

TSFL Program Survival Guide

Revision –
Oct. 29, 2009

I wanted to give others who are on Take Shape for Life, or are considering it, some options for their meals and some insight into what it's like to be on TSFL. I also wanted to share some of the wonderful recipes that are available out there for you to have fun with.

Foreward	Error! Bookmark not defined.
General Suggestions.....	4
Charts	6
Raw Vegetable Serving Chart.....	6
Cooked Vegetable Serving Chart.....	8
Lean Serving Chart	9
Meat Substitutes.....	9
Nutritional Targets.....	6
Medifast Meal Based Recipes.....	10
Pita Bread.....	11
Pizza.....	12
Pizza Bread	12
COWGIRL STARTER-MUFFIN RECIPE.....	13
Cheese Souffle	13
Strawberry Shortcake w/ Strawberry Sauce	14
Stuffing	14
BT's Egg Custard	15
Peanut Butter Fudge.....	15
"Shake-n-Bake" Vanilla Spice Cookie	16
Shake/Pudding Cookies	16
Peanut Butter Cookies.....	17
Egg Nog	18
Perfect Banana bread	18
Cheesy Crackers.....	18
Blueberry Lemon Scones.....	19
Pancakes.....	19
Muffins.....	20
R1:.....	20
R2:.....	20
Pumpkin Spice Muffins	20
Light & Airy muffin.....	20
Banana Muffins.....	21
Liquid cherry tootsie pop.....	21
Taco salad	21
Brooklyn Egg Cream	21
Cookies	21
R1:.....	21
R2:.....	22
Scones	22
Chocolate Cookies	22
Orange Sherbert Shake	22
Tropical Smoothie.....	22
Strawberry Kiwi Shake.....	22
Strawberry Lemonade.....	22
Chocolate bites.....	22
Granola.....	22
Orange Blintz.....	23
Lean & Green Recipes	23
Mashed Cauliflower.....	23
Salad dressing	24
Cheesy oven-fried chicken.....	24

Texas Beef Chili	24
Zucchini Hash Browns.....	24
Pork Provencal	24
Roasted Cauliflower.....	25
Fried Rice.....	26
Cole Slaw	27
Sausage with Peppers and Onions	27
Balsamic Chicken Salad	28
Chicken Broccoli Alfredo	28
Taziki Sauce.....	28
Cucumber salad.....	29

General

How does it work?

This program works by putting you in a “fat burning state”. This is more technically known as ketosis. Ketosis is a stage of metabolism where your body has depleted the reserves of its main form of energy – glycogen. Once those reserves are gone, your liver will begin breaking down stored fat in the body for use as energy. Breaking down the fat yields fatty acids and three types of ketone bodies (hence, the name ketosis). The ketones are then burned by the cells in your body as an alternative fuel. We try to stay away from the name “Ketosis” because of the negativity associated with it. We will call it “Fat Burning” or the “Fat Burning State”.

Getting Into the Fat Burning State (FB)

Arguably, the worst part of being on the program is getting into FB. Our bodies have done what they’ve always done for millions of years – they’ve adapted to life as they know it. Our lives have led to us being overweight by indulging in bad foods in bad quantities. Our bodies are now used to that type of existence. Introducing a new nutritional paradigm (ketosis) to our bodies will necessitate its adapting to the new condition. This adaptation is stressful for the body and we will feel the effects.

First, your body will notice a dramatic drop in caloric intake at first. We’ve gotten our bodies used to abundant calories and carbohydrates for long periods of time or to an up and down pattern of calories/carbs which our bodies see as “feast or famine”. Either way, when we take the calories/carbs away, our bodies will react:

- Hunger – you’re going to feel hunger because your body is used to having more than it has now. Not atypical for dieting in general.
- Fatigue – you’re taking in dramatically less fuel (food) than you used to and your body will probably try to compensate by getting you to slow down your expenditure of energy. It does this by decreasing your metabolic rate. This can make you feel tired, even dizzy. It’s a type of warning that your body’s giving you saying “if you don’t get some food, I’m going to start burning fat!”
- Headache – some report headaches associated with “carbohydrate withdrawal”. Whether it’s truly withdrawal or not, I don’t know. However, it certainly seems that way to those who suffer its effects. The typical headache relief methods (ibuprofen, acetaminophen, aspirin) are allowable while on MF, however your stomach may seem more sensitive to them because it’s no longer loaded with food. Try to use such products soon after having a meal and drink plenty of water.
- Irritability – when your hungry, tired and/or have a headache...you can be understandably irritable. Try to keep in mind that you may be more inclined to react negatively to things during this short time and don’t go off on those who don’t deserve it.

The good news is that this transition generally lasts only 2-4 days. Once you’re in FB, you’ll feel a difference in your energy level. It will go up significantly as your body begins to enjoy having an alternative fuel source – fat stores!

Being in Fat Burning

As the ketones pervade your bloodstream to supply the cells with energy, your state of FB begins to manifest some side effects. Some of those side effects are disquieting, but they’re not bad for you.

Ketones will show up in your urine, which are sometimes able to be detected with Ketostix, but the state of ketosis that MF evokes is so mild that often such tests won’t show a positive result on the Ketostix.

One of the three types of ketones is permeable to the lungs and can pass from the blood through the lung walls and becomes incorporated into your exhalations, the same way that carbon dioxide passes out of the body. This can cause “ketosis breath” and a slight metallic taste in the mouth. This is unpleasant, but can be easily overcome with frequent brushing of teeth (a few times a day) and sugarless gum/mints.

Menses can also be affected while in ketosis. Your cycle may be disrupted or cease all together. While this is an odd occurrence for a woman, it is not completely unexpected while in this state.

You may occasionally feel hunger while in FB, but it should be more mild than normal. Since you’re eating every few hours, you shouldn’t feel that gnawing sensation associated with hunger prior to being in ketosis. As your body adapts to the new circumstances, it may even develop an internal clock that will make you mildly hungry right around meal time. For some, there is no hunger at all and people need to remember or even be reminded that they need to eat!

Another side effect for some is an increased sensitivity to cold. Hands and feet can be particularly effected. I am normally very hot blooded, yet my hands and feet became ice cold when in FB. Hot drinks (tea, coffee, MF cocoa/chai tea/mocha/cappuccino), sweaters, heat packs, etc can all help with this.

Breaking Fat Burning

Staying in Fat Burning revolves around keeping your body from getting excess carbohydrates. If your body comes to the conclusion that there are enough carbohydrates available to use as its main fuel source, it will end the FB state and resume using carbohydrates. This crash out of FB has some side effects as well:

- Hunger – your body will assume that since you’re getting enough carbs to end FB, there must be ample food available. Coming out of FB and having food available is exactly the type of situation that the body has adapted for over the millennia - “Feast or Famine”. Now, it sees it as a time to feast so that you can replenish the glycogen that you depleted while getting into FB. That replenishment requires more fuel – more food! Therefore, your body tells you to eat, eat and eat. You’ll be almost insatiably hungry.
- Immediate and dramatic weight gain – As your body restores its glycogen, you’re gaining weight...quickly. Several pounds in a period of a couple days is not uncommon.

Resuming Fat Burning

If you fall out of FB for some reason, the best thing to do is to start working to get right back in it. Follow the program as if you didn’t do anything to fall out.

If you “cheated” and had a candy bar or a hoagie or whatever, resume the program as if you hadn’t had it at all. Keep on your meal schedule and get in your 5 MF meals and a Lean and Green. Don’t abandon the day, weekend or week by just giving up on it because you’ve “screwed it up”. Just get right back into the program immediately.

