

Tuna Patties

7 oz tuna (2 cans drained) OR salmon if you prefer
1 pkt. cream of broccoli
1 egg white

Mix together and spoon into skillet that has one TBL spoon of olive oil heated. It will make about 6 or 7 patties. Flip over when one side is browned. I serve these with a little ketchup on top. They were very good. I almost felt like I was cheating. I helps when you forget to leave meat out to thaw and they are quick.

EASY PIZZA BREAD

1 packet Medifast tomato soup
1/2 teaspoon baking powder
Dash of Italian spices
Dash of garlic powder
Dash of onion powder
Dash of grated Parmesan cheese (optional)
Water to reach consistency of pizza dough (about 3 T.)

Mix all together and spread on a Pam-sprayed cookie sheet to form a round about the size of a frozen mini-pizza. (Wet fingers and pat down or roll out between parchment sheets or whatever.) Bake about 5-6 minutes at 350 degrees – turning midway through to ensure good browning on both sides. Add 1 ounce of shredded fat free cheese or spread it with a wedge of Laughing Cow light cheese (deducted from lean allowance for the day, of course). Can also spread a tablespoon of salsa on top. This will really cure your craving for pizza!

Shake Cake

1 shake
1/2 t baking powder
2 tbls egg beaters
2 tbls water
Stir all together and zap in microwave for about 2 minutes

Bread

Preheat oven to 375 and pam spray a baking sheet

Mix 1 Pkg scrambled eggs with one pkg of cream soup, chicken, broccoli or tomato.
1/2 t. baking powder
1/4 t. onion powder
1/4 t. garlic powder
1 T. ground flax meal
5 T. water
(when using tomato soup, I add 1/2 t. basil, optional)

Mix all ingredients together and divide into two rounds on the baking sheet. Use damp fingers to even out the tops. Bake for 5 minutes. Turn oven to low broil and brown the top. Watch VERY CAREFULLY to make sure it doesn't burn, 5 minutes or so. Cool on wire rack. I split them in half with a serrated edge knife and spread with one triangle of Low Fat Laughing Cow Cheese but you could use other things on them. You could use them as a bun for left over lean. Very versatile and very good!

BREAD TIPS:

Can make using 1.5 tablespoons of eggbeaters instead of MF eggs & 3 T. water. Counts as 1 MF meal and 1 ounce of protein from lean & green.

Modified Oatmeal Muffins

I believe I have come up with a better-textured muffin. A bit more light & fluffy.

In a bowl:

1 pkg Oatmeal mix
1/4 tea baking SODA (Box)
1/8 tea baking POWDER (Can)
Splenda to taste
Spices to taste (Dry only)

In a 1 cup measure:

1/3 cup water
1 tea white vinegar
1 tea vanilla (or to taste, or other liquid flavor)

Have a mini bread pan sprayed and ready to go. The oven should be preheated to 350. You **MUST** have everything ready to go before you mix the wet and dry as the chemical reaction takes place quickly and we want to trap as many bubbles as possible.

Mix the dry ingredients well, and then mix the wet ones. Pour the wet into the dry and mix up to a smooth batter as quickly as possible. Pour into pan. Bake for 15-16 minutes.

This turns out quite nice. Now if I could only mask the chemically flavor that is part of the oatmeal!

And no, these don't taste of vinegar at all. I got this idea from a chocolate cake I used to make that used the vinegar and soda. Hmm. Maybe I'll try a batch w/o the baking powder...

Medifast Muffins-on the box recipe

1 Packet Oatmeal
1/8 tsp Cinnamon
1 packet Splenda
1/3-1/2 cup water
1/8 tsp Baking Powder
1/2 tsp Vanilla Extract

Pre-heat oven 350 degrees. Mix all dry ingredients together, add extract and water. Stir until moistened. Scoop into mini baking or mini muffin pam sprayed with non-stick cooking spray or the same in baking pan. Bake 10-15 min or until golden brown.

Medifast Cookies-on the box recipe

1 Packet Oatmeal
1/4 tsp Cinnamon
1 packet Splenda
1/3 cup water
1/8 tsp Baking Powder
1/2 tsp Vanilla Extract

Pre-heat oven 350 degrees. Mix all dry ingredients together, add extract and water. Stir until moistened. Set aside for five minutes to allow ingredients to achieve appropriate consistency. Scoop spoonfuls onto greased cookie sheet and bake for ten minutes or until golden brown.

Cran-Mango Slushie

Take 1 packet Cran Mango and mix with 1/2 cup water. Put in blender, add 8 ice cubes, blend until slushie consistency.

Pudding "Frosting"

1 Packet Vanilla Pudding
dash of your favorite S/F syrup
enough water to make cake frosting consistency.

Chocolate Muffins...

I do not know who's original recipe this was but I tweaked it quite a bit and they come out great every time the trick is to be sure right after they cool you put them in a zip lock and store in fridge.

1 mf egg
1 mf hot coco
1 mf oatmeal
1/2 tsp baking soda
1/4 tsp baking powder
1 tsp cinnamon
2 packets of walden farms chocolate syrup
sugar free vanilla syrup
1/2 tsp pure vanilla extract

mix choc. syrup & vanilla syrup until it measures a 1/2 cup, then add van. extract. separately mix all dry ingred. then mix wet and dry ingred. together. spray 3 reg. size muffin pans w/pam bake at 350 till toothpick pulls out clean

hot cocoa brownie

I use the Hot Cocoa for Brownies....

