Medifast for Vegetarians
Achieving optimal health and weight control is not always a “one-size-fits-all” equation. Lifestyle choices and medical conditions can affect both your food preferences and requirements, which in turn have an impact on how you can best lose weight.

The Nutrition Support team at Medifast has created additional programs to meet individual needs and accommodate a range of medical conditions and lifestyles.

Medifast began with physicians and other health care professionals developing a safe, effective weight-loss method with lasting results. Decades later, the program and products continue to evolve. We thank you for choosing Medifast.
People who choose to follow a vegetarian lifestyle can meet their weight-loss goals with Medifast—while getting excellent nutrition.

In general, vegetarianism is a healthy lifestyle choice. Vegetarians have been shown to have lower rates of blood pressure, type 2 diabetes, and prostate and colon cancer. Compared with non-vegetarians, those who avoid meat, poultry, and seafood also tend to eat lower amounts of saturated fat and cholesterol, and higher amounts of fiber, magnesium, potassium, folate, and antioxidants such as vitamins C and E.¹

The American Dietetic Association has suggested that fortified foods like Medifast Meals can be helpful in meeting recommendations of individual nutrients for those on a vegetarian meal plan. So whether for weight loss or weight maintenance, Medifast Meals are a great choice for vegetarians!

**Defining “vegetarian”**

A vegetarian is a person who chooses to not eat meat, fish, fowl, or products containing these foods. Reasons for this choice may include health, ecological, religious, or economic concerns, as well as compassion for animals.

**Types of vegetarians include:**

- **Lacto-vegetarians** (from the Latin “lacto,” meaning “milk”), who eat milk and milk products but exclude eggs.

- **Ovo-vegetarians** (from the Latin “ovo,” meaning “egg”), who eat eggs but exclude milk and milk products.

- **Lacto-ovo vegetarians**, who eat both milk products and eggs. This is the most common form of vegetarianism in the United States.

- **Vegans**, who exclude ALL animal-derived foods (including meat, poultry, fish, eggs, and dairy products) from their diets and may also avoid other animal-derived products such as wool, silk, or leather.

Vegetarian Nutrition

The ideal vegetarian meal plan supports good health and overall nutritional status. Eating five Medifast Meals a day provides at least 100 percent of the daily value for 24 vitamins and minerals (including vitamin B-12, vitamin D, iron, zinc, calcium, and riboflavin).

Some vegetarians may be concerned about consuming adequate levels of protein, vitamin B-12, vitamin D, iron, zinc, calcium, riboflavin, and omega-3 fatty acids. Following a well-designed meal plan can help ensure that vegetarians get these nutrients without compromising their lifestyle choice.

Following the Medifast 5 & 1 Plan with meatless Lean & Green Meal options can provide at least 72 grams per day of high quality protein from non-animal sources.

Vegetarians can get heart-healthy omega-3s through non-meat sources like ground flaxseed or flaxseed oil. “Designer” products like omega-3-enriched eggs are also available and can be included as part of the Medifast 5 & 1 Plan or a healthy maintenance meal plan.

Medifast for Vegetarian Lifestyles

Medifast Meals and other products:

- Medifast has many vegetarian-friendly products.
- Medifast’s vegetarian-friendly products may contain egg and/or dairy, but do not contain meat, fish, fowl, seafood, or any such derivatives as ingredients.

The Lean & Green Meal:

- Many typical vegetarian or meatless protein sources (legumes, nuts, and seeds, for example) are too high in carbohydrates to be included on the Medifast 5 & 1 Plan.
- Our Lean Options List and our Meatless Options List provide vegetarian-friendly suggestions for the “lean” portion of your Lean & Green Meal.
MEATLESS OPTIONS