Doing this helps to significantly reduce the amount of time it takes to get back into FB. The longer you stay out of FB, the longer it takes to get back into it. So, hop right back on the wagon!

Charts

The following tables have useful data for your Lean and Green portions. They are compilations of data from the USDA, which you can look up for yourself at <http://www.nal.usda.gov/fnic/foodcomp/search/>. NS cites using the USDA database as their source for nutritional information. If you ever want to know if an item would be legal on MF you can ask NS or you can look it up at the USDA site to get an idea of if it would be legal or not.

Nutritional Targets

If you're eating your 5 MF meals a day, you're getting all your vitamins and minerals. After that, you're basically targeting your calories/carbs (limiting them to keep yourself in ketosis), your protein (to keep yourself from losing muscle mass) and fat (to protect your cardiovascular system). Nutrition Support cites the following guidelines:

Item	Amount	Measure
Calories	800-1000	kcal
Protein	70-110	grams
Carbohydrates	85-100	grams
Fat	25-35	grams

It is, in fact, important to keep yourself above 800 calories and below 100g carbs in order to maintain an efficient fat burning state. It is also important to get enough protein to protect your muscles (including important muscles like your heart!)

Under 800 calories can cause your body to think it is starving. When your body comes to that conclusion, it will become very conservative and slow down your metabolism to try and make your fat stores last as long as possible. This will manifest in a DECREASE in your rate of weight loss.

This is counter-intuitive in that people associate losing weight with taking in less calories. However, we've evolved over millions of years and during that evolution, our bodies have adapted to "feast or famine". When calories are abundant, our bodies will store them up as fat. When they're scarce, our bodies will try to stretch out whatever it has available so that it lasts as long as possible. The key to an efficient fat burning state is to make sure your body realizes that it's getting everything that it really needs to survive long term. Part of that is the vitamins and minerals that are provided in the MF meals and part of that is ensuring you're getting enough calories to comfort your body that it's not in a situation where it's starving.

Under 100g of carbs is the key to staying in FB. Your body will continue to burn fat for energy as long as it doesn't think it has enough carbohydrates to use as its main fuel source.

Of course, these numbers are based on the average human physiology and specific numbers may vary. However, it's very difficult to discern any one person's tolerances for each of these numbers and therefore these are given as a guideline.

If you have a lot of muscle mass or are a very active person, you may need to have a different set of targets. It is best to discuss this type of specialized situation with your physician to ensure that you get the adequate nutrition for your particular situation.

Raw Vegetable Serving Chart

Medifast has recommendations of 1 ½ cups of cooked vegetables or 2 cups of salad greens and ½ cup of other veggies to make a salad. It's often difficult to gauge what the measure of a vegetable is in terms of cups (try stuffing lettuce into a measuring cup without rendering it unappetizing, so weight becomes a better measure. Here is a table that provides a convenient conversion as well as the nutritional information:

Item	Raw		Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
	Cups	Grams				
Alfalfa Sprouts	0.5	16.5	4.0	0.7	0.4	0.1
Asparagus	0.5	67.0	17.0	1.5	2.6	0.1
Broccoli (chopped)	0.5	45.5	15.0	1.3	3.0	0.5
Broccoli Raab (chopped)	0.5	20.0	4.0	0.6	0.6	0.1
Cabbage (chopped)	0.5	44.5	12.0	1.0	2.7	0.0
Cabbage, Red (chopped)	0.5	44.5	14.0	0.6	3.3	0.1
Cauliflower	0.5	50.0	16.3	1.3	3.4	0.1
Celery	0.5	50.5	8.0	0.4	1.5	0.1
Cucumber (peeled, sliced)	0.5	59.5	7.1	0.4	1.3	0.1
Cucumber (with peel, sliced)	0.5	26.0	4.0	0.2	0.9	0.1
Eggplant (cubed)	0.5	41.0	9.8	0.4	2.3	0.1
Green Beans	0.5	55.0	17.0	1.0	3.9	0.0
Green Peppers (chopped)	0.5	74.5	15.0	0.6	3.5	0.1
Red Peppers (chopped)	0.5	74.5	19.0	0.7	4.5	0.2
Yellow Peppers (chopped)	0.5	93.0	25.0	0.9	5.6	0.2
Collards (chopped)	0.5	18.0	5.0	0.4	1.0	0.1
Kale	0.5	33.5	17.0	1.1	3.4	0.2
Mushrooms (MF listing, an avg)	0.5	48.0	10.6	1.5	1.6	0.2
Oyster	0.5	74.0	26.0	2.5	4.8	0.3
Brown, Italian or Crimini	0.5	43.5	12.0	1.1	1.8	0.0
Enoki (sliced)	0.5	32.5	14.0	0.8	2.5	0.1
Maitake (diced)	0.5	35.0	13.0	0.7	2.4	0.1
Portabella (diced)	0.5	43.0	11.0	1.1	2.2	0.1
Shirataki	n/a	n/a	n/a	n/a	n/a	n/a
White (sliced)	0.5	35.0	8.0	1.1	1.2	0.1
Mustard greens	0.5	28.0	25.4	0.8	1.4	0.1
Okra	0.5	50.0	16.0	1.0	3.5	0.1
Onion (sliced)	0.5	57.5	23.0	0.6	5.4	0.1
Radishes (slices)	0.5	58.0	9.0	0.4	2.0	0.1
Scallions (aka green onions)	0.5	50.0	44.9	0.9	3.7	0.1
Salad Greens (cos/romaine)	2.0	94.0	16.0	1.2	3.1	0.3
Salad Greens (iceberg/crisphead)	2.0	144.0	20.0	1.3	4.3	0.2
Salad Greens (butterhead/boston/bib)	2.0	110.0	14.0	1.5	2.5	0.2
Spinach	0.5	15.0	3.0	0.4	0.5	0.1
Squash	0.5	56.5	9.0	0.8	1.9	0.1
Summer (listing for "all")	0.5	56.5	9.0	0.7	1.9	0.1
Zucchini (with skin, chopped)	0.5	62.0	10.0	0.8	2.1	0.1
Crookneck/Straightneck (sliced)	0.5	65.0	12.0	0.6	2.6	0.2
Winter (listing for "all")	0.5	58.0	20.0	0.6	5.0	0.1
Butternut	0.5	70.0	32.0	0.7	8.2	0.1
Spaghetti	0.5	50.5	16.0	0.3	3.5	0.3
Acorn	0.5	70.0	28.0	0.6	7.3	0.1
Tomato	0.5	90.0	16.2	0.6	3.5	0.2
Cherry (whole)	0.5	74.5	13.0	0.7	2.9	0.2
Red (sliced)	0.5	90.0	16.0	0.8	3.3	0.2
Sun dried	0.5	27.0	70.0	3.8	15.0	0.8
Turnip Greens	0.5	27.5	9.0	0.4	2.0	0.1
Turnips (cubed)	0.5	65.0	18.0	0.6	4.2	0.1

The **red, bolded, italicized** entries in the table indicate values that are quite high in carbohydrates. They are not necessarily recommended by NS, but they are included for informational value. If you are monitoring your carbs and calories closely enough, you can use them and not throw yourself out of FB. However, following the simplistic “½ Cup of a veggie in addition to your 2 cups of a salad green” approach that is cited with the 5 & 1 plan should not include these items due to a higher carbohydrate value.

Fat Free salad dressings that are less than 6 carbs for 2 Tblspns are acceptable. The Wishbone Salad Spritzers are ideal for this as they distribute the dressing around rather than having it pool up in one area...letting you use less of it overall while still getting dressing on every piece of the salad.

