

Medifast Meals

Mixing Instructions

Pudding:

1. Empty 1 packet into bowl.
 2. Add 1/2 cup (4 oz.) **COLD** water; whisk thoroughly.
 3. Pudding will be soft-set and ready to eat in 5 minutes. For thicker consistency, chill in refrigerator up to 30 minutes.
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Cold Drinks:

1. Pour 1 cup (8 oz.) **COLD** water into a glass or shaker jar.
 2. Slowly add contents of 1 packet and stir or shake until well blended. Serve over ice if desired.
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Flavor Infusers™:

1. Add 1 packet to bottled water (16.9 oz.) or a tall glass (2 cups).
 2. Mix until blended. Add more or less water to taste.
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Shakes:

1. Pour 3/4 - 1 cup (6 - 8 oz.) water into a shaker jar or blender.
 2. Add contents of 1 packet (and ice, if desired).
 3. Shake or blend for 20 - 30 seconds or until well blended.
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Hot Drinks:

1. Empty contents of 1 packet into a microwave-safe cup or mug.*
 2. Add 3/4 - 1 cup (6 - 8 oz.) **COLD** water; stir.
 3. Microwave 1 minute or until desired temperature; stir and enjoy.
- *Do NOT prepare in a shaker jar.*

Note: Heating times may vary between microwave ovens.

Stovetop:

1. Empty contents of 1 packet into a saucepan/pot.
 2. Add 3/4 - 1 cup (6 - 8 oz.) **COLD** water; stir.
 3. On low heat, bring to a boil or to desired temperature.
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Chili:

1. Add 1/2 cup (4 oz.) **COLD** water to a microwave-safe container or bowl.*
 2. Add 1 chili packet to water; stir.
 3. Microwave on high for 2-1/2 minutes.
 4. Let stand for 1 minute and stir again. Add any additional seasoning you require.
 5. Microwave for 1 minute. Let stand for desired thickness.
- *Do NOT prepare in a shaker jar.*

Note: Heating times may vary between microwave ovens.

Stovetop:

1. Measure 1/2 cup (4 oz.) cold water into a saucepan/pot.
 2. Empty contents of packet; stir.
 3. On medium-low heat, bring to a boil.
 4. Let sit covered for about 3 minutes.
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Creamy Soups:

1. Empty contents of 1 packet into a microwave-safe cup or mug.*
 2. Add 3/4 - 1 cup (6 - 8 oz.) **COLD** water; stir.
 3. Microwave 1 minute or until desired temperature; stir and enjoy.
- *Do NOT prepare in a shaker jar.*

Note: Heating times may vary between microwave ovens.

Stovetop:

1. Empty contents of packet into a saucepan/pot.
 2. Add 3/4 - 1 cup (6 - 8 oz.) **COLD** water; stir well.
 3. On medium heat, bring to a boil.
 4. Let sit covered for about 3 minutes.
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Oatmeal:

1. Empty contents of 1 packet into a microwave-safe cup or mug.*
2. Add 1/2 - 3/4 cup (4 - 6 oz.) **COLD** water.
3. Microwave on high for 1-1/2 to 2 minutes, or until it starts to boil; stir. Let stand for desired thickness.

**Do NOT prepare in a shaker jar.*

Note: Heating times may vary between microwave ovens.

Stovetop:

1. Empty contents of packet into a saucepan/pot.
 2. Add 1/2 - 3/4 cup (4 - 6 oz.) cold water; stir.
 3. On low heat, bring water to a boil.
 4. Let sit covered for 3 minutes.
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Soup/Stew:

1. Empty contents of 1 packet into a deep microwave-safe cup or mug.*
2. Add 1 cup (8 oz.) **COLD** water; stir.
3. Microwave on high for 2-1/2 minutes.
4. Let stand for 1 minute and stir.
5. Microwave again for 1 minute (making sure it doesn't boil over).
6. Remove from microwave, cover, and let stand 3 - 5 minutes (the steam will cook it the rest of the way).

**Do NOT prepare in a shaker jar.*

Note: Heating times may vary between microwave ovens.

Stovetop:

1. Empty contents of 1 packet into a saucepan/pot.
 2. Add 1 cup (8 oz.) **COLD** water; stir.
 3. On medium heat, bring to a boil.
 4. Cover and let stand for about 3 minutes.
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Scrambled Eggs:

1. Empty contents of 1 packet into a microwave-safe cup or mug.*
2. Add 1/2 cup (4 oz.) water and mix thoroughly.
3. Microwave on high for 60 seconds; remove and stir.
4. Cover and microwave again for 30 - 45 seconds or until desired consistency.

**Do NOT prepare in a shaker jar.*

Note: Heating times may vary between microwave ovens.

Stovetop:

1. Heat a small omelet pan over medium-low heat.
2. Pour contents of packet into a small bowl; add 4 oz. of water and mix thoroughly.
3. When pan is sufficiently warm, coat with non-stick cooking spray.
4. Pour egg mixture into pan and cook until desired consistency.