

Healthy Meatless Weight Loss

Medifast makes it easy!



Whether you adopt a vegetarian diet for health, ecological, religious, or ethical reasons, there are plenty of Medifast products that fit your lifestyle!

In fact, the Academy of Nutrition and Dietetics has suggested that fortified foods like Medifast Meals are valuable for meat-free weight loss and maintenance.

Eating five Medifast Meals a day provides approximately 100 percent of the daily value for 24 vitamins and minerals, including vitamin B12, iron, zinc, calcium, and riboflavin. You'll also get at least 72 grams of high quality protein, which is sometimes difficult to do on a vegetarian diet.

VEGETARIAN MEDIFAST PRODUCTS

Contain neither
eggs nor milk:

- Ready-to-Drink Shakes (all flavors)
- BBQ Bites
- Hearty Vegetarian Sloppy Joe
- Oatmeal (Apple Cinnamon, Blueberry, Maple & Brown Sugar)
- Flavor Infusers™* (all flavors)
- Sugar-free Syrup*
- Crackers* (both flavors)
- Soy Crisps* (Apple Cinnamon)
- Essential1®: Digestive Health
- Cereal Crunch (both flavors)

Contain milk
but not eggs:

- Shakes (all flavors)
- Essential1®: CalorieBurn Cappuccino
- Crunch Bars (all flavors)
- Maintenance Bars (both flavors)
- Puddings (all flavors)
- Cream of Tomato Soup
- Fruit Drinks (all flavors)
- Iced Teas (all flavors)
- Hot Drinks (all flavors)
- Oatmeal (Peach)
- Chocolate Chip Soft Bake
- Pretzel Sticks (both flavors)
- Cheese Pizza Bites
- Puffs (both flavors)
- Soy Crisps* (Ranch and White Cheddar)

Contain
both eggs
and milk:

- Original Style Eggs
- Southwest Style Eggs
- Brownie
- Pancakes (all flavors)
- Soft Serve (all flavors)
- Orange Blend

*These are not Medifast Meals, but snacks, supplements, or other additional products. Make sure you are eating your daily requirement of Medifast Meals according to your Plan guidelines.

NOTE: Medifast Meals are not appropriate for those following a vegan lifestyle.