You don’t have to be a vegetarian to enjoy meatless Lean & Green Meals! The following list provides alternative “lean” choices other than meat. Please note: Meatless options generally provide more carbohydrates than a typical serving of lean meat. The options below have been organized to reflect their relative carbohydrate levels. To help ensure that you remain within the fat-burning state when incorporating meatless options, we recommend eliminating your optional snack, reducing the number of carbohydrate-containing condiments you consume, choosing vegetables from the lower-carbohydrate section of the Green Options list, and consuming lower-carbohydrate Medifast Meals (examples include Fruit Drinks, Cream of Chicken Soup, Cream of Broccoli Soup, Chicken Noodle Soup, Scrambled Eggs, Plus for Diabetics Shakes, Plus for Joint Health Shakes, and Plus for Coronary Health Shakes). We update our Meatless Options List periodically to reflect changes in nutritional information from the manufacturer. Please ask your Counselor for an updated version.

MSF= Morningstar Farms® YVC=Yves® Veggie Cuisine Sodium levels for meatless portions are represented: ✦=250 mg of sodium* 

<table>
<thead>
<tr>
<th>LEANEST:</th>
<th>LEANER:</th>
<th>LEAN:</th>
</tr>
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<tbody>
<tr>
<td>2 Healthy Fat servings needed.</td>
<td>1 Healthy Fat serving needed.</td>
<td>No Healthy Fat servings needed.</td>
</tr>
</tbody>
</table>

- 14 egg whites ✦✦✦
- 2 cups (16 oz) EggBeaters® ✦✦✦
- 2 cups (16 oz) AllWhites® ✦✦

- 2 whole eggs ✦
- 2 whole eggs + 1 cup EggBeaters® ✦✦
- 6 oz (1-½ cups shredded) low-fat cheese ✦ (1-1.5 oz grams fat/oz)

- 1-½ cups (12 oz) 1% Cottage Cheese ✦✦✦
- 2 Boca® Meatless Burgers Original ✦✦✦

- 6 MSF Veggie Sausage Links ✦✦✦
- 15 oz Mori-Nu® Silken Extra Firm Tofu ✦
- 3 MSF Veggie Sausage Patties (regular or maple) ✦✦✦

- 2 MSF Grillers® Vegan Burgers ✦✦✦
- 2 Boca® Grilled Vegetable Burgers ✦✦✦

- 24 MSF Meal Starters™ Chik’n Strips ✦✦✦
- 2 cups MSF Meal Starters™ Sausage Style Recipe Crumbles™ ✦✦✦
- 2 cups MSF Meal Starters™ Grillers™ Recipe Crumbles™ ✦✦

- 1-½ cups (12 oz) 2% cottage cheese ✦✦✦
- 2-½ YVC Meatless Chicken Burgers ✦✦✦
- 3 Quorn® Naked Chik’n Cutlets ✦✦✦
- 8 YVC Meatless Roast without the Beef Slices ✦ starvation level

- 1 pkg YVC Heart’s Desire Meatless Beef Strips ✦ starvation level
- 1 pkg YVC Heart’s Desire Meatless Chicken Strips ✦ starvation level
- 10 YVC Heart’s Desire Meatless Smoked Chicken Slices ✦ starvation level
- 10 YVC Heart’s Desire Meatless Deli Turkey Slices ✦ starvation level

- 2 MSF Tomato & Basil Pizza Burgers ✦ starvation level
- 2 MSF Grillers® Original Burgers ✦ starvation level
- 15 oz Mori-Nu® Silken Soft Tofu ✦ starvation level
- 2 Veggie Patch® Bistro au Naturel™ Family Size Meatless Garlic Portabella Burgers ✦ starvation level
- 12 Veggie Patch® Meatless Meatballs ✦ starvation level
- 12 Trader Joe’s® Meatless Meatballs ✦ starvation level

Brand name products are subject to changes in ingredients and nutritional composition by their manufacturers. These products are only suggestions. A product is appropriate on the Medifast Program if the nutritional information meets the requirements listed in this chart:

