

## Planning a Thanksgiving

I hope this Thanksgiving menu will help you stay on plan. Remember, it is just one day and the best part of that one day is your family and friends. Try not to make it all about the food.

### **Thanksgiving Meal Plan**

**Breakfast:** 1 [Pudding Cake](#), 16 oz. of cold bottled water

**Mid Morning:** 1 Hot Chocolate, 8 oz. of cold bottled water

**Lunch (the BIG Meal: Lean and Green):**

Turkey, 6 oz. (I'll be having the other ounce of Lean for my Mid Afternoon dessert)

[Mashed Cauliflower](#), 1/2 cup (with I Can't Believe It's Not Butter)

Green Beans, 1/2 cup

[Friendly Coleslaw](#)\*, 1/2 cup

1 Diet Rite Tangerine Soda

16 oz. of cold bottled water

**Mid Afternoon:** 1 [Holiday Pumpkin Roll](#), 16 oz. of cold bottled water

**Dinner:** [Chocolate Pie](#)

**Evening:** 1 [Butter Rum Chocolate Shake](#), 8 oz. of cold bottled water

\*Note that it is not recommended combining raw vegetables with cooked vegetables for your daily Green portion. But this will be my only off plan exception to the program on this special day. The Friendly coleslaw is simple to make and the slaw has no calories or carbs. The roughage of the cabbage is excellent for fiber and 1/2 cup has approximately 8.5 calories, 0 fat and 2 carbs.

While everyone is stuffing themselves with leftovers, I'll be sipping away at my [Butter Rum Chocolate Shake](#). Sooo good and satisfying.

The best part is you will wake up the next morning with an experience of a fun time and a lot of pride knowing that I might have actually lost weight on Thanksgiving rather than the millions of Americans who generally gain an average of 5-10 pounds in a single day.

## Butter Rum Chocolate Shake

Here's a wonderful refreshing that's not too sweet with a hint of the holiday flavor, butter rum.

1 packet of Chocolate Shake

2 teaspoons of [Davinci Sugar Free Butter Rum syrup](#)

7 oz. of cold water

5 ice cubes

Blend on ice crushing speed until smooth.

## Mini Pinwheel Pudding Cakes

5 packets of oatmeal, flavors of your choice  
1 packet vanilla shake  
1 T Splenda, or amount of your choice  
1-2 tsp flavored extracts, flavors of your choice  
1 tsp baking powder  
1/2 cup sugar free syrup, flavor of your choice  
1 cup cold water

You'll also need:

mini pinwheel cake pans or muffin pans  
mini muffin pans  
non-fat cooking spray

Mix well. Spray mini pinwheel cake pans or muffin pans with non-fat cooking spray.

## Friendly Cole Slaw

Did you know you can have cole slaw while on the program. I just whipped up a batch of fast friendly cole slaw using [sugar free slaw dressing](#). So yummy and it's sugar free, calorie free and fat free!

Finely chop cabbage or buy it pre-chopped in the bags. If you buy it in the bag, you'll need to remove the carrots (if any) because they are not on the Medifast plan.

Measure your daily raw vegetable portion and put into a serving bowl. Drizzle with [Walden Farms sugar free slaw dressing](#). Enjoy!

## Mashed Cauliflower

1 head of cauliflower, steamed, extra soft  
2-3 tsps of Butter Buds  
5 tablespoons of non-fat milk to make it creamier  
1 oz. of non-fat cream cheese, optional

Puree the cauliflower, Butter Buds, non-fat milk and non-fat cream cheese (optional) until thick and creamy. The consistency will look exactly like creamy mashed potatoes. Top with your choice of non-fat butter substitute.

## Holiday Pumpkin Rolls

This holiday pumpkin roll recipe does not look like a traditional pumpkin roll but the taste is similar and yummy especially considering it is on program food. The recipe makes 3 servings. Each serving counts as one meal and one ounce of your daily lean portion. So don't forget to subtract one oz. from whatever meat you are eating that day for your lean meal portion. It is not recommended that you combine a meal with a lean and green meal on a regular basis. But on special occasions like your evening meal for Thanksgiving, it is permitted.

## Holiday Pumpkin Rolls

3 packets of maple brown sugar oatmeal

3/4 tsp baking powder

1 tsp pumpkin pie spice

1 tsp vanilla extract

1/4 cup water, added slowly

Mix all dry ingredients and then add vanilla and water slowly. I used just over 1/4 cup of water. The dough should stick together but not too dry or too wet.

