

7 Day Sample Menu

Day 1

Breakfast	Wake Up Shake –(1) Chocolate Shake + Instant Coffee
Mid-morning	Cranberry Mango Drink
Lunch	Chicken Noodle Soup
Afternoon Snack	Chocolate Crunch Bar
Dinner	Lean & Green – Grilled Chicken Salad
Evening Snack	Brownie

Day 2

Breakfast	Maple & Brown Sugar Oatmeal & green tea
Mid-morning	Banana Crème Shake
Lunch	Chicken & Wild Rice/Dash of Chicken Bouillon + Multi grain crackers
Afternoon Snack	Peanut Butter Crunch bar
Dinner	Lean & Green - 5 oz. pork cutlet 1 ½ cup broccoli
Evening Snack	French Vanilla Shake with DaVinci Sugar-free Butter Rum Syrup

Day 3

Breakfast	Apple Cinnamon Oatmeal =
Mid-morning	Chocolate Mint Crunch Bar
Lunch	Sloppy Joe
Afternoon Snack	Parmesan Puffs
Dinner	Lean & Green - 6 oz. Halibut, 1 ½ cups green beans
Evening Snack	Banana Pudding

Day 4

Breakfast	Spiced Pancakes & Syrup
Mid-morning	Cappuccino
Lunch	Cream of Tomato (add a dash of Tabasco sauce to taste).
Afternoon Snack	Smokes Crunch Bar
Dinner	Lean & Green - 6 oz. Blackened Tilapia, 1 ½ steamed vegetables
Evening Snack	Chocolate Mint Soft Serve

Day 5

Breakfast	Chocolate Mocha Shake
Mid-morning	Hot Cocoa
Lunch	Sassy Chili with Salsa

Afternoon Snack	Honey Mustard Pretzels
Dinner	Lean & Green - 6 oz. Chicken with Vegetables Stir Fry
Evening Snack	Dutch Chocolate Shake + Ice + DaVinci Sugar-Free Kahlua Syrup in blender
Day 6	
Breakfast	Chai Latte
Mid-morning	Orange Crème Cycle Shake
Lunch	Cream of Tomato (add a dash of Tabasco sauce to taste).
Afternoon Snack	Cinnamon Roll Crunch Bar
Dinner	Lean & Green - Crock Pot Italian Beef +1 ½ cup Vegetables
Evening Snack	Soft Bake Chocolate Chip Cookie
Day 7	
Breakfast	Scrambled Eggs with Low Fat Cheese
Mid-morning	Peanut Butter Crunch Bar
Lunch	Cream of Tomato (add a dash of Tabasco Suce to taste).
Afternoon Snack	Chili Nacho Puffs
Dinner	Balsamic Chicken +1 ½ cups Green Beans
Evening Snack	French Vanilla Shake

You will be eating every 2 – 3 hours.

Note: All Medifast Meals are interchangeable. And, you can enjoy your Lean & Green Meal any time of day. Some clients like their Lean & Green meal for breakfast on weekends. You can also split your Lean & Green meal into two equal portions and consume ½ at lunch and ½ at dinner.