

OB 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 (I used a cocktail glass) 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.

OB Cole Slaw



Cole Slaw

This is a large batch. People on MF and not on it both like it, so I made a bunch and keep it around.

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 (which is my favorite color)! This mix is also kinda strong on onion and garlic, but that's how I like it.

Total is about 9 cups, 214 calories, 53 carbs.

A "Green" portion would be 1 1/2 cups, 37 cal, 9 carbs.

You could always adjust the cal/carbs by replacing some cabbage with celery or whatnot.

OB Sausage, 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 spicyness)

1/2 tsp garlic salt

ground pepper to taste

1 1/2 cup peppers and onions (frozen works well)

Spray pan with Pam and sautee 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 ad 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 recipie makes two servings. Each serving counts as a lean and 1/2 cup of cooked veggies.

The pic has one serving of the sausage, peppers and onions on the right and my coleslaw on the left (one cup).

BBQ Pork, Roasted Cauliflower with Mushrooms



6 oz pork chop (will reduce in size to 5 oz upon cooking)
3 tblspn Walden bbq sauce
.5 cup sliced button mushroom
Ground pepper & garlic salt to taste
1 tsp chopped chives
1 cup roasted cauliflower

Follow recipie for roasted cauliflower, as posted by Janis (below) and put in oven. While that's cooking, do up the pork and mushrooms...

Season pork to taste with garlic sault and ground pepper. Sautee pork chop in pan sprayed with Pam until browned on both sides. Add BBQ sauce and 1 tblspn water, reduce heat to medium-low and cover. While that simmers for 7 minutes or so, sautee the mushrooms, coated with spray on olive oil and garlic salt.

Plate cauliflower and top with mushrooms. Plate pork and pour any remaining sauce onto it. Sprinkle the cauliflower & mushrooms with the chives.

Roasted cauliflower

40 min 15 min prep

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!

Peanut Butter Cookies



1 pk maple brown sugar oatmeal
1 pk 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 cinnamin

mix dry ingrediants first then add wet. batter is VERY thick. roll into 6 balls and flatten.
12 min 350 and you have pefection.

Pic is of a doubling of this recipie. 3 cookies equals one MF meal.

EDIT: Out of necessity, I omitted the cinnamon and used creamy peanut butter (that's what was in my pantry) and I also added probably about 1 1/2 tblspn water while bringing the dough together.

Pork & Rice



2 4 oz pork chops, each split to make 4 thin chops
1 tsp paprika
1 tsp ground cumin
1 tbs soy sauce
2 tbs MF approved light Italian dressing
1 tsp oregano
2 cloves of garlic, finely diced
1 ziplock sandwich bag

Put all ingredients into ziplock and seal it after getting out most of the air. Swish it around until the pork is well coated. Marinate for 2+ hours

16oz Italian flat green beans
Garlic salt

Sautee beans with Pam and a dash of garlic salt (to taste). Remove beans to a dish.

Pour contents of sandwich bag into same pan you cooked the beans. Brown pork chops with some Pam, but not until fully cooked. Add 2 tbs water and scrape the fond off the bottom the pan. Let the chops sit in the resulting brown liquid and simmer to finish the cooking of the pork. Remove the pork, leaving behind the liquid.

2 packs (7oz each) Shiritaki noodles, rinsed well, then diced
1/2 cup diced onion
1 tsp paprika
1 tsp ground cumin
Ground pepper and garlic salt to taste
1 tbs soy sauce

Put ingredients together in a bowl and let sit for 5 minutes or so. Pour the bowl into the same pan you cooked the other food in and cook on high heat. Keep stirring and scrape up any fond that accumulates on the bottom (lots of flavor in there). Cook until nearly all liquid has evaporated (few minutes) and stir fry the "rice" for a bit after spritzing it with some Pam.

Plate the 1 cup of beans (should still be quite warm) and spread it around to form a base on the plate. Put 1/2 cup of the "rice" on top of the beans and spread it out. Place 2 of the thin slices of pork chops on top. Sprinkle some paprika, parsley, tarragon or whatever herbs you like for garnish.

Makes two servings each for L&G and uses 1 tbs of soy sauce (per L&G), which is a condiment. You could add some ginger to the seasonings for a more Chinese flavor (my wife doesn't like ginger, so I didn't).

OB Fruitty Scones



Based on a Blueberry-Lemon scones recipe I found on the boards, but I don't remember who posted it. Whoever did, thanks!