Divide dough into 3 balls approximately the same size. Place on greased cookie sheet (non-fat cooking spray) and flatten so they are approximately 1/4 to 1/2 inch thick. Bake at 350 degrees for approximately 15 minutes. I used [silicone bakeware](#), so if you are using a traditional cookie sheet, your baking time may vary. An inserted toothpick should come out clean and the edges will be firm but not too dry.

## Cheesecake Icing with

While your Pumpkin Rolls are baking, prepare the cheesecake filling:

3 ounces of non-fat cream cheese

1 packet of True Lemon

2 teaspoons of Splenda, or to your taste

Cream mixture at high speed with a hand mixer until fluffy.

After Pumpkin Rolls cool, divide cream cheese batter equally on the top of the 3 Pumpkin Rolls. Keep refrigerated.

Yield: 3 Medifast Meals plus each serving counts as one ounce of your daily lean portion, so don't forget to subtract it.

- **Strawberry Cheesecake:** Replace pumpkin pie spice with 1 tablespoon of [Walden Farms Sugar Free Strawberry Syrup or Spread](#)
- **Chocolate Cheesecake:** Replace pumpkin pie spice with 1 tablespoon of [Walden Farms Sugar Free Chocolate Syrup or Dip](#)
- **Maple Cheesecake:** Replace pumpkin pie spice with 1 teaspoon of maple extract.

## Chocolate Pie

I'll bet you never dreamed you could have chocolate pie while on the but you can! The crust is made with Oatmeal and the creamy chocolate goodness is made from Chocolate Pudding. Oh and did I forget to mention, it tastes like heaven?!

### *Pie Crust*

2 packets of [Maple & Brown Sugar Oatmeal](#)

1 packet of Splenda, or to your taste

2 ounces of [Walden Farms Sugar Free Chocolate Syrup](#)

1/2 tsp baking powder

Mixed dry ingredients thoroughly. Add water slowly. You will use just enough water to get the batter to stick together. I used approximately 2-1/2 ounces but be aware that not all packets contain the same amount of content. So always add your water slowly to any recipe to ensure you get the right consistency.

Spray standard muffin pan with non-stick cooking spray. I used [silicone bakeware](#), but any type of muffin pan will work.

Split the crust into 4 equal portions. The quickest way to do that is to roll the dough into four balls with the palms of your hands. This will give you a quick visual on the size.

Then press each ball of dough into a muffin pan and press it around the sides and the bottom forming a pie crust effect with a hollow center.

Bake at 350 degrees for approximately 12-15 minutes. This was my baking time using an old oven and [silicone muffin pans](#). Your oven temperature may be different so keep an eye on them. An inserted toothpick coming out clean is a good indication the crusts are done. The crusts should be firm, not moist or burnt.

While waiting for your crusts to completely cool, start preparing your chocolate pie filling.

## Chocolate Pie Filling

2 packets of [Chocolate Pudding](#)  
8 ounces of cold water

Place ingredients into a shaker jar. Shake vigorously until you don't hear any liquid moving. Open shaker jar and scrap sides of the jar with spatula.

Spoon 1/4th of the pudding mixture into each of the 4 pie crusts. Refrigerate before serving for best results. The pudding will set and be extra thick when you bite into the pie.

Yield: 4 Chocolate Pies = 4 Medifast meals

### Alternate Recipes:

Instead of using Chocolate Pudding, you can use the following:

- **Vanilla Pie** - Use Vanilla Pudding makes a Vanilla Pie you can add your own [sugar free syrups](#) to change the flavor.
- **Banana Pie** - Use Banana Pudding makes a scrumptious chocolate banana pie.
- **Black and White Pie** - Double the Pie Crust recipe and combine both vanilla and chocolate puddings into the same muffin tin for a black and white effect.
- Double the Pie Crust recipe and make both vanilla and chocolate pies (as shown in the photo above).

## Planning an on program Christmas

If you have ever been on a weight loss program during the Christmas holidays, you know it can be difficult and you may have experienced the feeling of being deprived. While everyone else is popping goodies into their mouth, dieters always seem to have that monkey known to many as guilt on their back or looking over their shoulder. Well, that's no fun especially on a day that is all about fun!

That is why it so important to think ahead about your meal plans during the Christmas holidays Christmas is just one day that comes every year, right?