Cooked Vegetable Serving Chart

Cooked vegetables have a significant difference in size then raw vegetables. Specifically, you can pack a lot more of a cooked vegetable into the same unit of volume (like a measuring cup) than you can a raw vegetable. Therefore, the values for cooked vegetables differ than raw vegetables. The following table indicates the method of cooking, volume, weight and nutritional information for cooked vegetables:

Item	Cooked			Calories	Protein	Carbs	Fat
	Method	Cups	Grams				
Alfalfa Sprouts		n/a	n/a	n/a	n/a	n/a	n/a
Asparagus	Boiled, drained	1.5	135.0	30.0	3.2	5.6	0.3
Broccoli (chopped)	Boiled, drained	1.5	117.0	33.0	3.5	5.9	0.4
Broccoli Raab (chopped)	Boiled, drained	1.5?	51.4	17.0	2.0	1.6	0.3
Cabbage (chopped)	Boiled, drained	1.5	225.0	52.0	2.9	12.4	0.1
Cabbage, Red (chopped)	Boiled, drained	1.5	225.0	65.0	3.4	15.6	0.2
Cauliflower	Boiled, drained	1.5	186.0	43.0	3.4	7.6	0.8
Celery	Boiled, drained	1.5	225.0	40.0	1.9	9.0	0.4
Cucumber (peeled, sliced)		n/a	n/a	n/a	n/a	n/a	n/a
Cucumber (with peel, sliced)		n/a	n/a	n/a	n/a	n/a	n/a
Eggplant (cubed)	Boiled, drained	1.5	148.5	52.0	1.2	13.0	0.3
Green Beans	Boiled, drained	1.5	187.5	66.0	3.5	14.8	0.5
Green Peppers (chopped)	Boiled, drained	1.5	276.0	75.0	2.5	18.0	0.6
Red Peppers (chopped)	Boiled, drained	1.5	276.0	75.0	2.5	18.0	0.6
Yellow Peppers (chopped)		n/a	n/a	n/a	n/a	n/a	n/a
Collards (chopped)	Boiled, drained	1.5	285.0	74.0	6.0	14.0	1.0
Kale	Boiled, drained	1.5	195.0	55.0	3.7	11.0	0.8
Mushrooms (MF listing, an avg)	Boiled, drained	1.5	234.0	66.0	5.1	12.4	1.1
Oyster		n/a	n/a	n/a	n/a	n/a	n/a
Brown, Italian or Crimini		n/a	n/a	n/a	n/a	n/a	n/a
Enoki (sliced)		n/a	n/a	n/a	n/a	n/a	n/a
Maitake (diced)		n/a	n/a	n/a	n/a	n/a	n/a
Portabella (diced)	Grilled	1.5	181.5	64.0	7.6	8.9	1.4
Shirataki	Stir fried	1.5?	217.0	104.0	7.5	16.7	0.8
White (sliced)	Stir fried	1.5	162.0	42.0	5.8	6.5	0.5
Mustard greens	Boiled, drained	1.5	210.0	32.0	4.8	4.4	0.5
Okra	Boiled, drained	1.5	240.0	53.0	4.5	10.8	0.5
Onion (sliced)	Boiled, drained	1.5	315.0	132.0	4.3	30.1	0.6
Radishes (slices)		n/a	n/a	n/a	n/a	n/a	n/a
Scallions (aka green onions)	Boiled, drained	1.5	150.0	48.0	2.8	11.0	0.3
Salad Greens (cos/romaine)		n/a	n/a	n/a	n/a	n/a	n/a
Salad Greens (iceberg/crisphead)		n/a	n/a	n/a	n/a	n/a	n/a
Salad Greens (butterhead/boston/bib)		n/a	n/a	n/a	n/a	n/a	n/a

Spinach	Boiled, drained	1.5	270.0	62.0	8.0	10.1	0.7
Squash		n/a	n/a	n/a	n/a	n/a	n/a
Summer (listing for "all")	Boiled, drained	1.5	270.0	54.0	2.5	11.6	0.8
Zucchini (with skin, chopped)	Boiled, drained	1.5	334.5	57.0	3.9	11.9	0.4
Crookneck/Straightneck (sliced)	Boiled, drained	1.5	270.0	54.0	2.5	11.6	0.8
Winter (listing for "all")	Boiled, drained or baked	1.5	307.5	120.0	2.7	26.9	1.9
Butternut	Boiled, drained or baked	1.5	307.5	123.0	2.8	32.3	0.3
Spaghetti	Boiled, drained or baked	1.5	232.5	63.0	1.5	15.0	0.6
Acorn	Baked	1.5	307.5	172.0	3.4	44.8	0.4
Tomato	"cooked"	1.5	360.0	65.0	3.4	14.4	0.4
Cherry (whole)		n/a	n/a	n/a	n/a	n/a	n/a
Red (sliced)		n/a	n/a	n/a	n/a	n/a	n/a
Sun dried		n/a	n/a	n/a	n/a	n/a	n/a
Turnip Greens	Boiled, drained or baked	1.5	216.0	43.0	2.5	9.4	0.5
Turnips (cubed)	Boiled, drained or baked	1.5	234.0	51.0	1.7	11.8	0.2

The **red, bolded, italicized** entries in the table indicate values that are quite high in carbohydrates. They are not necessarily recommended by NS, but they are included for informational value. If you are monitoring your carbs and calories closely enough, you can use them and not throw yourself out of FB. However, following the simplistic "1 ½ Cup of a veggie" approach that is cited with the 5 & 1 plan should not include these items due to a higher carbohydrate value.

Lean Serving Chart

<u>Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>
Beef Steak	5 oz	277.0	0.0	43.0	10
Chicken Breast	7 oz	220.0	0.0	45.0	2
Ground Turkey *	5 oz	333.0	0.0	38.8	18.6
Turkey Roast Dark	7 oz	371.0	0.0	56.7	14.3
Tuna	7 oz	275.6	0.0	59.4	2.4
Lobster	7 oz	194.0	2.0	40.0	2
Swordfish	7 oz	308.0	0.0	52.0	9
Scallop	7 oz	224.0	0.0	49.0	0
Crab	7 oz	191.0	0.0	37.0	2

*Ground meat (any ground meat, even turkey) is generally less healthy than unprocessed meat. This is because when they grind the meat, they use fattier portions and it's much less controlled. This leads to juicier meat, but it's that way because of the added fat. According to Nutrition Support, 97% lean ground turkey is okay to use, up to 5oz as long as you log it according to the nutritional value on the package.

Meat Substitutes

Sometimes you simply may not want meat for your Lean or you may be a vegetarian/vegan. MF accommodates this by allowing substitution for meat as cited in the following table where each row constitutes 1 Lean portion:

Meat Substitutes		
<u>Item</u>	<u>Qty</u>	<u>Measure</u>
Low-fat Cheese	0.75-1	Cup
Eggs	2	Each
Egg substitute	0.5 - 1	Cup
Firm tofu	0.5	Block

Soft tofu	4x2	Inches
Low-fat cottage cheese	0.5-1	Cup
Boca burger	1	Each
Morning Star burger	1	Each

General Doctoring Options

Just looking at the Medifast (MF) program, it looks interesting and like something you could swing. Once you're on it, though, you may look for ways to vary your menu. There's a bunch of options for Medifast meals and you may well be happy with all of them. Chances are, though, that there will be some you love and some you hate...limiting your menu in a hurry.

To overcome that limitation, Medifasters (MFers) can "doctor" their meals. Basically, this means adding various things to your meals to make them tastier. Additionally, there's quite a bit of playing that can be done with your Lean and Green meal to achieve different menus and keep things from getting stale.

