame oil. If you use a non-stick pan, a little oil goes a long way.

My favorite veggies are broccoli, green beans and some pepper and onion strips. Mushrooms always go into the mix too. Oh, and don't forget the garlic! Once you heat the oil up, you are going to add your vegetables and stir them constantly. They are done when the colors turn bright. Then add either diced and cooked chicken or shrimp and stir fry for another minute or two and pass it all onto your plate. You won't even miss the rice!

Grilled Steak and Roasted Asparagus

I love steak and asparagus together, so this is another lean and green meal staple for me. For my steak, I use my George Foreman grill. I don't like to use a lot of the regular marinades sold at the supermarket because so many of them have sugar in them. Instead, I use a beer marinade. One can or bottle of beer, combined with some crushed garlic and some ground pepper and maybe a tablespoon of olive oil will make your meat moist and tasty while adding negligible calories. The alcohol burns itself off during cooking so you don't need to worry about that either.

For the roasted asparagus, I spread out my asparagus in a baking dish then drizzle it with either one tablespoon of olive oil or a tablespoon of low fat dressing (either Italian or Caesar). Then I toss the asparagus until they are all evenly covered and lie them out flat again. Grind some black pepper over them in stick in a 350 F degree oven for 10-15 minutes, depending on how crispy you like them.

So there you have, my three main staple menus for my lean and green meals on Medifast. All of them are quick and easy to throw together and hopefully you family will also enjoy eating them with you occasionally.

Grilled Vegetables and skirt steak

Below is a picture of a recent lean and green meal. Grilled skirt steak with peppers and onions. Check out the grill basket! That thing is gold in my opinion and cost only \$5.99 at Bed, Bath and Beyond. It is ideal for grilling vegetables and shrimp among other things.



Helpful Hint: Cook multiple portions of lean and green foods on the weekend so you have some ready to go during those busy week nights.

Egg white omelets - make it with 5 egg whites, 1/2 cup low-fat shredded cheese, and 1/2c diced veggies (try onion, mushroom, zucchini, tomato, peppers). Top with salsa. Eat with 2c salad greens.

Tuna salad - use 6oz canned tuna, drained ... hard boil 2 eggs ... remove the yolks, dice the whites ... mix together with diced dill pickles, celery, bell peppers, onion (whatever of this you like) and 2T "Carb-friendly" low-fat Miracle Whip. Serve over 2c of a combo salad greens & sprouts.

Tortilla Chicken Soup - after cooking your chicken breast (grill, bake, or saute), measure out a 5 oz portion. Dice it up using Pampered Chef food chopper. Toss into saucepan with a can of chicken broth and a can of Ro-Tel (or just stewed/diced tomatoes if you don't want spicy). Add garlic & basil to taste. Dump it into a bowl, then top with 1/4c low-fat shredded cheese, plus diced green onion and cilantro.

Chicken & Broccoli Sesame Ginger stir-fry - steam 1.5c broccoli crowns in the microwave, sauté chicken breast strips in PAM, toss in some onion chunks, then the broccoli, and top with Steel's Sesame Ginger Sauce. NOTE: If you're also cooking dinner for folks not on program, simply serve theirs over rice.

Taco salad - 94% lean ground beef (1/2 lb cooks up to 5 oz) browned with garlic, cumin, and lime pepper. Toss in 1/2 cup ro-tel (or just stewed/diced

tomatoes). Serve over 2c shredded lettuce (I buy the bagged shreds, it's 1/2 the bag) and top with WF ranch dressing.

Lettuce Wraps - Brown 6 oz of lean ground turkey, add pepper and minced garlic. Set aside and drain. In 1 TBS of extra virgin olive oil, sauté chopped onion, a few slices of diced mushroom, 3 slices of red pepper and 3 of green pepper, all diced. (Amounts to about 1 1/2 c of veggies.) Add red pepper, pepper, and more minced garlic, and 1 TBS of lite soy. Then add the turkey back in and cook a while longer. Finally, use 3 big leaves of lettuce and wrap 'em up. OPTION: Use Steel's Sesame Ginger sauce on your wraps.

SHAKE N BAKE REMEDY - you can use medifast snack crackers (ground up) and a little olive oil as a great breading for your meat.

"Cheesy" Asparagus or Broccoli - Add 4 oz H2O to packet of Cream of Broccoli Soup mix ... and a couple oz lowfat cheddar cheese ... use it as a "sauce" to pour over broccoli or asparagus ... very filling.... then have scaled back protein as a different "meal".

Shrimp Stir-Fry - Cook green pepper strips and onion strips in Pam and a tiny bit of olive oil in a skillet until softish but still a bit crunchy, add fresh garlic and cherry tomatoes, cook a bit longer. Remove those from the pan.. toss cooked shrimp in it.

Lynn's "I Can't Believe This Isn't Kentucky Fried Chicken" Chicken - 1. Pulse one packet of crackers in the food process until fine (or a rolling pin over the packet would work too). 2. Toast cracker crumbs lightly in 350 degree oven. 3. Take crumbs out of oven and season to taste (garlic powder, salt, pepper) 4. Dip chicken VERY lightly into Walden FF dressing of your choice, shake off excess. 5. Press chicken into bread crumb mixture. Bake or broil as usual.