



Medifast® Meals

Mixing Instructions

Cold Drinks

1. Pour 1 cup (8 oz) **COLD** water into a glass or shaker jar.
2. Slowly add contents of 1 packet and stir or shake until well blended. Serve over ice if desired.



Pudding

1. Pour 1 cup (8 oz) **COLD** water into a glass or shaker jar.
2. Slowly add contents of 1 packet and stir or shake until well blended. Serve over ice if desired.



Hot Drinks

1. Empty contents of 1 packet into a microwave-safe cup or mug.*
2. Add $\frac{3}{4}$ –1 cup (6–8 oz) **COLD** water; stir.
3. Microwave 1 minute or until desired temperature; stir and enjoy.



Soft Serve

1. **Finely** crush $\frac{1}{2}$ cup ICE* using HealthMate or personal-size blender until no ice chunks are heard rotating in blender.
2. Add $\frac{1}{4}$ cup (2 oz) **COLD** water to crushed ice, followed by contents of 1 packet.
3. Blend 30 seconds (stop and scrape as needed). Enjoy immediately! Does not require freezing for soft-serve consistency.



*Use pre-crushed ice for even faster prep time.

Stovetop:

1. Empty contents of 1 packet into a saucepan/pot.
2. Add $\frac{3}{4}$ –1 cup (6–8 oz) **COLD** water; stir.
3. On low heat, bring to a boil or to desired temperature.

*Do NOT prepare in a shaker jar.

Note: Heating times may vary between microwave ovens.

Pancakes

1. Preheat electric griddle to 350°F **OR** non-stick skillet on stove-top to medium heat.
2. Add $\frac{1}{4}$ cup (2 oz) cold water to shaker jar.
3. Empty 1 packet into shaker jar and close lid (do not stir).
4. Shake jar 5 times (for best results, do not over-mix).
5. Pour out batter evenly onto **HOT** griddle or skillet.
6. Flip after 1 minute or when bubbles appear near center. Cook 1 more minute.



Makes 3 4-inch diameter pancakes.

For Waffles:

Prepare batter as above and pour into preheated and sprayed waffle iron.

Shakes

1. Pour $\frac{3}{4}$ –1 cup (6–8 oz) water into a shaker jar or blender.
2. Add contents of 1 packet (and ice, if desired.)
3. Shake or blend for 20–30 seconds or until well blended.



Flavor Infusers™

1. Add 1 packet to bottled water (16.9 oz) or a tall glass (2 cups).
3. Shake or blend for 20–30 seconds or until well blended.



Brownie

1. Empty 1 packet into tray provided.
2. Add 3 tablespoons **COLD** water; stir well.
3. Microwave 1 minute and 15 seconds **OR** bake in 350°F oven for 18–20 minutes.
4. Let stand 3–5 minutes to cool and set before enjoying brownie.



Note: Heating times may vary between microwave ovens.

Creamy Soups

1. Empty contents of 1 packet into a microwave-safe cup or mug.*
2. Add $\frac{3}{4}$ –1 cup (6–8 oz) **COLD** water; stir.
3. Microwave 1 minute or until desired temperature; stir and enjoy.



Stovetop:

1. Empty contents of 1 packet into a saucepan/pot.
2. Add $\frac{3}{4}$ –1 cup (6–8 oz) **COLD** water; stir.
3. On medium heat, bring to a boil.
4. Cover and let stand for about 3 minutes.

*Do NOT prepare in a shaker jar.

Note: Heating times may vary between microwave ovens.

Soup/Stew

1. Empty contents of 1 packet into a microwave-safe cup or mug.*
2. Add 1 cup (8 oz) **COLD** water; stir.
3. Microwave on high for 2-½ minutes.
4. Let stand for 1 minute and stir.
5. Microwave again for 1 minute (making sure it doesn't boil over).
6. Remove from microwave, cover, and let stand 3-5 minutes (the steam will cook it the rest of the way).

Stovetop:

1. Empty contents of 1 packet into a saucepan/pot.
2. Add 1 cup (8 oz) **COLD** water; stir.
3. On medium heat, bring to a boil.
4. Cover and let stand for about 3 minutes.

**Do NOT prepare in a shaker jar.*

Note: Heating times may vary between microwave ovens.



Scrambled Eggs

1. Empty contents of 1 packet into a microwave-safe cup or mug.*
2. Add ½ cup (4 oz) **COLD** water and mix thoroughly.
3. Microwave on high for 1 minute; remove and stir.
4. Cover and microwave again for 30-45 seconds or until desired consistency.

Stovetop:

1. Heat a small omelet pan over medium-low heat.
2. Pour contents of packet into small bowl; add 4 oz water and mix thoroughly.
3. When pan is sufficiently warm, coat with non-stick cooking spray.
4. Pour egg mixture into pan and cook until desired consistency.

**Do NOT prepare in a shaker jar.*

Note: Heating times may vary between microwave ovens.



Chili

1. Add ½ cup (4 oz) **COLD** water into a microwave-safe container or bowl.*
2. Add 1 chili packet to water; stir.
3. Microwave on high for 2-½ minutes.
4. Let stand for 1 minute and stir again. Add any additional seasoning you require.
5. Microwave again for 1 minute. Let stand for desired thickness.

Stovetop:

1. Add ½ cup (4 oz) **COLD** water into a saucepan/pot.
2. Empty contents of packet to water; stir.
3. On medium-low heat, bring to a boil.
4. Let sit covered for about 3 minutes.

**Do NOT prepare in a shaker jar.*

Note: Heating times may vary between microwave ovens.



Oatmeal

1. Empty contents of 1 packet into a microwave-safe cup or mug.*
2. Add ½-¾ cup (4-6 oz) **COLD** water; stir.
3. Microwave on high for 1-½ to 2 minutes, or until it starts to boil; stir. Let stand for desired thickness.

Stovetop:

1. Empty contents of packet into a saucepan/pot.
2. Add ½-¾ cup (4-6 oz) **COLD** water; stir.
3. On medium heat, bring to a boil.
4. Cover and let stand for about 3 minutes.

**Do NOT prepare in a shaker jar.*

Note: Heating times may vary between microwave ovens.