1 packet BlueBerry Oatmeal
sprinkle of salt
1/4 tsp baking powder
1/4 tsp lemonade crystal lite

2 tsp sf Banana syrup (banana)
2 tsp sf Green Apple syrup (apple)
1/4 tsp of vanilla extract (1/2 tsp)
1/4 of lemon extract (1/2 tsp)

Mix all the dry ingredients in a bowl. In a 1/4 cup measuring cup, bring together wet ingredients. Fill the 1/4 cup the rest of the way with water (for 1/4 cup total of liquid). Add in half the liquid, add more as needed to make a sort of crumbly yet still sticks together type of dough..you might not use all the liquid.. Let it sit for 5 min. Shape into a biscuit (without packing it together tightly) and bake at 350 for about 15 minutes. Slide them out and spray them with some more Pam, then sprinkle with cinnamon (could add nutmeg if desired) and then bake another 5 minutes or so. Pop them out and enjoy!

They're much better when still warm, so I highly recommend that. However, if you want to have them as a travel meal, that works, too. Pack it away in a sandwich bag and take it with!

I had some I Can't Believe It's Not Butter spray on mine (as shown in the pic).



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 tbspn soy sauce
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.

3 pkg Shirataki noodles, diced into rice sized pieces
2 tbspn soy sauce
1 1/2 tsp paprika
1 tspn cumin
1 tspn chipotle pepper
salt/pepper to taste (I used 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. Toss in the cooked veggies and set wok aside.

8 oz diced turkey tenderloin (or use any MF sized portion of chicken, pork or shrimp)
1/2 tblspn paprika
1/2 tblspn cumin
Garlic salt to taste

Spray a pan with pam. Sautee on high heat until meat turns white. Toss in seasoning and continue to sautee. 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.

This makes basically 3 1.5 cup servings, each serving (not including Shirataki Noodles) has:

144 calories (18 from fat)

2 g fat

<1 g saturated fat

43 mg cholesterol

62 mg sodium

10 g carbs

3 g dietary fiber

5 g sugars

21 g protein

Including 70% of your vitamin A and 141% of your vitamin C!

When NS provides the Shirataki noodle info, I'll include it. However, the calories and carbs from this are pretty low for a L&G, so I don't think it'll be a problem.

Flavor is not quite Chinese, it's more Indian in nature. It's still pretty darn good, though!

Turkey Burgers with Zucchini in marinara



I didn't measure ingredients while I put them in, but I measured my portion coming out. It was enough for my wife and me to fill up on!

3 medium sized zucchini, peeled and sliced

1 white onion, sliced

6-7 oz Walden's SF marinara (you could replace this tomatoes and seasoning to make your own marinara, but I was in a hurry)

4 turkey burgers (about 1 lb of raw meat), which I bought premade

Garlic salt

Paprika

Ground black pepper

Dried basil

Pam

Chives (for garnish)

Spray a wok with pam and throw in zucchini and onions on high heat. Season with basil, garlic salt and pepper to your liking. Spray veggies with pam and sautee for about 5 minutes. Add 1/3 cup water and cover to finish the veggies by steaming.

Season burgers with garlic salt, pepper and paprika. Spray a pan with pam and cook the burgers on med-high heat until browned on both sides, flipping after 3-5 minutes. Add 1/4 cup of water and deglaze the pan, then turn the heat up to high. As the water boils off, flip the burgers in the liquid to coat. Once liquid is gone, it's finished.

Plate up 1 1/2 cups of the veggie mixture for each portion and place the burgers on top. Spoon a little of the remaining marinara over the burgers, if desired. Sprinkle some finely dices chives on top for garnish.

Makes 2 L&G meals.

Peanut Butter Fudge



Peanut Butter Fudge

1 package chocolate Pudding

1 package Hot Cocoa

4* tablespoons Chunky Peanut Butter [OB used two tblspns]

1 tablespoon vanilla extract

2 tablespoons SF Chocolate Syrup (Davinci)

1/3 C non fat milk [OB used 1 tblspn peanut butter syrup, the rest of that 1/3 cup was the milk]

[OB added 2 pkts Splenda]

Mix all together until well blended....then heat over LOW heat until peanut butter melts. (Mixture will be very very thick/doughy)

I used a 8" x 6" square pan.....sprayed it with Pam. Put the mixture in square pan and spread/level out evenly. [OB used a mini-torte pan]

Place in fridge for 45 minutes - 1 hour.

I count 3 pieces as 1 meal PLUS your snack (for the Peanut Butter). [OB had 3 mini-tortes from this recipe, which yields 1 1/2 mini-tortes per MF meal. That's one MF meal and on tblspn PB as a snack along with some skim milk]

[Stats on OB's variant: 220 calories and 22 carbs per serving (one serving is what is shown in the picture). The recipe makes two servings.]