You'll notice that you will be splitting your Lean and Green into two meals and will actually be eating 7 times on Christmas Day. This will ensure that I don't feel deprived and keep my hunger level from peaking too high. Note it is not recommended combining our Lean and Green meal with a meal but they do state we can split the L&G meal into two meals on occasion and eat the usual 5 meals. That means instead of the 5 and 1 plan, I'll be eating a 5 and 2 plan splitting the 1 Lean and Green meal into two meals, of course, so I'm not overeating. It's perfectly legal and on plan according to Medifast Nutrition Support.

### *Christmas Meal Plan*

**Breakfast:** 1 [Brownie](#) with a thin layer of [Peanut Butter Icing](#), 16 oz. of cold bottled water

**Mid Morning:** 1 [Egg Nog Shake](#), 8 oz. of cold bottled water

**Lunch** (Part of my Lean and Green):

[Crockpot Chicken](#), 3 oz. (I'll be having the other 4 ounces of Lean for my Dinner meal)

[Mashed Cauliflower](#), 1/4 cup (with I Can't Believe It's Not Butter)

16 oz. of cold bottled water

**Mid Afternoon:** [Pistachio Pudding](#), 16 oz. of cold bottled water

**Dinner:**

[Crockpot Chicken](#), 4 oz.

[Green Bean Casserole](#), 1 cup

1 Diet Rite Tangerine Soda

16 oz. of cold bottled water

**After Dinner** (2 hours later): [Sugar Cookies](#), 8 oz. of cold bottled water

**Evening:** [Butter Rum Shake](#), 8 oz. of cold bottled water

**Summary of Meal Plan:**

5 meals

2 Lean and Green Meals (1 L&G split into 2)

1/2 approved Snack (thin layer of peanut butter icing for breakfast)

11 8-ounce bottles of water

## Brownies

2 packets [Chocolate Pudding](#)  
2 packets [Hot Cocoa](#)  
2 tablespoons [Davinci Peanut Butter Sugar Free Syrup](#)  
2 tablespoons [Davinci Chocolate Syrup](#)  
4 tablespoons peanut butter  
1/2 cup non-fat milk

Put all ingredients into a small saucepan. Stir until peanut butter melts over medium heat. The batter will be thick and will stick together forming a dough ball that is easily scrapped from the sides of the pan.

Pour dough into an air-tight container and pack tightly. Refrigerate for a couple hours until set. Cut into 4 equal serving sizes.

Yield: 4 servings (4 meals and 4 approved snacks)

## Peanut Butter Icing

Spread this peanut butter icing on my [chocolate muffins or brownies](#). It's simply divine!

Note: If you are new to the program and/or you have an addiction to peanut butter, proceed with caution. {grin} Seriously, you will feel like you are going off plan when in fact you are only using less than 1 of your daily snacks. It is wise to spread it very thin and don't let your taste buds tempt you into going off plan.

In a small mixing cup thoroughly blend the following:

3 tablespoons peanut butter  
1/2 tablespoon nonfat milk  
3 packets Splenda  
1/4 teaspoon vanilla extract

Spread a thin layer onto my chocolate muffins or any muffin made from oatmeal. It tastes like a chocolate peanut butter brownie!

## Egg Nog Shake

If you will be on the program this holiday season, like I am, I've got great news for you. You can have your traditional Egg Nog - program style, of course!

1 packet of vanilla shake (I used diabetic shakes because they are less sweet and higher protein)  
1 tablespoon of [Davinci Sugar Free Egg Nog syrup](#)  
7 oz. of cold water  
4 ice cubes, if drinking immediately

Combine in blender on ice crushing speed. If you want it thicker and won't be drinking it right away, leave out the ice cubes and use 5-6 oz. of water instead. Refrigerating your shakes overnight seems to make it creamier. Here's to a fab-YOU-lous holiday season - Cheers!

## Green Bean Casserole

Cooking and baking Medifast Recipes several times a weewill make it easy it is to convert a traditional recipe into a [program friendly recipe](#). It may not taste exactly like the traditional food but it is similar enough to be satisfying and remain on plan.

- 1 packet [Cream of Chicken Soup](#)
- 6 cups cut green beans, frozen or canned
- 1/4 to 1/2 cup onions, chopped
- 6 tablespoons parmesian cheese, grated (not shredded)
- 6 ounces water
- 1 packet [White Cheddar Soy Crisps](#)

Mix all ingredients except soy crisps thoroughly. Bake at 350 degrees for 40-45 minutes. Remove from oven and stir. Crush soy crisps while still in the bag (less messy) and sprinkle on top of the green bean casserole. Return to oven and bake an additional 10 minutes until edges are crispy.

