

# MEATLESS OPTIONS

You don't have to be a vegetarian to enjoy meatless meals! The following list provides alternative "lean" choices other than meat. **Please note: Meatless options 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 consuming lower carbohydrate vegetables or Medifast Meals (such as the shakes, fruit drinks, etc).

MSF= Morningstar Farms®

GB=Gardenburger®

Sodium levels for meatless portions are represented: ✓=250 mg of sodium\*

## LEANEST

2 Healthy Fat Servings Needed

14 egg whites ✓✓✓

2 cups (16 oz) EggBeaters® ✓✓✓✓

2 cups (16 oz) AllWhites® ✓✓✓

1-½ cups (12 oz) 1% cottage cheese ✓✓✓✓✓

2 Boca® Meatless Burgers Original ✓✓

2 MSF Grillers® Vegan Burgers ✓✓✓  
(not made with organic soy)

2 Boca® Grilled Vegetable Burgers

## LEANER

1 Healthy Fat Serving Needed

2 whole eggs + 4 egg whites ✓

2 whole eggs + 1 cup EggBeaters® ✓✓✓

6 oz (1-½ cups shredded) low-fat cheese  
(1-1.5 grams fat/oz) ✓✓✓✓✓

6 MSF Veggie Sausage Links ✓✓✓✓

15 oz Mori-Nu® Silken Extra Firm Tofu ✓

3 MSF Veggie Sausage Patties (regular or  
maple) ✓✓✓✓

24 MSF Meal Starters™ Chik'n Strips ✓✓✓✓

18 MSF Meal Starters™ Veggie Steak Strips ✓✓✓✓

2 MSF Thai Burgers ✓✓✓

2 GB Flame Grilled Burgers ✓✓✓✓✓

10 GB Mama Mia Meatballs ✓✓✓

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 ✓✓✓✓✓

## LEAN

No Healthy Fat Servings Needed

3 whole eggs ✓✓

4 oz (1 cup shredded) moderate-fat cheese  
(3-6 grams fat/oz) ✓✓✓

2 MSF Grillers Prime® Veggie Burgers ✓✓✓

8 oz (1 cup) part-skim ricotta cheese  
(2-3 g fat/oz) ✓

15 oz Mori-Nu® Silken Firm Tofu ✓

3 Boca® Cheeseburger patties ✓✓✓✓

2 Boca® All American Flame Grilled Burgers ✓  
(71 gram patty serving size)

2 MSF Tomato & Basil Pizza Burgers ✓✓✓

2 MSF Grillers® Original Burgers ✓✓✓

2 MSF Philly Cheese Steak Burgers ✓

15 oz Mori-nu® Silken Soft Tofu ✓✓✓

\*Levels are approximated. Current dietary recommendations for sodium = <2300 mg/day for most individuals and <1500 mg/day for individuals with special health or dietary concerns. Boca® Burger is a registered trademark of Boca Foods Co. Gardenburger® is a registered trademark of Wholesome & Hearty Foods Co. Mori-Nu® is a registered trademark of Morinaga Milk Industry Co., Ltd. Morningstar Farms® is a registered trademark of Kellogg Co.