First, you should be aware of a few key things that are not discussed in the Medifast Quick Start Guide:

1. *Shirataki noodles*. These are a yam/tofu based pasta-like product. They are not traditional pasta, by any means, but they will do in a pinch. And Medifasting counts as being in a pinch! You can get them in some stores (Asian stores seem to have them), but online tends to be only sure fire way to find them. Some places online:

- <http://www.miraclenoodle.com/>
- <http://www.konjacfoods.com/>

The consensus seems to be to stick with the angel hair version. 1 ½ cups of these noodles equals 1 Green.

They have a fishy smell when coming out of the package, so.. rinse and drain them a few times, microwave for 1 minute, then drain again, or soak up water with a paper towel. You can use them as noodles or dice them up to make "rice".

It is, though, advisable to get the trial size and ensure you like them. Many people simply can't tolerate the smell and won't use them.

2. *Walden Farms*. This is a company specializing in low (usually zero) calorie/carb items. They can be found online at <http://www.waldenfarms.com/>. Not all items are zero cal/carbs, so be mindful of what you're getting.
3. *Sugar Free Syrups*. There's a ton of options out there for adding flavor to your foods. Torino and DaVinci each make a bunch of syrups you can use while on the program. DaVinci can be found at <http://www.davincigourmet.com/products/sugar-free-flavored-syrups/>. These are not completely freebee's, and should be limited, as per Nutrition Support guidelines, to 4 tablespoons per day.
4. *Butter/Olive Oil Sprays*. A wonderful way to add flavor to your food. I Can't Believe It's Not Butter spray seems to be a favorite among MFers. NS recommends limiting it to 5 sprays. There's other flavored sprays out there, just make sure you're counting any calories/carbs you're putting into your food.
5. *True Lemon/True Lime*. A great way to add a citrus flavor to your food with 0 carbs/cals. Visit <http://www.truelemon.com/>.

Second, use the support mechanisms available to you. Support in Motion is a great place for you to track your progress, log the meals you eat, your exercise, weight, measurements, etc. AND IT'S FREE! Visit www.tsflsupportinmotion.com and sign up.

Medifast Meal Based Recipes

These recipes are a conglomeration of recipes found on the Medifast main site, MyMedifast and in Medifast documentation. Tracking who contributed what and when as well as identifying the origination of a recipe rather than a rediscovery of an already known recipe would take more time than its worth. The presumption is that all recipes posted on Medifast sites are given to the public domain so that other MFers can benefit from the experience of those who have been on the program. Here are the recipes:

Pita Bread



- 1 pkg MF scrambled eggs
- 1 pkg MF cream of broccoli soup (or cream of chicken)
- 1 pkg MF multigrain crackers
- 1/4 tspn baking powder
- 1/2 tspn onion powder
- 1/2 tspn garlic powder
- 5 Tblspn water
- Several grinds of black pepper (to taste, on top)
- 1/4 tspn basil (to spread on top)
- Olive oil flavored Pam spray

Spray a baking pan with the olive oil Pam and preheat oven to 375.

Grind the MF pkgs, onion and garlic powder together (in a spice grinder, a coffee grinder dedicated to grinding spices or in a Magic Bullet). Add baking powder and mix together. Add water and mix together thoroughly.

Spread on baking pan (I wet my fingers and spread it out) until 1/4 inch thick. Bake at 375 for 5 minutes, pull it out and spray with the olive oil spray and sprinkle on pepper and basil to taste. Turn heat up to broil and put back in oven for a couple of minutes and keep an eye on it. Once the top turns golden brown (pic at left), it's done.

Pull it out and let it cool on a rack. Once cooled, cut it in half (image on top right) and then run a small knife down the length of each piece to create an inside pocket (image on lower right). To ensure correct portioning, weigh before and after to keep each piece as one meal.

You could stuff it with tuna fish, chicken breast, FF cheese or whatever. Use some kind of dressing (FF mayonnaise, mustard, etc). Add in a couple of slices of tomatoes and a lettuce leaf to make a full blown stuffed pita sandwich!

Total recipe is 2 MF meals and 1 snack. So, you could have 2 pita sandwiches in one day!!!

Pizza



- Medifast Scrambled eggs
- Medifast Multigrain Snack Crackers
- Italian spices and Garlic
- Spices to taste (suggest used garlic, salt, basil, black pepper, oregan)
- 2 ½ to 3 Tblspn
- 1-2 Tblspn WF Marinara
- 1 oz Fat Free Mozzarella

Grind MF eggs and crackers with mortar/pestle, Magic Bullet or good spice grinder. Add water and mix to make a dough. Spread it on a Pam sprayed baking sheet to make a crust about ¼ inch thick, then bake at 375 degrees until firm (about 3 minutes). It will rise a bit, which is the eggs at work. Once firmed up, top with marinara and cheese, then put it back into the oven until the cheese melted.

Counts as a meal, a snack, and 1 oz of your Lean.

Based on JudyO's Pizza Crust. Variations would include topping with some ground chicken/turkey that has been browned with rosemary and sage for sausage or topping with peppers/onions, etc. Remember to take whatever your toppings are form your LG meal as appropriate.

Pizza Bread

- 1 packet of MF cream of tomato soup
- 1/2 teaspoon of baking powder
- basil, oregano, thyme, parsley, garlic powder to taste
- 2 ounces of water (about)

Mix the dry ingredients together then slowly whisk in the water. You only want enough water to make a "cookie dough" consistency. Spray a non-stick cookie sheet with olive oil spray (kind of like pam) make a ball out of the dough and then pat it out on the cookie sheet into a round pizza shape about 1/4" thick. The dough is sticky so wet your hands a bit to flatten it out. Then spray the top of the dough with more of the olive oil cooking spray. Bake in 375 degree oven for six minutes. Flip over and bake an additional three minutes. Cool on a baking rack.

Counts as 1 MF meal.

Recipe posted by Hopetacy. She also notes that this can be done with other creamy soups (chicken/broccoli) to make bread-like items.

COWGIRL STARTER-MUFFIN RECIPE

Preheat oven to 350 degrees.....

This recipe is for 12 muffins/6 mf meals (not mini-muffins)

- 4 packets oatmeal
- 2 packets scrambled eggs
- 6 tblspn flax seed
- Splenda - you decide how much...I use several tbsp.
- 8 packets True Lemon (powdered lemon - 0 carbs - found in most supermarkets or online) It's the flavor-equivalent of 1/4 cup fresh lemon juice...but lemon juice won't work here.
- salt (or not)
- 1 tbsp poppy seeds
- 1 tsp. baking powder
- 2 tsp. any flavor extract(s)
- 1/2 cup Torani (or other) sugar-free syrup
- 1 cup water

Put EVERYTHING in the bowl at once...beat it with electric beater at high for around 2 minutes...and get 12 HUGE muffins. 2 per meal. MIX WELL. This mixture will fizz up as the chemicals in the lemon and baking soda and syrup mix...makes for a higher volume with oxygen bubbles in the mix...

Spray muffin tins with Crisco fat free spray...and spoon mix equally into 12 tins.

Tip - stick your two fingers (index and tallest) into water, then lightly pat each muffin so that they are all flat on top. Keep wetting your fingers as you need to. The mix should end up being/looking slightly "wet" on top.

Then stick in the oven and do not touch them until the timer buzzes after 45 minutes. Turn the pans upside down and pop them out, let the muffins cool upside down on the counter...and WAY BEFORE YOU EAT THEM - put them into a plastic bag in the fridge for at least 30-45 minutes.

Keeping them refrigerated and cold will keep them moist.