Yield: 4 Green servings and each serving counts as 1/4th of your daily Medifast snack

## Sugar Cookies

Holiday cookies are so much fun to bake and eat, and that's why I had to try a cookie recipe and put my own spin on the ingredients. If you like the taste of Christmas Sugar Cookies but still want to stay on plan this Christmas, you'll love these cookies.

I've been making Muffins using almond, rum and maple extract for quite awhile now. I've also tried my muffin recipes as drop cookies, but this recipe Sugar Cookies makes you feel like you're eating the real thing, because it's made very similar to how you actually make sugar cookies.

- 1 packet [Maple and Brown Sugar Oatmeal](#)
- 1 packet [Vanillia Pudding](#)
- 1/2 teaspoon baking powder
- 2 packets Splenda

Grind the oatmeal in a blender or food processor to get a smoother, finer cookie texture. Then mix thoroughly with the rest of the dry ingredients.

In a small bowl or measuring cup combine the following:

- 1 teaspoon vanilla extract
- 1 teaspoon I Can't Believe It's Not Butter
- 1/4 teaspoon almond extract
- 3 tablespoons [Davinci Sugar Free Cookie Dough Syrup](#)
- 1/4 cup cold water

Mix all wet ingredients together and slowly add to dry ingredients. The dough should form a ball when mixing.

Place dough on a sheet of parchment or waxed paper and form into a log like you would do when making traditional sliced sugar cookies. Roll paper over dough log forming a tube.

Refrigerate for 1-2 hours because you want the dough to be easy to slice. After refrigeration, slice dough into 1/4 inch slices - approximately 10 cookies - and place on cookie sheet spray with non-stick, non-fat spray. I use a [silicone baking mat](#) for even baking.

Bake at 350 degrees for 6 to 9 minutes. Do not over bake. Remove from cookie sheet and cool.

Coloring your dough with lightly folded in food coloring giving it a swirly effect is also appealing and fun.

Yield: 10 cookies (2 meals)

### **Alternative Recipe Ideas:**

I love the taste of almond, rum and maple extract especially during the holiday season, so I tried all three flavorings with this recipe and they turned out delicious.

## **Fat Free, Sugar Free Pudding**

Ms Nutrition Support recently stated that as our daily snack we could add 1 to 2 tablespoons of sugar-free, fat-free pudding to your shakes. Well, why not add it to our Medifast vanilla and chocolate puddings? Or add it to our oatmeal mix for that matter?

Jello makes a sugar-free, fat-free instant pudding and I've found the following flavors at my local grocery.

- cheesecake - super yummy!
- pistachio
- butterscotch - loved it!
- lemon
- white chocolate - oh my!

As I mentioned I've added it to [vanilla pudding](#) three times and it was delicious. But instead of adding 2 tablespoons, I only added 2 teaspoons.

It still had the flavor I was wanting to accomplish with less carbs. The pudding is very thick and it gets thick quickly, so the second and third time I tried it, I added another ounce of water (5 ounces instead of 4).

## **Pizza my way**

1 Packet of either tomato soup, cream of broccoli or cream of chicken

1/8 tsp baking powder

1 packet of crackers or soy crisps (you don't need the crackers and you still get the same result- *remember crackers and soy crisps are a treat*) crumbled adding in to dry soup packet mix in 5-6 tablespoons of water (you don't want the mixture runny)

Ms. Dash spices to taste (I like the tomato basil with the tomato soup, garlic herb is good mixed in the broccoli or cream of chicken soups), mix together.

Using a dinner plate or glass pie plate spray with Pam scoop out mixture into center of dish or plate (mixture spreads out like pizza after it is microwave) and microwave for 2 minutes then sprinkle low fat cheese (*part of your Lean/green*) and some type of meat on top and microwave again 1 minute. You don't need the cheese or meat if you don't want it. Be sure if you add the cheese or meat to count this towards your lean/green. Go ahead and enjoy eating it right off of the dish or plate.

Yield: 1 medifast meal with a portion of you lean protein

## **Pizza and Crust another way**

2 packets of [Broccoli Soup](#)

2 tsp baking powder

1/2 tsp basil

Mix dry ingredients. Add enough water to form a ball, adding water slowly. Divide dough in half. Roll each half into a ball and flatten until you have thin crusts. Bake at 375 degrees for approximately 5 minutes then flip over and bake for an additional 5 minutes.

