

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, 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 (3) servings for your Lean & Green Meal.

LOWER CARBOHYDRATE

Celery (1/2 cup)
Collards, fresh/raw (1 cup)
Cucumber (1/2 cup)
Endive (1 cup)
Green leaf (1 cup)
Lettuce, butterhead (1 cup)
Lettuce, iceberg (1 cup)
Mushroom, white (1/2 cup)
Mustard greens (1 cup)
Radishes (1/2 cup)
Romaine lettuce (1 cup)
Spinach, fresh/raw (1 cup)
Spring mix (1 cup)
Sprouts: alfalfa, mung bean (1/2 cup)
Turnip greens (1/2 cup)
Watercress (1 cup)

Asparagus (1/2 cup)
Cabbage (1/2 cup)
Cauliflower (1/2 cup)
Eggplant (1/2 cup)
Fennel bulb (1/2 cup)
Kale (1/2 cup)
Mushroom, portabella (1/2 cup)
Spinach, cooked (1/2 cup)
**Summer squash:
zucchini, scallop (1/2 cup)**

HIGHER CARBOHYDRATE

Broccoli (1/2 cup)
Cabbage, red (1/2 cup)
**Collard or mustard greens,
cooked (1/2 cup)**
Green or wax beans (1/2 cup)
Kohlrabi (1/2 cup)
Okra (1/2 cup)
**Peppers: green, red, yellow
(1/2 cup)**
Scallions, raw (1/2 cup)
**Summer squash: crookneck,
straightneck (1/2 cup)**
Tomato, red ripe (1/2 cup)
Turnips (1/2 cup)
**Winter squash: spaghetti squash
(1/2 cup)**

All vegetables on the Medifast Approved Vegetable List can be used in conjunction with 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 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 a daily snack.