Suggested Versions:

Almond and Vanilla Extract + Almond SF syrup (best); Maple and Vanilla Extract + cinnamon + Irish Cream SF syrup; Maple and Vanilla Extract + Pumpkin Pie Spice _ Caramel or Hazelnut SF syrup; vanilla extract + ginger + cinnamon + Almond Roca SF syrup.

1 blueberry oatmeal + 1 peach oatmeal + 1 apple cinnamon oatmeal + 1 maple brn sugar oatmeal.

By the way, this is in no way a comparison with the recent recipe using vinegar and baking soda...try everything...eat what works.

Cheese Souffle

- 1 Cream of Chicken soup
- 1/4 C egg beaters
- 1/4 tsp baking powder
- shake of Mrs Dash Garlic and Herb
- 2 T lf shredded cheese

- 1 T shredded parmesan
- 1/4 C water

Put everything but the parmesan in your MB or blender. Blend until smooth. The batter should be similar to a pancake batter. Maybe a little tiny bit thicker. Pour into a Pam sprayed individual casserole dish like the little round Pyrex dishes. Sprinkle parmesan cheese on top. Put the dish in another bigger pan and fill it up with water up to the level of the batter in the small dish. This is your water bath. Bake at 350 for 35-45 min.

Counts as 1 MF meal and a significant portion of your Lean.

Strawberry Shortcake w/ Strawberry Sauce

- 1 Pkg MF strawberry shake
- 1 T flax seed
- 1 T sf vanilla syrup
- 1 splenda packet
- 1 T Walden Farms Strawberry Jam
- 1/4 tsp baking powder
- Enough water to make a thick pancake batter consistency

Comment [DCM1]:

Mix the shake, splenda, and bp together well. Add 1/2 T of the sf vanilla syrup and the water. Mix well. Add the water slowly until the right consistency is achieved.

Bake at 350 for 15-20 min. Makes about 5 cookies, but size to suit yourself. Let cool. On a rack.

Meanwhile microwave the one T of WF strawberry jam and the other 1/2 T of sf vanilla syrup for about 10-20 seconds. Stir well. Drizzle over the cookies.

Counts as 1 MF meal and 1 snack (flax seed).

Stuffing

- 1 packet MF creamy chicken soup
- 1/2 tsp baking powder
- 2 TBS finely chopped white onion
- 2 TBS finely chopped celery
- Sage, parsley, thyme (think I used about 1/2 tsp of each) and pepper to taste
- 3 oz water

Mix the packet of creamy chicken soup with the baking powder, sage, parsley, and thyme.

In a small sauté pan that has been liberally sprayed with Pam sauté the onions and celery, over medium heat. Add the black pepper to the onions and celery as they were cooking. Once the onions and celery have cooked tender (but not browned), mix them into the dry ingredients. Slowly add 3 ounces of water to the mixture and whisk to achieve a thick pancake mix-like consistency, maybe a little thicker. Spray with butter flavored Pam, flip and spray the other side. Let the edges get slightly cooked and then began to stir it like you would with scrambled eggs. Continue mixing and monitoring until it becomes slightly browned with the consistency of moist stuffing.

Counts as 1 MF meal and a portion of your Green (2T onion, 2T celery)

BT's Egg Custard

- 1-vanilla or banana pudding
- egg white
- 1 pkt Splenda
- 1/2 tsp vanilla extract
- 1/2 c. water

Mix all of the above with a hand mixer until well blended and microwave for 1.5 min at 70% power and stir the cooked "custard" a bit (like slightly folding).

Microwave another 60 sec at 70% power or until the "custard" is "set".

Sprinkle with cinnamon or nutmeg and refrigerate for 15 minutes.

Counts as 1 MF meal.

Peanut Butter Fudge



- Packet MF Chocolate Pudding
- 1 Packet MF Hot Cocoa
- 2 tablespoons Peanut Butter
- 1 tablespoon vanilla extract
- 2 tablespoons SF Chocolate Syrup
- 1 tblspn peanut butter syrup in a 1/3 cup measure, then fill rest of that 1/3 cup with non fat milk
- 2 pkts Splenda

Mix all together until well blended. Then heat over LOW heat until peanut butter melts.

The mixture will be very thick/doughy. Pour into a Pam sprayed baking pan or whatever form you like that leaves about a 1/2" thick, even layer. Place in fridge for 45 minutes - 1 hour.

Counts as 2 meals and 2 snacks. Therefore, you can't eat both on the same day! Split it between two days, counting it as an MF meal and a snack for each day.

Based on VOWL's recipe.

"Shake-n-Bake" Vanilla Spice Cookie

- 1 MF Vanilla Shake
- 1/4 tsp baking powder
- 1 T sf caramel syrup in a ¼ cup measure, then filled the rest of the way with water
- splash vanilla extract
- 1/2 tsp pumpkin pie spice
- 1/2 tsp cinn
- 1 packet splenda

Mix all the dry ingredients and wet ingredients separately. Add wet to dry and mix it up. Scooped out five cookies onto a Pam sprayed pan and bake at 350 for 15 min.

Counts as 1 MF meal

Shake/Pudding Cookies



- 1 shake - dutch chocolate
- 1 pudding – chocolate
- 1 TBSP flax meal (I added this to get it a nicer texture, but I'm sure you could leave it out if you don't have it)
- 1/2 tsp baking powder
- 2 packets/tsp splenda (i liked them sweet)
- dash cinnamon
- dash cocoa powder
- about 1/2 cup water
- splash vanilla extract
- splash butter extract

Mix wet and dry ingredients separately. Mix both together until you have the consistency of a thick dough. You may not use every drop of water. I used just a bit less.

Take 1 tbsp of peanut butter (crunchy is what i used, but this could be omitted anyway...make sure to count this as your snack)

Mix it all together really well...to dough/paste consistency

Bake in 375 F oven for 16-18 minutes.

I baked mine on a cookie sheet lined with parchment paper, but you could probably do it on a non-stick sheet as well. If that's the case, you may want to cut down on cooking time a bit.

Allow to cool before eating, they sit up better that way.

Peanut Butter Cookies



- 1 pk MF maple brown sugar oatmeal
- 1 pk MF vanilla pudding
- 1/2 tsp baking powder
- 2 pks splenda
- 1 tbsp Davinci sf peanut butter syrup
- 1 capful vanilla extract
- 1 tbsp crunch peanut butter
- good sprinkle of cinnamon

Mix wet/dry ingredients separately, then combine to make a VERY thick. Roll into 6 balls and flatten. Bake 12 min at 350.

Counts as 2 MF meals and 1 snack.

Egg Nog



- 8 oz COLD water
- 1 packet MF banana pudding
- 1/8 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 oz DaVinci Egg Nog syrup

Whisk together dry ingredients and wet separately. Bring together and whisk vigorously until smooth. Pour into whatever you want to serve it in and stash in the freezer for 5 to 10 minutes.

Comes out thick and tasty. Remember, this is not supposed to be a pudding, but an approximation of egg nog...which is pretty thick.

Counts as one MF meal.

Perfect Banana bread

- 2 pkg MF oatmeal (whichever flavor you desire, but peach is more neutral in flavor)
- 1 pkg MF Banana shake
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- splenda to taste
- pumpkin pie spice to taste
- 1 tbsp. peanut butter
- 2 tbsp. flax seed meal
- 1 tsp. white vinegar
- 1 tbsp. SF banana syrup
- 1 tbsp. SF spice blend syrup
- 1/2 cup water (add more if necessary but batter should be kind of stiff and not runny -- sorry this is not exact)
- 1 capful banana extract
- 1 capful maple extract

Combine wet/dry separately. Mix the wet into the dry and immediately spread in mini loaf pan sprayed with pam. Bake at 350 for 45-55 minutes at least. Test it with a toothpick just like with regular banana bread.