I used [silicone bakeware](#), so your oven temperature and bakeware might be a little different. The edges of the crusts should be golden brown and crispy. If the middle of your crusts are soft, you might want to consider silicone bakeware for even baking.

I tried this recipe twice. The first time the middle wasn't done when I used traditional aluminum cookie sheet. The second time I used the [silicone bakeware](#) and it was perfect but then my oven is old and so is my aluminum baking supplies.

## ***Pizza Topping***

4 tablespoons of salsa  
2 ounces of non-fat cheese

Spread 2 tablespoons of salsa evenly over both crusts after cooled. Top each with one ounce of non-fat cheese. Pop in the microwave for about a minute to melt the cheese. Serve on a paper plate, just like the real deal.

This recipe makes 2 [meals](#) plus each serving counts as one ounce of your daily lean portion, so don't forget to subtract it. Enjoy your Pizza!

## **Pancakes**

1 packet of [Maple and Brown Sugar Oatmeal](#), or your flavor of choice  
1/2 teaspoon baking soda  
1/4 teaspoon baking powder  
1/2 tsp of vanilla  
1/2 tsp of cinnamon

Mix dry ingredients thoroughly. Then add in:

1/3 to 1/2 cup cold water

Slowly add water to the packet of oatmeal. I like adding the vanilla and cinnamon for taste. You want the batter thick so go slow with adding in the water you don't want the batter runny. The batter will make 4 pancakes depending on how big you make them. Cook them just as you would regular pancakes using a griddle or pan spraying the pan with Pam. Get the griddle or pan hot before you pour the mixture onto it. You need to allow for a longer cooking time. You will know when to turn them just check the edges (they won't bubble like regular pancake batter). It might take you a few tries getting them right but they are worth the effort. Try using the Walden Farms sugar free syrup and I can't believe it's better. WOW yummy.

Yield: 1 Medifast meal

## **Toast**

2 packets of [Maple and Brown Sugar Oatmeal](#), or your flavor of choice  
1/2 teaspoon baking soda  
1/4 teaspoon baking powder

Mix dry ingredients thoroughly. Then mix the following in a separate bowl:

2/3 cup cold water  
2 teaspoons white vinegar  
2 teaspoons vanilla

Mix wet ingredients thoroughly. Then combine with the dry mixture until the batter is smooth. Pour immediately into 2 mini-loaf pans and bake at 350 degrees for 20 minutes. An inserted toothpick should come out clean.

After completely cooled, cut each mini loaf in half lengthwise. I used a bread knife after they had been refrigerated overnight. Pop into a toaster or toaster oven until you reach the toasting level you desire.

Spray on a few squirts of I Can't Believe It's Not Butter, if you wish. Then top with approximately 1/2 tablespoon of [Walden Farms sugar free Strawberry fruit spread](#) onto each half.

Yield: 2 Medfiast meals

## Gingerbread Man Cookies

2 packets of [Maple and Brown Sugar oatmeal](#)  
1/2 teaspoon baking powder  
1/4 cup [gingerbread sugar free Davinci syrup](#)  
Splenda, optional  
1 gingerbread man cookie cutter

Mix oatmeal and baking powder thoroughly. Dip cookie cutter into dry ingredients to flour it before adding the sugar free syrup. This will help with pressing out the cookies later. Add syrup slowly until the dough sticks together easily but is not too dry or too wet.

You may need more or less syrup than stated in this recipe depending on the amount of the oatmeal in your packets. Note that not all packets contain the same amount of content. That is why it is important to add your liquids slowly to achieve the right dough consistency for your recipe project.

Lightly spray a cookie sheet with non-fat cooking spray. I used a silicone baking mat on a traditional metal cookie sheet for even baking. But then I love [silicon bakeware](#) and don't use anything else anymore. Divide the dough into four equal portions. I do this easily by rolling the dough into balls and comparing their size. Then taking away dough from larger rolled balls and adding it to smaller rolled balls.

## Broccoli Shrimp Soup

Here's another yummy soup recipe in my box of favorites. Hope you enjoy it too!