Pizza Chicken and Tarragon Green Beans



Pizza Chicken

1 large chicken breast, trimmed and then sliced down the length to make two thin fillets
1/2 cup shredded low fat mozzarella
1/2 cup diced red onion
1 cup diced tomato
Garlic salt to taste
2 tsp oregano
Ground pepper to taste
2 cloves garlic, minced

Season onions, tomatoes and garlic with oregano and pepper. Sautee veggies in a pan sprayed with Pam until onions are translucent. Set aside. Season chicken with garlic salt, onion powder and pepper, then spray with Pam. Brown one side in the pan, on high, and turn. Top fillets with equal portions each of veggies and mozzarella. Cover and turn heat to medium low. Keep on heat until cheese fully melts.

Weigh the resulting breasts to ensure portions. Final portion should be about 7 oz in total. That results in about 3 oz of chicken with 1 oz of cheese for 4 oz of Lean. There's about 1/2 cup (about 3 oz) total of cooked veggies.

Green Beans

1/2 tblspn tarragon
1/2 tsp garlic salt
3 cups green beans

Spray pan with Pam and put on high heat. Toss in the beans when the pan is hot and stir fry until all of the beans appear to be wet/oily (this will let the seasoning stick). Add seasoning and continue to sautee until desired tenderness. Serve 1 cup cooked beans.

Makes two L&G meals.

Full meal (one serving each of beans and chicken) is 19.3 carbs and about 275calories while feeding that pizza craving quite nicely, IMO.

It's a bit light on protein, but I usually end up well over the needed protein levels, so I save calories here without sacrificing macronutrients. If you need to up your protein a bit, use larger pieces of chicken or have a couple slices of cheese as a snack.

Broccoli Rice stuffed Pork Scallopini



2 pkg Shirataki noodles, diced to be like rice
2 tblspn soy sauce
1/2 tblspn garlic powder
1/2 tblspn onion powder
Black pepper to taste
1/3 cup diced red onion
1 cup diced broccoli
1/2 cup veggie shreds mozzarella (or equivalent MF friendly mozzarella)

Mix spices, soy sauce and diced noodles together. Stir fry veggies in a pan sprayed with pam until they start to get tender. Toss in noodles and stir fry further until the noodles are heated through (3-4 minutes). Throw in mozzarella and stir until cheese is melted.

1/2 pounds of pork scallopini (very thinly sliced pork)
1 tblspn paprika
Salt (I used garlic salt) & Pepper to taste

Lay out pork scallopini strips on a Pam sprayed (I used a toaster oven) baking sheet, side to side to form a sheet of pork. Spoon filling onto one line of the ends of the pork and mound up into a uniformly thick log that goes from end to end of the pork sheet. Wrap the scallopini around the filling to form a tube of pork filled with the stuffing and roll it to center it in the baking sheet. Sprinkle seasonings on the pork. Bake (I used a toaster oven) at 350 for 15-20 minutes.

I called it three servings, but the servings are pretty small. Breaks down to about 1 cup of Shiratak noodles, 1/6 cup of cheese and only a couple ounces of the pork.

Pork: 2.14 oz=114 cal/0 carbs

Cheese: 0.13 cup=68 cal/0.9 carbs

Broccoli: 0.33 cup=18 cal/3.7 carbs

Noodles: 1 cup=40 cal/6.0 carbs

For a total of 240 calories and 10.6 carbs.

This is kinda light for a LG, but it let me try the pizza idea (wasn't great, but it worked) without worrying about cal/carbs.

For a full LG out of it, you could call it two servings instead of one and the numbers would be 360 cal/ 15.9 and you'd be a tad over on your green (by 1/2 of a cup of broccoli) and on target for your Lean (3.21 oz pork and 0.2 cups cheese).

The plate in the picture is my wife's meal and I included a salad for her (the plate was more colorful for the pic that way). She and my daughter polished off the remaining third of the stuffed pork as their seconds on the meal, so it was apparently pretty good!

Pumpkin spice muffins in chocolate



Pumpkin Spice Muffins

1-peach oatmeal
1-Chai Latte
3/4 tsp baking powder
1 tsp Splenda
1/2 tsp pumpkin pie spice

Mix the dry ingredients and then add

1/2 tsp vanilla extract
1/2 tsp almond extract
1/2 cup water

Bake at 350° for 20-25 minutes and cool.
Makes 6 muffins, 3 per serving

I used 3 muffins, stacked, with about a tsp of Walden Farms chocolate syrup between each and another on the plate at the bottom. Then drizzled about 1 tblspn on top. This is best when the muffins are warm.