Counts as 2 MF meals and 2-3 snacks.

Comment [DCM2]: How much flax seed meal equals 1 snack?

Cheesy Crackers

- 1 packet cheese and broccoli mf soup mix
- 1 tsp baking powder
- Just under 1/4 cup water
- sprinkle of basil, rosemary or whatever seasonings

The batter is a little thin. Drop 6 even pools onto some parchment paper. Baked at 375 for 11 minutes on one side (till edges were brown) then turn over and bak for 6-7 minutes on the other side until nice and crispy.

Counts as 1 MF meal.

Blueberry Lemon Scones



- 1 packet BlueBerry Oatmeal
- sprinkle of salt
- 1/4 tsp baking powder
- 1/4 tsp lemonade crystal lite
- 2 tsp sf vanilla syrup
- 2 tsp sf spice blend syrup
- splash of vanilla extract
- splash of lemon extract

Mix wet/dry separately. Pour wet into a 1/4 C measuring cup. Fill the rest of the way until almost full with water to make a scant 1/4 C total of liquid. Add half the liquid to the dry, then add more as needed to make a sort of crumbly yet still sticks together type of dough. Let it sit for 5 min. Shape into a scone and bake at 350 for @ 15 min.

Counts as 1 MF meal.

Pancakes

- 1 pkt oatmeal (any flavor)
- 1/3 cup water
- 1 pkt Splenda
- 1 tsp vanilla extract
- 1 pinch salt
- 1/8 tsp baking powder

Mix the dry ingredients, then add the water. Let sit for 30 seconds or so, then pour out onto a hot, Pam sprayed griddle. Once the pancake has flattened out, spray the top of it with some Pam. Cook until the edges begin to brown (couple minutes), then flip and cook for another minute. Serve with I Can't Believe It's Not Butter, sugar free syrup, 0 carb/cal Walden's Farms fruit spread, or whatever you like that's Medifast legal!

Counts as 1 MF meal.

Muffins

R1: 3 oatmeal packets (use any one kind or mix them up, doesn't matter), one cranberry/mango fruit drink packet OR one hot cocoa packet OR one shake packet (any flavor), 1 tsp baking powder, 1 1/2 tsp cinnamon, 2 tsp vanilla, 1 cup water and 1/4 cup diet soda (I used diet Vernor's ginger ale but I think any diet soda will work) OR you can use 1/4 cup sugar free syrup (I've used chocolate). The batter will be a bit thin if you use the cocoa or cranberry/mango drink mixes, but let it set for about 5 minutes. It will thicken up a bit. Then spoon or ladle the batter into a muffin tin lined with aluminum baking cups. The paper ones work too, but the aluminum ones peel completely away from the muffins. This recipe makes 8 muffins; 2 muffins equals one MF meal. Bake at 350 for 25 to 30 minutes. The muffins made with shakes seem to take about 30 minutes while the ones with the cranberry/mango mix take about 25 minutes. If you'll spray the baking cups, paper or aluminum, with non-stick spray, the muffins will come out beautifully.

R2: Last night I mixed 2 pkgs of peach oatmeal with 1 pkg of maple. I added 1 cup water, some cinnamon, 1 Tbsp vanilla, some splenda, about a Tbsp of baking powder (I never measure). Bake at 350 for about 15 min. Makes 6 muffins - 2 per meal.

Pumpkin Spice Muffins

- 1-apple cinnamon oatmeal
- 1-Chai Latte
- 1/2 tsp baking powder
- 2 tsp Splenda
- 1/2 tsp pumpkin pie spice
- 1/2 tsp vanilla extract
- 1/2 tsp almond extract
- 1/2 cup water

Mix the dry ingredients and then add the wet.

Bake at 350° for 20-25 minutes and cool. Makes 6 muffins.

Counts as 2 MF meals, 3 muffins per meal.

Light & Airy muffin

I might catch hell for this...But I have most recently changed to making the muffins with the flax seed meal. In my opinion the health benefits outweigh the small carbs (4 gr) and I need help with my cholesterol. AND the texture is way better than any of the other muffins. I don't eat my daily MF bar when I make these, or a snack, so I don't care about the carbs. By the way, I have lost more weight than normal in the days I have been making these muffins. Here is what I do:

2 MF oatmeal

1 MF shake, pudding, cocoa, latte, whatever

1/2 tsp. baking powder

2 tbsp. flax seed meal
spices like cinnamon, pumpkin pie, etc. (dry only)
splenda (do these to your taste)

1/2 cup water
2 tbsp. sugar free syrup of your choice
1 tsp. extract of your choice

Mix the dry and wet together and put into 6 muffin cups sprayed with Pam. Bake at 350 for 25 minutes. You can tell if they are cooked all the way by just testing the top and making sure it "bounces back." Immediately take them out of the pan and cool on a wire rack. I could eat these all day long, literally. The best ones I made were the chocolate ones with SF German Chocolate Davinci syrup, chocolate extract and MF hot cocoa. They were so good I would have never thought it was a diet.

As for the pancakes, there is a thread for that too. I use the recipe that I posted that used vinegar and baking soda. I love the pancakes! You also have to cook them a little longer than normal pancakes. Add a little SF maple syrup and it's a great breakfast.

Banana Muffins

Amy's Banana Muffins - 2 pkts Maple Oatmeal, 1 pkt banana pudding, 1 pkt banana shake, 4 pkts Splenda, 3/4 tsp baking powder, dash of salt, 1/2 tsp vanilla extract, 1 tsp banana extract, 1 tsp black walnut extract and 1 cup of water. Mix dry ingredients first, add wet ingredients and stir. Pam spray muffin tins. Bake at 350 for 35 to 45 minutes. Do the toothpick test to make sure they are done. I baked 4 jumbo muffins, to make 4 meals, at 375 for 30 minutes and it was not quite enough. They were golden brown but not done on the inside. I think baking it at a lower temp for longer is the better move. They taste really good heated up

Liquid cherry tootsie pop

mix a dutch chocolate shake, ice and diet cherry soda We used Black Cherry blend well and you have A Liquid Cherry Tootsie pop YUM YUM YUM

Taco salad

just tried something today and loved it. Made chili before work with a little less water and added cumin, and took it with me in a lidded styro cup. Ar lunch when everyone ordered out, I got a small greens only salad, no dressing. I heated my chili some, drank the excess juice off and then poured the chili over the lettuce and added some salsa...instant taco salad and I thought it was yummy. Tonigh I had only 1/2 of my green (with my lean) because of the cup of lettuce at lunch. Of coourse I love real taco salads and this was a pretty fair substitute.

Brooklyn Egg Cream

Today I mixed the dutch chocolate with seltzer. Tasted just like a Brooklyn Egg Cream. Just figured I'd share :)

Cookies

R1: 1 packet apple-cinnemon oatmeal, cinnemon, 1 packet splenda, Davinci caramel sf syrup, 1/8 tsp baking powder. 1/3 cup apple flavor Fruit2o water. Bake at 350 until done.

R2:Medifast oatmeal that you asked about. I went back on this board to mid-February to get it: 1 packet of MF oatmeal, 1/4 tsp cinnamon, 3 tsp Splenda, 1/8 tsp baking powder, 1/2 tsp vanilla and 1/3 cup water. Mix dry ingredients together then add liquids. Let set for a few minutes while you preheat oven to 350. Use parchment paper or Release aluminum foil to line cookie sheet and spoon on dough, about 5 cookies. Bake 9 min. for chewy cookies, a little longer for less chewy ones.

