

Doctoring Up Medifast

Soups, Stews, & Chili

- Add a little sea salt & pepper or herbs such as rosemary, basil, and oregano to soups
- Add non starchy vegetables such as peppers, garlic, broccoli, cauliflower, etc to your soups and stews
- Add ¼ cup stewed and seasoned tomatoes to the Chili
- Add Salsa or Tabasco sauce to soups and chili
- Add Chicken breast pieces to Cream of Chicken Soup.
- Add broccoli to Cream of Broccoli Soup
- Add crab pieces to the Maryland Crab soup

Shakes:

- Add Sugar Free Syrups such as Torani or DaVinci to your shakes for a different flavor (my favorite is raspberry)
- Freeze shakes and have them as a cold treat
- Heat shakes up and have them hot
- Mix the puddings up like a shake and drink it cold
- Add a little low fat cool whip to the top of a shake
- Throw a few frozen raspberries, strawberries, or blueberries into a shake for different flavors

Puddings

- Top with a little cool whip and sugar free syrup
- Mix like a shake and drink it
- Make muffins out of them (see recipes)

Eggs

- Make waffles (see recipe) with egg and oatmeal mix. Top with low fat cool whip and sugar free syrup
- Add chopped peppers, onion, mushroom, cilantro, garlic, low fat cheese, and seasoning to make a great omelet!
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Oatmeal

- Make the muffins or waffles with flavored oatmeal
- Add a few frozen berries to hot oatmeal
- Thin it down and drink it like a shake

Drinks

- Try mixing the cranberry mango drink with diet sprite or fresca and ice. Super refreshing and it's a meal or a snack!