

Condiments can help to enhance the flavor and variety of your [Medifast Meals](#) and your [Lean & Green Meal](#). Please note that the calorie and carbohydrate content of products will vary depending on the brand or variety of the product used. This list is meant to serve as a general guideline of portion sizes for commonly consumed items. Typically, a condiment option should provide NO MORE THAN 1 gram of carbohydrate per serving size. Please read nutrition labels to determine whether your specific product is appropriate for use in terms of carbohydrate content.

Reminder: Limit condiment options to < 3 per day.



To assemble, print out both pages. Cut each sheet on the dotted lines; dividing the sheet into four. Put sheets in order according to page number, using this page as the cover and staple together.



HERBS & SPICES

FRESH

Basil: 1 cup or 45 leaves	Parsley: 1/4 cup or 15 sprigs
Coriander (cilantro): 1 cup leaves or 9 sprigs	Peppermint: 4 Tbsp or 100 leaves
Dill weed: 1-1/2 cup or 70 sprigs	Rosemary: 2 Tbsp
Garlic: 1 clove or 1 tsp minced	Seaweed: 1 Tbsp
Ginger root: 2 tsp	Spearmint: 2 Tbsp
	Thyme: 5 tsp or 1-1/2 Tbsp

OTHER

Allspice, ground: 1/2 tsp	Curry powder: 1/2 tsp
Anise seed, whole: 1/2 tsp	Dill seed: 1/2 tsp
Basil, dried: 1 tsp ground or 2 tsp leaf	Dill weed, dried: 1 tsp
Bay leaf: 2 tsp, crumbled	Fennel seed: 1/2 tsp
Capers, canned: 2 Tbsp, drained	Fenugreek seed: 1/4 tsp
Caraway seed: 1/2 tsp	Garlic powder: 1/4 tsp
Cardamom: 1/2 tsp	Ginger, ground: 1/2 tsp
Celery seed: 1 tsp	Mace, ground: 1 tsp
Cinnamon, ground: 1/2 tsp	Marjoram, ground: 2 tsp
Cloves, ground: 1/2 tsp	Mrs. Dash®
Coriander (cilantro): 1 Tbsp leaves	Seasoning Blends
Cumin seed, whole: 1 tsp	(all flavors): 1/4 tsp
	Mustard seed: 1/2 tsp



HERBS & SPICES (cont.)

OTHER

Nutmeg, ground: 1/2 tsp	Rosemary, dried: 1 tsp
Onion powder: 1/2 tsp	Saffron: 2 tsp
Oregano, dried: 1/2 tsp ground or 1 tsp leaves	Sage, ground: 1 Tbsp
Paprika: 1/2 tsp	Salt: 1/4 tsp
Parsley, dried: 1 Tbsp	Savory, ground: 1 tsp
Pepper, all varieties: 1/2 tsp	Spearmint, dried: 1 Tbsp
Poppy seed: 1 tsp	Tarragon, dried: 1 Tbsp leaves or 1 tsp ground
Poultry season: 1 tsp	Thyme, dried: 1 tsp leaves or ground
Pumpkin pie spice: 1/2 tsp	Tumeric, ground: 1/2 tsp

ARTIFICIAL SWEETENERS & FLAVORINGS

Artificial sweeteners: 1 packet
Crystal Light® "On-the-Go" sticks: 1/2 packet
Extracts (all varieties): 5 drops or 1 tsp
Sugar-free syrups*: 1-2 Tbsp
Sugarless gum: 1 piece
TrueLemon® or TrueLime®: 1 packet