Scones

2 pkts. French Vanilla Berry Oatmeal 2 pkts. Splenda 1/2 tsp. baking powder 2 tsp SF vanilla syrup 1/4 tsp lemon extract 1/2 tsp vanilla extract scant 1/2 cup of water Mix the dry ingredients together. Add the wet ingredients and stir. Let it sit for about 3 minutes. Spoon onto Pam sprayed cookie sheet, into two scones. Bake at 400F for 20 minutes. Enjoy!

Chocolate Cookies

3 packet Maple Oatmeal 3 packet Hot Cocoa 6 packets Splenda 1 1/2 tsp baking powder 3 tbs SF Chocolate Syrup 2 tbs SF Hazelnut Syrup 1/2 to 3/4 cup of water (work with it to find the right dough-like consistency.) On two cookie sheets, spoon out 18 cookies of even size. Bake in separate batches - 400 degrees for 8 minutes. Let cool and enjoy.

Orange Sherbert Shake

Use one pkg. Orange Medifast and add Crystal Lite Lemonade powder. (I use 1/2 on-the-go packet.) Blend with 6 oz. water and 8-10 oz. ice.

Tropical Smoothie

One pkg. Orange Medifast and Crystal Lite Raspberry Ice powder. (I use 1/2 on-the-go packet.) Blend with 6 oz. water and 8-10 oz. ice.

Strawberry Kiwi Shake

I am adding about 1/4 tsp of Crystal light Strawberry Kiwi drink mix to the Strawberry shakes to make them tastier.

Strawberry Lemonade

Add Crystal light Lemonade (or Pink Lemonade) to the Strawberry Shake

Chocolate bites

1 pack oatmeal (I used apple/cinn), 1 pack chocolate pudding, 3 packs of splenda, cinnamon, 1 tsp caramel syrup. Add just enough water so that it comes together. It should look like a very, very thick brownie mix. Drop by tiny spoonfuls and bake 8-10 mins at 400.

Granola

- 1 packet of MF Oatmeal (I use apple cinnamon but have use others)
- 1 packet of splenda
- 1 tsp apple spice

- 1 tsp cinnamon
- 1 tsp or so of vanilla or sf vanilla syrup
- 1/3 cup or less of water

The key is to add water very slowly because you want your batter to be very very thick but wet enough for all the ingredients to be mixed and moist.

On a pam sprayed cookie sheet take the oatmeal mixture and pinch off pieces of oatmeal mixture with your fingers and put on sheet. You should get a full sheet full of these little bite size pieces.

Bake for 8 - 10 min at 350 take out turn over pieces and bake again for 3 - 5 min or until nice and brown and crunchy looking. When they come out sprinkle with a mixture of 1 packet of splenda and cinnamon.

Counts as 1 MF meal.

Orange Blintz

- 1 pkt MF scrambled eggs
- I Can't Believe It's Not Butter Spray
- Pam/Mazola butter spray
- Cinnamon
- 2 TBSP Walden's Fruit Spread
- 1 TBSP Fat Free Cream Cheese
- ¼ Tspn orange extract
- 1 pkt Splenda

Mix the MF scrambled eggs in the blender and pour them into a small omelet pan sprayed with Mazola butter spray. Sprinkle a little cinnamon and splenda on top. Cook it on low for a minute, then pop the whole pan in the toaster oven on "toast" so the top will brown

Meanwhile I microwave a TBSP of ff cream cheese (taken from your Lean) just a few seconds to warm it, add orange extract and splenda.

When the toaster is done, the crepe should be about the thickness of a medium pancake. Spread the orange cream inside, add 2 TBSP of Waldens fruit spread. Spray a spritz of I Can't Believe It's Not Butter Spray on the outside and add another sprinkle of cinnamon.

This recipe could be varied to use any type of fruity flavors.

Counts as 1 MF meal and a small portion of your Lean.

Lean & Green Recipes

Mashed Cauliflower

- 1 ½ cups steamed cauliflower
- I Can't Believe It's Not Butter spray
- Salt/pepper

Mash the steamed cauliflower (could do this in a blender). Could also add 1 Tblspn skim milk for consistency, if desired. Spray with "butter" spray and add salt/pepper to taste.

Counts as 1 Green portion.

Salad dressing

1 tablespoon of olive oil with 1tsp of basalmic vinegar, and 1/8 tsp of dijon mustard, use a wire whisk and it flavors a spinach, tomatoe and cubumber salad just enough!

Cheesy oven-fried chicken

Forgot to say, Spray top with "I Can't Believe It's Not Butter Spray" before baking. Also, I used a little LF milk on the chicken before rolling in the cracker crumbs. Don't know if this makes any difference in the outcome and the added carbs is insignificant.

1 small chicken breast, 1/2 pkg. MF crackers, 1/4 cup shredded LF Cheese. Spray small pan or cookie sheet with Pam or other no-cal spray (I like Mazolla Pure). Crush crackers into crumbs. Wash chicken breast, do not pat dry, immediately roll in cracker crumbs. Bake at 350 degrees for 45-60 mins. until just browned around the edges. Remove from oven. Place cheese on top and return to oven for 5 mins. or until cheese melts. Remove from oven and allow cheese to set 5 mins. Enjoy! PIZZA BURGER: 1 small turkey burger or extra-lean hamburger. Sprinkle with a small amount of onion powder and Italian seasoning, or pizza seasoning. Cook in small frypan over medium heat on stovetop. Pour 1/4 cup SF tomatoe sauce over burger, cover, and simmer on low heat for 15 mins. Place 1/4 cup LF cheese on top and cover just until cheese melts. Enjoy! ORIENTAL CHICKEN & GREENS SALAD: Spray George Foreman Grill with no-cal spray like Pam. Wash 1 chicken breast, pat dry. Sprinkle small amount of seasoned salt or asian five-spice powder on chicken breast. Grill 9-10 mins. Remove from grill and allow to rest 5 mins. Prepare your favorite green salad. Dice chicken. Add chicken and 2 tbsp. SF sweet-n-sour sauceto salad. Toss and Enjoy!

Texas Beef Chili

4lbs boneless chuck roast, cut into 1/2 inch pieces, 2 tbl chili powder, 12 oz tomato paste, 16 oz tomato sauce, 32 oz beef broth, 2 tsp garlic powder, 1 tsp salt, 1 tsp ground oregano, 1 tsp ground cumin, 1 tsp paprika, 1 tsp onion powder, 1/2 tsp black pepper, 1/2 tsp ground red pepper. Brown meat in Dutch oven over medium-high heat. Remove meat, reserving drippings in dutch oven. Add chili powder to dutch oven, cook, stirring constantly for 2 minutes. Stir in tomato paste, cook for 5 minutes. Return beef to dutch oven, add beef broth, stir. Add remaining ingredients and bring to a boil. Reduce heat to low and simmer, uncovered for 1 1/2 hours, stirring occasionally, until beef is tender. This makes 12 L&G size servings and has 2 carbs. So, you could have a small salad with it if you wanted to! Chili and salad.... Yum! I'm going to make this over the weekend! I plan on freezing half the batch for a later date. Have fun cooking!

Zucchini Hash Browns

Zucchini Hash Browns 1 cup grated zucchini 1 Tbsp. grated onion 2 eggs, beaten slightly Salt, pepper, onion powder, (garlic powder for those who use it) Heat canola oil or butter flavored Pam in a skillet. Mix all ingredients in medium sized bowl and drop by heaping tablespoons in hot skillet. When brown on one side, turn and cook the other side. Stack on a plate and keep in warm oven until whole batch is done. You can top these with butter spray and maybe a little salt.

