

How to Make & Use Products

Instructions on how to use the products are on the side of every box

- Follow the directions on the soup box, using a deep bowl. Place a lid over the top of the bowl after it removing from the microwave and let the soup sit for 5 minutes, which allows ingredients to get moist and tender. (Warm up before eating for about 45 seconds, if you want it HOT!)
- **OR** you can make it ahead of time by mixing water and the product together. When you are ready to eat, just warm up your meal (ingredients will be moist and tender).
- **OR** you can just add hot water to soups and wait for 10 minutes without using the microwave. (Still rewarm it, if HOT is desired!)
- Get creative with the soups by adding spices: add chicken or beef bouillon to improve the taste! Basil added to the tomato soup is good, as well as parsley added to the chicken. Add salsa and ground meat to chili. You can use a portion of your lean/green added into soups.
- Try PIZZA with tomato soup, broccoli or cream of chicken. Use 1/8 tsp baking powder, 1 packet of soup, 1 packet of crackers or soy crisps (you don't need the crackers or soy crisps and you still get the same great result; remember crackers and soy crisps are a snack). Crumble crackers or soy crisps; add to the dry soup with 5-6 tablespoons of water (you don't want the mixture runny). Add Ms. Dash spices to taste. (I like the tomato basil with the tomato soup. The garlic herb is good mixed in the broccoli or cream of chicken soups.) Mix together. Spray a dinner plate or glass pie plate with olive oil. Scoop mixture out onto plate (it spreads out like pizza after it is microwaved) and microwave for 2 minutes. Then put low fat white cheese (part of your Lean/Green) and some type of meat on top; microwave again 1 minute. You don't need the cheese or meat if you don't want it, but, if you do, be sure to count this towards your Lean/Green. Enjoy eating it right out of the dish.
- The shakes can be made in the shaker jar or blender. Use cold water, or you can add crystal light to the water to give them some zip! Add spices, sugar free syrups or flavor drops: (cinnamon, allspice, vanilla, almond, chocolate hazelnut, etc.), and Splenda if you like.
- The shakes can be frozen and eaten, or made ahead of time and placed in refrigerator or freezer. Go to www.capellaflavoredrops.com if you want to add different flavors to your products. Crystal Light mixes well with shakes especially the orange and raspberry with the orange cream shake and the strawberry shake; just like sherbet. Mix 2 flavors

of shakes together like strawberry and banana. Add diet root beer to the vanilla shake for a root beer float. Go to www.bellplantation.com if you like peanut butter. Their peanut butter is low in fat and calories.

- The oatmeal is great when made into muffins. See peach oatmeal box for the recipe. You can add more vanilla but cut back on the water. You want the batter to be thick. Bake 20 minutes for firmer muffins. Use mini muffin tins. Makes 6 muffins which is 1 meal.
- Oatmeal is great made into pancakes. Follow muffin recipe and slowly add water to mix. Add a couple tablespoons of egg beaters or Medifast scramble eggs to hold the mixture together. Make them just like regular pancakes but allow more cooking time. You will know when to turn them. They take a little longer to cook than regular pancakes. Try using Walden Farms sugar free syrup and I Can't Believe It's Not Butter—yummy.
- Use cold water when making the pudding in your shaker jar. Use a little less than 4 ounces of water and add in product. Shake and eat! The Walden Farms jellies and marshmallow added in makes the puddings yummy. Try adding spices (pumpkin spice is my favorite) to the pudding and freeze it, eating it with a spoon for a wonderful treat.
- Hot drinks (hot chocolate, chai latte, and cappuccino) can be made in the shaker jar with cold water. Then pour it into a mug, heating in the microwave as directed on the box. Both the chai latte and cappuccino are great on ice. Try adding in the Walden Farms marshmallow to the hot chocolate.
- You can have salad dressing and condiments. Keep them low in calories and carbs (2 tablespoons). Check out the diabetic section of your market to find a product called **Walden Farms**; their products have no sugar, no carbs, no calories and taste great. Their website is www.waldenfarms.com. Spritzers are great and low cal; easy to control portion control.
- Limit condiment options to <3 per day.

Snack products are not to be used as Medifast meals. You can have soy crisps (Medifast product), crackers (Medifast product), 1 cup sugar free Jell-O (I use the individual servings for portion control), 2 dill pickles, 3 celery stalks, 1 sugar-free popsicle, 1 bouillon cube (one per day).

For recipe ideas, please visit my website at www.weightbustersforlife.com.