1 packet Cream of Broccoli Soup  
1 packet Tomato Soup  
1-1/4 cup water  
1/2 cup broccoli, steamed and finely chopped  
2 ounces cooked shrimp, finely chopped  
Dash of basil, dill and thyme

Blend all ingredients except shrimp with a hand mixer on low until creamy. Stir in shrimp and microwave for 1-2 minutes covered with a paper plate. Be sure that soup does not boil over.

Yield: 1 meal and 1 approved snack

\* Important Note: When using this recipe, reduce your Green portion for the day by 1/2 cup and reduce your Lean portion by 2 ounces. Do not eat a approved snack for the day.

## Muffins Starter Recipe

For folks who like to experiment in the kitchen with their meals, here's my starter recipe for muffins. Just add the flavors you like and see what you get. I've not made a muffin yet from this recipe that I didn't like.

5 packets Maple and Brown Sugar oatmeal  
1 packet Pudding, flavor of your choice  
3 packets Splenda  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon white vinegar  
6 ounces [Davinci Sugar-Free Syrup](#), flavor of your choice  
6 ounces cold water

Whisk all dry ingredients thoroughly. Mix all liquid ingredients. Then combine the liquid ingredients with the dry ingredients. Add the liquid slowly to ensure that the batter is not too runny. The batter should be moist and somewhat soft but not runny or too dry. Let the batter sit for 5 minutes to allow the vinegar to react with the baking soda. Drop by tablespoon into 12 regular sized muffin cups. I use silicone bakeware for uniform baking.

Bake at 350 degrees for 18 minutes. Inserted toothpick should come out clean. Remove immediately from pan.

Yield: 6 Medifast meals

## Lemon Poppyseed Muffins

Lemon poppyseed Medifast muffins are a nice break from my other muffin recipes. I've always loved the taste combination of lemon and poppy seed. Who couldn't resist these lemon delights?

3 packets [Maple & Brown Sugar Oatmeal](#)  
1 packet [Vanilla Shake](#)  
2 packets Splenda  
1 teaspoon baking powder  
2 teaspoons poppy seeds  
1 teaspoon lemon extract  
1 teaspoon almond extract  
1 packet of True Lemon  
1 cup cold water

Mix all dry ingredients thoroughly. Then add liquid ingredients being sure to add water slowly. Spoon into muffin tins that have been sprayed with non-fat cooking spray. I use silicone bakeware for even baking.

Bake at 350 degrees for 25 minutes. Remove immediately from pan and cool.

Yield: 8 muffins (4 meals)

## Peanut Butter Muffins

Try [Peanut Butter Cream Topping](#) with these delicious Peanut Butter Muffins for a double blast of peanut butter but they are of course low in carbs, calories and fat. Can this really be Diet food? Oh yea!

2 packets of [Maple & Brown Sugar Oatmeal](#)  
2 packets Splenda  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon white vinegar  
1/4 cup [Davinci Peanut Butter Syrup](#)  
1 tablespoon egg whites, Egg Beaters  
1 tablespoon of peanut butter  
1/8 cup cold water, added slowly

Mix all ingredients together and then add water slowly. Immediately spoon into muffin cups sprayed with a non-stick fat free cooking spray. I use [silicone bakeware](#) for even baking.

Bake at 350 degrees for approximately 25 minutes checking after 15 minutes so that the muffins are not overdone.

I ice them with my [Peanut Butter Cream Topping](#) but do not usually use a whole ounce of the topping since it has peanut butter in it too. This saves me a few calories.

## Chocolate Chip Muffins

This recipe is actually an altered version of my [Chocolate Muffins](#) but with several changes including chocolate pieces that are completely legal on the Medifast Diet. My husband asked if I was cheating on my diet when he saw me eating them. LOL ...

5 packets of [Maple and Brown Sugar oatmeal](#)  
1 packet of [Vanilla Pudding](#)  
1 [Chocolate Bar](#), chopped  
3 packets of Splenda  
2 teaspoons of baking powder  
1/4 teaspoon of baking soda  
1/8 teaspoon of salt  
1/2 teaspoon of white vinegar  
1/3 cup of [Davinci Sugar-Free Cookie Dough Syrup](#)  
1 to 1-1/4 cup of cold water, added slowly

Chop the Medifast chocolate bar into small pieces. I sliced it width-wise into 14 slices. Then chopped each slice into 4 pieces.

Combine all dry ingredients \*except\* the chocolate pieces and mix thoroughly. In a separate bowl combine all liquid ingredients \*except\* the water and mix thoroughly.

