

MORGAN'S MEDIFAST MEAL MODIFICATIONS

These are some suggestions for preparing Medifast Meals the way I like them best. I'd love to hear your favorite tweaks and recipes! Send them to FormerlyFatPhil@gmail.com. Bon Appetit!!

BREAKFAST

Pancakes (all styles) - Use a small (6 inch) non-stick skillet, spray with butter flavored non-stick cooking spray. Mix in shaker jar and pour in to make one big, pancake. Top with Sugar Free or Lite syrup. *Traveling tip: You can make these in hotel waffle machines, just use their non-stick spray, don't close the lid and DO NOT TURN MACHINE OVER TO START TIMER. For some reason they will explode if you turn the machine over - I found this out the hard way ;-)*

Eggs (all styles) - For omelets, use a small (6 inch) non-stick skillet, spray with butter flavored non-stick cooking spray. Mix in shaker jar and pour in. Top with grated cheese. Add salt, pepper, and approved veggies from QuickStart Guide (peppers, etc.) as desired. Fold in half and flip once.

Oatmeals (all styles) - Use 2/3 cup water, cook for 2 minutes stirring halfway through. (Adjust cooking time for your desired thickness) Add 1 packet artificial sweetener (Stevia is my preference) if desired. I also add a bunch more cinnamon to the Apple Cinnamon flavor.

Hot Drinks (all styles) - These work best by adding hot water and stirring with a stirring stick or fork. They boil over easily in microwave. *Traveling tip: At hotel or gas station, fill 16 oz cup half full of hot water, add mix and stir. Great for driving.*

LUNCH/DINNER

Chili - Prepare as directed but use 2/3 cup water. Microwave 2 1/2 minutes, add grated cheese and half package of Medifast crackers, stir and microwave 1 additional minute.

Soups - You can add approved veggies and lean meat to the soups if you like. Just remember to deduct the weight from your Lean & Green meal. I like to add an ounce of grilled chicken to the chicken noodle and a fresh sliced mushroom to all my soups. Add some baked or grilled fish and fresh sliced okra to Cream of Tomato for a Seafood Bisque. If desired, add cheese and/or Medifast crackers.

A note about cheese: I love cheese and add some grated cheese to many hot meals. One ounce of cheese is the same as one ounce of meat, so adjust your Lean & Green accordingly. It is perfectly fine to split your Lean & Green into two meals, or deduct a bit to add to other Medifast meals as described above.

SWEETS

Pudding - Make several servings at once and pour into one cup dishes. Cover and store in refrigerator for a quick meal. Pudding will be very thick after several hours to one day and last several days in fridge. You can also freeze, it thaws to correct pudding consistency.

Shakes - The HealthMate Blender is awesome for these. Fill tall blender cup to middle mark (1 cup line) with crushed ice, add water to same line, add mix and blend until smooth. Shakes and Soft Serves can be frozen for quick meal later, just allow to partially thaw and enjoy.

PHIL MORGAN - HEALTH COACH

816-578-4197 • FormerlyFatPhil@gmail.com

FORMERLYFATPHIL.COM