

Take Shape For Life Recipes

Resources

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Client Favorites

Cobb Salad – Kurt & Debbie Rashall

¼ Avacado

1 egg

6 oz. Grilled Chicken

3 Cup Spring Lettuce

1 Sliced Tomato

Dressing – Newman’s Lite Honey Mustard

Stirfry – Kurt & Debbie Rashall

Cauli Rice (Steam the cauliflower and grate with cheese grater)

Broccoli Stir Fry (In frozen food section at Walmart)

6 ounce Mesquite Chicken (In frozen food at Sam’s club)

Chicken Salad – Tana Beckstead

3 cups shredded Cabbage

6 oz. Chicken Breast

2 Tbsp. Low carb dressing (Italian)

Chicken Grill – Kurt & Debbie Rashall

5 ounce Grilled Chicken

2 slices of Turkey Bacon

1 ounce Lowfat Cheese

Bake chicken till done. Add bacon and cheese and melt over top.

Breaded Chicken – Georgena Taggart

1 package of Medifast Honey Mustard Pretzels

6 ounce chicken breast

1 package of Medifast Cream of Chicken soup

Crush pretzels and roll chicken in crumbs. Spray baking pan with pam spray. Bake at 350 till done. Prepare ½ cup water and soup. Pour over chicken.

Recipes

Green Bean Lasagna

1.5 cups frozen organic green beans (I buy a large bag at Costco)

dash of garlic salt

1/4 tsp of dried basil

3/4 cup shredded part-skim mozzarella cheese

1/4 cup cottage cheese

2 tsp. Parmesan cheese

Prepare the green beans and place in an oven safe container. Mix the spices with the cottage cheese and spread over the green beans. Sprinkle with the mozzarella cheese. Bake at 350 for 20 minutes or until cheese is melted. Broil until cheese is slightly browned. Sprinkle with Parmesan and serve.

Shake Cake

1 Medifast shake mix

1/2 tsp baking powder

2 tbsp egg beaters

2 tbsp water

Stir all together and zap in a bowl in microwave for about 2 minutes. Top with sugar free cool whip and sugar free flavoured syrup.

Bread

Preheat oven to 375 and pam spray a baking sheet

Mix 1 Pkg scrambled eggs with one pkg of cream soup, chicken, broccoli or tomato.

1/2 t. baking powder

1/4 t. onion powder

1/4 t. garlic powder

1 T. ground flax meal

5 T. water

(when using tomato soup, I add 1/2 t. basil, optional)

Mix all ingredients together and divide into two rounds on the baking sheet. Use damp fingers to even out the tops. Bake for 5 minutes. Turn oven to low broil and brown the top. Watch VERY CAREFULLY to make sure it doesn't burn, 5 minutes or so. Cool on wire rack. I split them in half with a serrated edge knife and

spread with one triangle of Low Fat Laughing Cow Cheese but you could use other things on them. You could use them as a bun for left over lean. Very versatile and very good!

BREAD TIPS:

Can make using 1.5 tablespoons of egg beaters instead of MF eggs & 3 T. water. Counts as 1 MF meal and 1 ounce of protein from lean & green.

I encourage everyone to give it a try. I've been on all kinds of plans in the past and have failed. What makes Medifast so great is the endless support both online and in person. I have a coach, (which was free) who calls to check on me a couple of times a week and I feel great!