Pork Provencal

- 2 5oz pork chops (or 10oz of pork tenderloin, cut into two pieces,)
- 1 can (about 1 1/4C- 1 1/2C depending on can size) diced tomatos with juices
- 1 small sweet onion
- 1 tsp herbs de provence
- 1/4 tsp red pepper flakes

- 1 tbsp EVOO
- Salt (thicker grain is better, like sea salt or kosher salt)
- Pepper

Heat the oil in a searing pan or deeper saute pan on medium heat.

Salt and pepper the pork chops on both sides. Then, while heat is still medium, sear the chops on until brown on the outside and/or a meat therm. reads about 160 degrees. (About 3-4 min a side, longer for thicker chops)

Remove chops from pan and place on plate with a foil tent.

Slice onion into thin strips, add to pan you cooked the pork in. Allow onion to absorb pork juice and get crispy/tender, and kind of caramelized. Add the tomatoes with juices, herbs de provence and red pepper flakes. Simmer 8-10 min covered, stirring occasionally, until flavors have combined and sauce starts to thicken. Add the chops back to the dish for a min or two to warm and absorb some sauce.

Put one chop on a plate and cover with about 3/4 C of sauce, and Presto! The beginning of a great L&G!! (you end up with a little tomato/onion sauce left over... but I just experiment with that the next day!

If you use the loin, cook the same way, just adjust your meat searing time... if the meat therm. reflects 160 you are good to go. I like to use loin instead of chops, because it is more tender/juicy and is harder to over-cook. Makes two L&G meals.

Roasted Cauliflower

- 1 Head of cauliflower
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon garlic salt
- 1/2 teaspoon pepper
- 1/2 teaspoon chili powder
- 1 tablespoon balsamic vinegar

Preheat oven to 450 degrees.

Trim head of cauliflower and cut into bite-sized florets.

Dry cauliflower well.

Drizzle with olive oil then sprinkle with garlic salt, pepper, and chile powder.

You can adjust seasonings according to your personal preferences.

Toss cauliflower until seasonings are well distributed.

Pour into a greased baking pan and bake for 20- 25 minutes, stirring once or twice.

Cauliflower should be a dark, golden brown when baking is completed.

Remove from oven and pour into a serving dish.

Top with balsamic vinegar and toss well.

Divide it up for your Green Servings!

Fried Rice



Veggies

- 3/4 cup Celery
- 2/3 cup Mushrooms
- 1/3 cup Onion
- 1.5 cup Zucchini
- 1 cup Red Pepper
- 1 tsp cumin
- 1 tsp ginger
- 1 1/2 tsp paprika
- 2 tblspn soy sauce
- 3 pkg Shirataki noodles, diced into rice sized pieces
- Salt/pepper to taste (I like to use garlic salt)

Dice veggies into uniform size so they cook evenly. Spray wok with pam, add veggies and spices. Stir fry until veggies are soft. Remove from wok.

“Rice”

- 2 tblspn soy sauce
- 1 1/2 tsp paprika
- 1 tspn cumin
- 1 tspn chipotle pepper
- Salt/pepper to taste (I like to use garlic salt)

Spray wok with pam, toss in diced noodles. Spray noodles with Pam and add spices. Stir fry until there's no liquid remaining. Remove from wok.

This makes basically 3 1.5 cup servings which count as your green.

Meat

- 8 oz diced turkey tenderloin (or use any MF sized portion of chicken, pork or shrimp)
- 1/2 tblspn paprika

- 1/2 tblspn cumin

Spray a pan with pam. Sauté on high heat until meat turns white. Toss in seasoning and continue to sauté. When meat starts to brown, add 1/4 cup of water and deglaze the bottom. Pour into the wok with the veggies/"rice" and stir until turkey is evenly distributed throughout. If there's liquid collecting in the bottom, put on high heat and cook it off while stirring the mixture.

Cole Slaw



- 1/3 cup red onion, diced finely
- 1 1/3 cup celery, diced finely
- 7 cups red cabbage, diced finely
- 1/8 cup garlic, minced
- 1 1/2 tblspn fresh thyme, minced
- 10 oz Walden Farms SF Cole Slaw dressing
- Salt/Pepper to taste

Just combine it all and let it sit for a while to let the flavors mingle. I let it sit for 12 hours or so. The pic is of it just after putting it together. The red cabbage will bleed its color and after 12 hours the whole thing turns purple! This mix is also kinda strong on onion and garlic, so modify it as you please.

Total is about 9 cups, 214 calories, 53 carbs. A "Green" portion would be 1 1/2 cups, 37 cal, 9 carbs.

Sausage with Peppers and Onions



- 1 lb (or a bit less) ground turkey
- 1 1/2 tblspn rosemary (chopped as finely as you like)
- 1 tsp tarragon (you could use basil instead, if you like)
- 1 tsp oregano
- 1/2 tsp ground cumin or ground chipotle pepper (can adjust to increase picyness)
- 1/2 tsp garlic salt
- ground pepper to taste
- 1 1/2 cup peppers and onions (frozen works well)

Spray pan with Pam and sauté veggies until they just begin to brown. Remove to a bowl and deglaze the pan with a couple tablespoons of water and pour that in with the veggies.

Mix seasonings with turkey and form into 4 sausage shaped links. Spray with pam and brown all sides (on med-hi heat) in same pan that you did the veggies in. Turn heat to low, pour veggies over sausage and add 1/4 cup water. Cover and let simmer 10 minutes. Remove the lid and let the liquid evaporate until the sizzle sound begins again. Then plate 'em up!

This recipe makes two servings. Each serving counts as a lean and 1/2 cup of cooked veggies. The picture has one serving

Balsamic Chicken Salad

1/4 c. Good Balsamic Vinegar (20 calories)
1 Tbsp. Koops Horseradish Mustard (0 calories)
1 tsp. crushed garlic (0 calories)
2 tsp. Splenda (< 5 calories)
2 T. water

Whisk to blend. Toss with warm roasted shredded chicken breast and put on top of salad made with cuc's, tomatoes, radishes and green onions. Drizzle "a little" more dressing over top. I had this last night for dinner. IT WAS DELICIOUS! The chicken had just enough natural fat in it to make it more of a true salad dressing, but if you want to make the dressing just for a salad, you might want to add a drizzle of E.V.O.O., but remember, 1 Tbsp. of olive oil has 120 calories, so use it sparingly.

Chicken Broccoli Alfredo

- 3 oz cooked chicken (or raw but use a little more)
- 1/2 C italian cheese blend, shredded
- 1 T parmesan, grated
- 2 T 1/2 n 1/2
- salt and pepper
- pinch of nutmeg
- 1/2 C broccoli
- 1/2 C beansprouts
- 1/2 C shirataki noodles

Sautee the veggies in Pam for a couple of minutes. When they're soft add the chicken, heat through, add the rest of the ingredients, toss, heat for a couple more minutes. Top with the parmesan cheese.

Taziki Sauce

- 4 oz. Fresh plain (natural) yogurt
- 1/4 Cucumber seeded and grated
- 1 teaspoon minced garlic
- Salt and pepper (if you want)
- 2 pinches dry dill (optional)

Mix all ingredients together and place in fridge until needed. If the yogurt has got too much liquid in it, let it flow through a clean, thick net.

Cucumber salad

- cucumber, peeled,seeded,& chopped
- slice red onions, sliced however you prefer
- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 1/2 teaspoon garlic salt
- crushed black pepper to taste
- 1 tspn Molly McButter cheese flavor sprinkles

Combine ingredients, mixing well.

Divide into two bowls leaving some liquid in the bottom of each bowl. Refrigerate if desired and eat later or enjoy now!