Per 3 muffin serving: 105 calories, 15 carbs

Over) stuffed zucchini



1 lb lean ground chicken (could use turkey)

2 medium sized zucchini

1 1/2 oz chopped green onion

1 tsp cumin

1 tblspn oregano

1 tblspn basil

Salt/pepper to taste (I used garlic salt)

4 slices (4 oz) of fat free cheese (I used American)

Peel both zucchini and cut off the very ends. Slice both zucchini down the length. Scoop out the seeds from each, forming a hollowed out boat shape. For one pair of the zucchini boats, if it won't sit flat, slice a thin strip off the bottom to form flat base. For that pair, microwave it 2-3 minutes to soften them a bit. You could go longer, depending on how soft you like your veggies.

For the other pair of zucchini halves, slice them into thin strips, then dice them.

* Weigh the zucchini boats. Weigh the diced zucchini.

Preheat oven to 375. I used my toaster oven and it worked great.

Mix the diced zucchini, garlic salt/black pepper to taste and basil. Sautee in a Pam coated pan for a few minutes until softened. Scoop out into a bowl and set aside.

Spray the pan with some more Pam and toss in the chicken, cumin and salt/pepper to taste. Make sure the chicken breaks up while you're cooking it. You want it to be in fairly small pieces rather than big chunks.

Once the chicken is cooked, pour in 1/4 cup of water (you could use wine, if you like, but MF somewhat frowns on that) and deglaze the pan by scraping up all the little browned bits in the bottom and stir the meat in that juice until fully absorbed.

Separate out a pair of 5 oz portions of chicken. I used the excess for my daughter's dinner (she loved it).

Break up a piece of cheese and line one of the zucchini boats. Do the same with the other. Mix one 5 oz portion of the chicken with 1/2 of the veggie mixture and stuff one of the zucchini boats. Break up another piece of cheese and put it on top. Do the same with the other.

Bake at 375 until the cheese is as melted as much as you like it. Should only be a few minutes. Remember, the meat and veggies are already cooked, you're just melting cheese and reheating anything that got cold while you were working with it.

Use a long spatula to pick it up (I learned the hard way, pre-MF, that it won't hold together on its own) and put it on a plate. If any of the stuffing fell out along the way, scoop it up and put it on the plate around the zucchini.

Counts as 1 lean (5oz chicken and 2 oz cheese) and 1 veggie (I came out with 7oz of zucchini and about 0.75 oz of green onion, which is slightly less than 1.5 cups). 262 calories, 16.4g carbs, 50.3g protein.

Quite yummy!

Pizza



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 water
- 1-2 Tbspn 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.

Has a definite egg flavor to it, but it's still an MF pizza meal! Not like the real thing. Not even like that square pizza from a box crap, but still a treat when your on MF!

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

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 from your LG meal as appropriate.

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 to 375.

Grind the MF pkgs, onion and garlic powder together (I used a coffee grinder that I use exclusively for savory spices). 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).

You could stuff it with tuna fish, chicken breast, FF cheese or whatever. I'd use some kind of dressing (I don't have FF mayo, but it may exist) or even with olive oil spray. Add in a couple of slices of tomatoes, a lettuce leaf and (shudder) a slice of onion and you've got a stuffed pita SANDWICH!

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

Nachos



Basic Pita bread recipe using cream of chicken and egg.
Add spices to the batter to your liking, I used chili powder, garlic salt and chipotle pepper. Once it's cooked for 5 minutes at 375, take it off the baking sheet, flip it over and toast it in a toaster oven for a few minutes to crisp it up.

2 tbspn scallions, finely sliced
1.5 oz tomato, finely diced
2 tbspn red onion, finely diced
2 oz red bell pepper, finely diced
2 oz FF jalapeno cheese (or whatever flavor you like), grated
1.5 oz ground meat (I used ground turkey), browned
4 tbspn FF sour cream

Once the pita is a bit crispy, remove it from the oven and cut it into small triangles. Pile them on a baking sheet, then top with cheese, meat and veggies. Broil for a few minutes until the cheese melts to your liking. Remove and top with sour cream.

I sprinkled a little more chili powder on top to spruce up the look.

Makes two MF meals, 3.5 oz of your lean and about 1 cup of your veggie. You should probably also consider it as using up your snack since it's 4 tbspn of the sour cream.

About 500 calories for both servings and 37.5 carbs. Yea, that sounds like a lot, but remember that your using half of your lean and 2/3 of your green.

Certainly could be done using cream of tomato soup rather than cream of chicken. Also could use taco seasoning. Salsa is a good option rather than all the veggies, it's up to your personal taste.

Pretty tasty. Not quite real nachos, but it's a passable MF friendly substitute. Next time, I'll split the cooked pita horizontally (like I was making a pita pocket, but cutting all the way through). This would make it thinner, which should make it more crispy. Also, I'll watch it more closely when toasting since you can see it is probably a tad over toasted.

Be warned, this is time and labor intensive. It took me 45 minutes just to make this meal. Doubt I'll be doing it more than one or two more times. However, if you've got the craving for nachos, this might do the trick.