<table>
<thead>
<tr>
<th>S &amp; 1 Plan</th>
<th>“Lean” portion of Lean &amp; Green Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>800-1,000</td>
</tr>
<tr>
<td>Fat</td>
<td>at least 10g but less than 30g</td>
</tr>
<tr>
<td>Protein</td>
<td>more than 70g</td>
</tr>
<tr>
<td>Carbs</td>
<td>less than 100g</td>
</tr>
</tbody>
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- 250-300

- N/A

- more than 25g

- less than 15g (the lower, the better)

*Levels are approximated. Current dietary recommendations for sodium is less than 2300 mg/day for most individuals and less than 1500 mg/day for individuals with special health or dietary concerns. Boca® Burger is a registered trademark of Boca Foods Co. Mori-Nu® is a registered trademark of Morinaga Milk Industry Co. Morningstar Farms® is a registered trademark of Kelloggs Co. Yves® Veggie Cuisine is a registered trademark of Yves Veggie Cuisine, Inc. Quorn® is a registered trademark of Marlow Foods Limited. Veggie Patch® is a registered trademark of Food Tech International, Inc. Trader Joe’s® is a registered trademark of Trader Joe’s Company.
Vegetarian-friendly Medifast products

**Ovo-vegetarian** (ovo-vegetarians consume eggs, but not milk):

- Ready-to-Drink Shakes (all flavors)
- Oatmeal (Apple Cinnamon, Blueberry, Maple & Brown Sugar)
- Scrambled Eggs

**Lacto-vegetarian** (lacto-vegetarians consume milk, but not eggs):

- Medifast 55 and 70 Shakes (all flavors)
- Ready-to-Drink Shakes (all flavors)
- Crunch Bars (all flavors)
- Maintenance Bars (all flavors)
- Oatmeal (all flavors)
- Puddings (all flavors)
- Cream of Tomato Soup
- Fruit Drinks (all flavors)
- Iced Teas (all flavors)
- Hot Drinks (all flavors)
- Pretzel Sticks (all flavors)
- Cheese Puffs (all flavors)

**Specialty Shakes:**

- Plus for Appetite Suppression Shakes (Chocolate)
- Plus for Diabetics (Chocolate, Strawberry)
- Plus for Coronary Health (all flavors)
- Essential1: Calorie Burn Meals (all flavors)
- Essential1: Antioxidants (all flavors)

- Other products (not Medifast Meals):
  - Flavor Infusers™ (all flavors)
  - Crackers (all flavors)
  - Soy Crisps (all flavors)

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  - Flavor Infusers™ (all flavors)
  - Crackers (all flavors)
  - Soy Crisps (all flavors)

**Lacto-ovo vegetarians** can use ANY of the Medifast products listed above.

*May contain milk.*
Sample Meal Plans for Lacto-ovo vegetarians

Day 1:

Breakfast: Medifast Scrambled Eggs
Mid-morning: Medifast Apple Cinnamon Oatmeal
Lunch: Medifast Caramel Crunch Bar
Mid-afternoon: Medifast French Vanilla Shake
Dinner: 1-½ cups 2% cottage cheese over 1 cup romaine lettuce (or other salad greens) and ½ cup cucumber, drizzled with 1-2 Tbsp balsamic vinaigrette (Healthy Fat serving); serve with ½ cup steamed broccoli on the side
Evening: Medifast Chocolate Pudding

Day 2:

Breakfast: 2 whole eggs plus 4 egg whites made into an omelet with ½ cup cooked spinach, ½ cup diced tomatoes, and ½ cup diced bell peppers, 5-10 green or black olives
Mid-morning: Medifast Honey Mustard Pretzel Sticks
Lunch: Medifast Cream of Tomato Soup
Mid-afternoon: Medifast Tropical Fruit Punch
Dinner: Medifast Dutch Chocolate Shake
Evening: Medifast Cappuccino

Other helpful resources for information on vegetarianism:

Vegetarian Resource Group: http://www.vrg.org
For more information about this specialized program, call (800) 509-1281.