Add liquid ingredients to dry and then add water slowly to ensure that the batter is not too runny. The batter should be moist but not runny or too dry. With an electric mixer cream the batter. This will add some air bubbles to it and make the muffin more airy.

Now add your chocolate pieces to the batter and mix thoroughly by hand (not with an electric mixer). Or if you want to be sure you are distributing the chocolate pieces evenly, you can press them individually and equally into the batter after adding the batter to the 14 muffin cups.

Drop batter by tablespoon into 14 regular sized muffin cups. I use [silicone bakeware](#) for uniform baking.

Bake at 325 degrees for 30-35 minutes. Inserted toothpick should come out clean. Remove immediately from pan.

Yield: 14 muffins (7 meals)

#### Alternate Recipes:

- **Lemon Yogurt Muffins** - Add 1 teaspoon of lemon extract. Use chopped Lemon Yogurt Bar and Vanilla Sugar Free Davinci Syrup instead of the bar and syrup stated in the recipe above.
- **Chocolate Carmel Muffins** - Use chopped Carmel Nut Bar and Carmel Sugar Free Davinci Syrup instead of the bar and syrup stated in the recipe above.

## Chocolate Muffins or Brownies

After reading and trying tons of muffin recipes and using several of my own, here's my version of the Best Muffins. Although they don't have the texture of a brownie, they remind me of the chocolate peanut butter brownies I made years ago.

5 packets of [Maple and Brown Sugar oatmeal](#)  
1 packet of [Chocolate Pudding](#)  
3 packets of Splenda  
2 teaspoons of baking powder  
1/4 teaspoon of baking soda  
1/2 teaspoon of white vinegar  
1/4 cup of [Davinci Sugar-Free Chocolate Syrup](#)  
1-1/4 cup of cold water, added slowly

Combine all ingredients and mix thoroughly. Add water slowly to ensure that the batter is not too runny. The batter should be moist but not runny or too dry. Drop by tablespoon into 12 regular sized muffin cups. I use [silicone bakeware](#) for uniform baking.

Bake at 325 degrees for 35 minutes. Inserted toothpick should come out clean. Remove immediately from pan.

You can eat them iced or not. I spread a very thin layered of my [Peanut Butter Icing](#) which adds a little over one Medifast snack to your day. The thinner you spread the icing, the less calories, fat and carbs you add, of course. Keep refrigerated.

Yield: 12 muffins (6 Medifast meals)

#### Alternative Recipes:

- **Chocolate Almond Muffins** - Add 6 ounces of finely chopped almonds and 1/2 teaspoon of almond extract. One ounce of almonds would be your daily Medifast snack so avoid the Peanut Butter Icing with this alternate recipe.
- Instead of using my [Peanut Butter Icing](#), spread a thin layer of my [Cinnamon Icing](#) on the muffin.

- Cut muffins in half width wise (like two layers) and spread the [Peanut Butter Icing](#) or [Cinnamon Icing](#) in the middle like a layered cake or sandwich cookie.
- **Chocolate Carmel Muffins** - Drizzle with slightly heated [Walden Farms Carmel Dip](#)

## Ice Cream!

It only makes sense to treat ourselves with a cool refreshing friendly dessert. Here is a recipe one of my clients shared with me, and she said I could pass it along to you. It is her favorite Medifast treat that she tweaked from another recipe she found. Enjoy!

1 packet of pudding, flavor of your choice  
 2 tablespoons [sugar free Davinci syrup](#), flavor of your choice  
 6 tablespoons cold water for a total of 1/2 cup liquid  
 1/2 ounce (1 tablespoon) of fat-free cream cheese\*  
 1 cup crushed ice or cubes

Place ingredients in a blender and blend on high until completely blended and creamy. A [Magic Bullet](#) works great.

\*Note: Fat-free cream cheese is permitted on the program, however, you should deduct the 1/2 ounce in this single serving recipe from your Lean meat portion for the day.

## Almond Cinnamon Crunch

Got the munchies? Here's a snack to tease your taste buds.

1 packet [Multi-Grain Crackers](#)  
 1 ounce of sliced or chopped almonds  
 cinnamon, to taste  
 Splenda\*, to taste (see below for other alternate ideas)

Place the crackers into a sealable food storage container. Lightly spray with I Can't Believe It's Not Butter or non-fat butter flavored cooking spray. Then seal the food storage container with a lid and shake the container to evenly distribute the cooking spray over the crackers.

Now add the remaining ingredients and repeat the shaking process. Microwave for 15 seconds to warm up the mix, if desired.