SAUCES

Barbeque Sauce	Pasta/marinara sauce: 1 tsp
Regular: 1/2 tsp	Salsa, tomato-based varieties only: 1 Tbsp
Sugar-free: 1 Tbsp	Soy sauce
Catsup	Regular or 1 tsp or
Regular: 1/2 tsp	low-sodium: 1 packet
Sugar-free: 1 Tbsp	Steak sauce: 1 tsp
Cocktail Sauce	Sweet & sour sauce: 1/2 tsp
Regular: 1/2 tsp	Teriyaki sauce, ready-to-use only: 1 tsp
Sugar-free: 1 Tbsp	Tomato paste: 1 tsp
Fish sauce: 1 Tbsp	Vinegar
Horseradish: 1 tsp	Cider, white, or red wine: 2 Tbsp
Hot or Tabasco® sauce: 3 Tbsp	Balsamic: 1 tsp
Mustard	Wasabi: 1/2 tsp
Yellow: 1 Tbsp or 3 packets	Worcestershire sauce: 1/4 tsp
Dijon: 1 tsp	
Sweet & spicy: 1/2 tsp	
Oyster sauce: 1 tsp	



OILS & FATS

The following can be incorporated as 1 Healthy Fat serving.

Salad dressings should provide approximately 5 grams of fat and < 6 grams of carbohydrates per serving. The following meet Medifast guidelines for salad dressing choices, including but not limited to:

Benecol® spreads

Regular: 1/2 Tbsp
Light: 1 Tbsp

Butter: 1 tsp

Cream cheese, regular:

1 Tbsp

Half & Half creamer: 2 Tbsp

Margarine

Trans-free, regular: 1 tsp
Trans-free, light: 1 Tbsp

Mayonnaise, regular or soy-based:

1/2 Tbsp

Oil:

1 tsp

Recommended varieties:
olive, flaxseed, canola,
safflower, walnut

Olives green or black:

5 or 6
medium
size olives

2 tablespoon serving size for:

Newman's Own® Lighten Up

SunDried Tomato
Lime Vinaigrette
Balsamic Vinaigrette
Caesar
Red Wine & Olive Oil

Kraft® Light Done Right

Raspberry Vinaigrette
Roka Blue Cheese
Italian

1 tablespoon serving size for:

Newman's Own®

Balsamic Vinaigrette
Parmesan & Roasted Garlic
Family Recipe Italian
Oil & Vinegar
Ranch
Two Thousand Island

Kraft®

Buttermilk Ranch
Honey Dijon
Creamy Italian
CarbWell Classic Caesar

5



ADDITIONAL OILS & FATS & OTHER FLAVOR ENHANCERS

Do NOT count the following as a Healthy Fat serving.

Imitation butter sprays: 10 sprays
e.g., I can't Believe It's Not Butter®

Sunflower seeds (dry or oil roasted): 1/2 tsp

Cream cheese, low-fat: 1 Tbsp

Parmesan cheese (grated or shredded): 1 Tbsp

Cooking spray, e.g., Pam®: up to 10 seconds

Pine Nuts: 1/4 ounce or up to 40 nuts

Sour cream (all varieties): 1 tsp

Whipped Cream

Non-pressurized (from tub): 1/2 tsp
Pressurized (from can): 1 Tbsp



MILK

Cow's – unflavored skim, 1%, 2%, whole or half & half: 1 Tbsp or 1 container

Other – unsweetened, or original soy, rice, or almond: 1 Tbsp

Cream substitutes

Liquid: 2 tsp
Powdered: 1/2 tsp or 1/2 packet

6



ADDITIONAL CONDIMENT OPTIONS

Baker's yeast: 1/2 tsp

Baking powder: 1/2 tsp

Baking soda: 1 tsp

Broth, bouillon: 1 cup or 8 fluid oz

ButterBuds® or CheddarBuds®: 1/2 tsp dry

Chives, chopped: 7 Tbsp

Cream of tartar: 1/2 tsp

Flaxseed (ground or whole): 1 tsp

Jalepeño peppers: 1 Tbsp

Lemon or lime juice: 2 tsp, 2 packets, or juice from 1/4 fruit

Molly McButter® – Natural butter, natural cheese, or roasted garlic: 1 tsp

Light sodium: 1/2 tsp

Raw onion, chopped: 1 Tbsp
sliced: 1 thin slice

Wheat, rice, or corn bran (crude): 1/2 tsp

Wheat germ: 1/2 tsp

Wishbone® Salad Spritzers™ –

Asian Silk, French Flair: 5 Sprays

Red Wine, Italian Vinaigrette,
Balsamic Breeze, Caesar Delight: 10 Sprays

7