### \*Alternate Recipe Idea

Instead of using regular Splenda, you can use the new [Splenda Flavor Blends](#) which come in three flavors so far: French Vanilla, Mocha and Hazelnut. You can find the new Splenda flavors either in the baking aisle or coffee aisle of your local supermarket. They were actually made for use with coffee, but they are delicious with Medifast shakes, pudding, oatmeal and [Medifast Muffins](#) too.

Yield: 2 Medifast snacks

## Medifast Chili Dip

Here's a simple recipe idea that hits the spot at family gatherings or parties when every one is eating regular party food. I think you'll like this idea. It helps if are feeling a little deprived at social gatherings.

1 packet Chili  
 3-1/2 ounces of cold water

1 tablespoon salsa  
2 drops of Tabasco sauce, optional  
Dash of basil and oregano, optional

Prepare as directed on box, and let stand covered with paper plate for 5 minutes to allow for thickening. Eat dip with one packet of Garden Vegetable Crackers or Multi Grain Crackers and enjoy!

Yield: 1 serving and 1 daily snack

## Homestyle Chili

I thought I'd spice up the chili a bit and still ensure it was "on plan". It's very simple really, but a different taste nevertheless. This is a favorite way to make it.

1 packet of Homestyle Chili  
4 oz. of cold water  
1 teaspoon of Butter Buds  
4-5 drops of Tabasco sauce  
dash of chili powder

Microwave for 2 minutes on high (adjust to your microwave heating power). Let stand covered for 1 minutes. Then heat again for 1 minute. Stir and eat when cool.

## Mexican Chicken Pita

### *Pita Shell*

2 packets of [Cream of Chicken Soup](#)  
2 tsp baking powder  
1/2 tsp basil

Mix dry ingredients. Add enough water to form a ball, adding water slowly. Divide dough in half. Roll each half into a ball and flatten until you have thin crusts. Bake at 375 degrees for approximately 4 minutes then flip over and bake for an additional 4 minutes. You really don't want the pita shells to be too crispy or too soft. Just enough to be pliable so you can fold them like a pita pocket or taco shell.

I used [silicone bakeware](#), so your oven temperature and bakeware might be a little different.

### *Pita Filling*

1 ounce of chunked chicken breast  
1 tablespoon of salsa  
Sprinkle of lettuce (I didn't have it, but I will next time!)  
Sprinkle of non-fat, shredded cheddar cheese

Place filling on one side of the pita shell and fold in half to eat.

Yield: 2 [Meals](#) plus 2 oz. total of your Lean meals. (I eat one Mexican Chicken Pita per day usually about mid afternoon and subtract 1 oz. from my Lean meal that day.)

Note that it is not recommended routinely combining a meal with your Lean and Green meal. They want us to learn to eat frequent small meals. But I've not seen any weight gain by combining small portions (about 2 oz. of less) once or twice a week. You know your body better than anyone else, so do what is best for you and your weight loss goals.

**I've found the following methods work for me when I have an abundance of baked food to store:**

- Refrigerate baked goods in an air tight container but line the bottom of the container with a paper towel to absorb moisture.
- Use storage containers that are clear so you can quickly see how much baked goods you have stored.
- To avoid gummy, gooey, or rubbery Medifast baked goods, eat your goodies within 3-5 days.
- I store my pizza crusts in foil instead of air tight containers. This dries them out a bit, but they always reheat nicely.
- An alternative to air tight containers is using Glad Press'n Seal sealable plastic wrap. I just cut off a strip, place the muffins or cookies about 2-3 inches apart and press another sheet of the same paper over it (or simply fold it over), pressing around each muffin or cookie to seal it in. This method is especially useful when I'm lacking storage space in my refrigerator or when I'm on the go. It's far easier to put a few sealed muffins in my purse from the frig than it is to stuff a Rubbermaid storage container in my purse.
- There is also the zip lock sandwich bag or snack bag option for carrying convenience. But I wouldn't suggest storing them in air tight plastic of any kind without putting in a paper towel to absorb moisture. Otherwise, things will get a little gooey in there. {wink} The Press'n Seal doesn't seem to create condensation inside the wrap like a plastic bag or storage container.
- Freezing your baked goods works well for short periods of time. But since the baked goods collect moisture within the container, I only freeze them for up to a week at the most. Otherwise, frost or ice collects in the containers and well, freezer burn isn't any fun.