1 pkt MF Hot Cocoa
4T water
3/4 tsp non-aluminum baking powder

Mix dry ingredients well. Add water and mix. Spray bowl with pam if needed (I use a plastic bowl I dont need to do that with) Microwave 1 1/2-2 mins until done but not burned--depends on your microwave.

ENJOY!!! I also add 1T of PB2 occasionally--it is yummy like that too.

Shrimp Alfredo

1 pack Shirataki Noodles-drain, rinse, boil and drain.
1 wedge Laughing Cow Cheese
Garlic to taste
Salt & Pepper to taste
6 oz Shrimp peeled. Can use already cooked

Heat fry pan, spray with non-stick spray. Add noodles and stir-fry for a couple of minutes. Add shrimp and cook until done.

Add garlic, salt & pepper

Add 1 wedge Laughing Cow cheese.

Stir until well mixed and most of moisture from noodles has evaporated.

For a Thai flavor add basil and red curry sauce.

ICE CREAM

1 pack of vanilla pudding
1/2 cup of cold water
1 cup of ice
1 oz of cold fat free creme cheese
1/2 tsp of almond extract
1 pkt of splenda

put in the magic bullet until all is mixed up

Hot dang, I had ice cream yall!

I also use thin sliced zucchini. in place of green beans

BANANA BREAD

Have made a couple of versions and this came out really good:

4 Maple oatmeal
4 banana shakes
1 tbs baking powder
2 tsp vanilla
1-1/2 C water
1/4 C egg beaters
1/4 C DaVinci caramel syrup

some cinnamon

I mix all the dry ingredients together then add everything else.
Bake in greased 8" square pan in 350-degree oven for 20 minutes.
Let cool.

Makes 8 meals.

I know it's scary to try an unknown with so many packets of precious MF food, but I was tired of having to make stuff so often.
You could always cut the receipt and try a sample with 1 oatmeal and 1 shake.

Have also tried this with Swiss Mocha shakes - yummy.

Zucchini curls

2 large zucchini
chicken broth
cream cheese (light or garlic herb)

Using a veggie peeler; peel the zucchini into 'ribbons'. Start by running the veggie peeler over the same spot from top to bottom. Continue up to the seeds to make thick ribbons of zucchini.

(Don't actually peel it first) I toss the "core" out or the dish will get mushy.

Place 1/8c chicken broth in a frying pan
Once hot add zucchini ribbons and cook until just soft while stirring (about 3 minutes).
Add 2 tbs cream cheese & salt & pepper.
Stir until cheese is melted and serve immediately.

You Won't Believe it's Cauliflower Pizza Crust

you can also make mashed cauliflower by cooking it till really tender, mash it up
add pepper and laughing cow light cheese and mix well, it comes out like a rich
mashed potatoes, very good.

1 cup cooked, rice cauliflower*
1 egg
1 cup mozzarella cheese
1/2tsp fennel
1 tsp oregano
2 tsp parsley

pizza or alfredo sauce
toppings (make sure meats are cooked)
mozzarella cheese
Preheat oven to 450 degrees fahrenheit.

Spray a cookie sheet with non-stick spray.

In a medium bowl, combine cauliflower, egg and mozzarella. Press evenly on the pan.
Sprinkle evenly with fennel, oregano and parsley.

Bake at 450 degrees for 12-15 minutes (15-20 minutes if you double the recipe).

Remove the pan from the oven. To the crust, add sauce, then toppings and cheese.

Place under a broiler (grill for the Europeans) at high heat just until cheese is melted **.

For those of you missing your Iced Lattes try this

8 ounces of coffee

1 packet MF Hot Cocoa

SF Raspberry syrup

1 fat free creamer (optional)

blend and pour over ice!

YUMO!

HOMEMADE HIDDEN VALLEY RANCH DRESSING

1 c. Lite or Fat Free Miracle Whip salad dressing

1 c. Low Fat buttermilk (Can substitute Mayo or Buttermilk for Low Fat or Non Fat Sour Cream)

1 tsp. salt

1/2 tsp. pepper

1/2 tsp. garlic powder

1/2 tsp. onion powder

2 tsp. parsley flakes

Mix well and store in refrigerator.

Chicken Tortilla-less Soup Momma meow

4 tbsp. Chopped Green Chilies (Old El Paso)

3 slices onion, chopped

1 tsp. garlic (minced)

12 oz. cooked chicken breast (diced)

½ cup zucchini

2 cups low salt, low fat chicken broth

1 cup canned low-salt diced tomatoes (watch nutritional count and aim for no more than 8 carbs for the cup)

¾ tsp. cumin

¼ tsp. black pepper

Spray a pan with PAM and sauté the onion, green chilies, and garlic. Add the 2 cups of chicken broth, 1 cup of water, and remaining ingredients. Simmer for 45 minutes to 3 hours – whatever time frame you operate in! Add water as needed.

When ready to serve, if you can afford the calories and you have limited your chicken to the appropriate serving, sprinkle 1 oz. of shredded low-fat cheddar cheese over the top.

Makes 2 Medifast servings

Hot Cocoa Chocolate Drops -

1 MF Hot Cocoa, unprepared

3 Tbsp Walden Farms Pancake Syrup or S/F syrup of choice

Mix well, drop by teaspoon onto foil or wax paper, then place in the freezer for an hour or so to reach the consistency of fudge

Makes approximately 6-7 drops

Iced Lattes

8 ounces of coffee
1 packet MF Hot Cocoa
SF Raspberry syrup
1 fat free creamer (optional)
blend and pour over ice!

Pudding Cake

dump a chocolate pudding mix in a bowl. Add two tbs. Egg Beaters, 1/4 tsp. baking powder (nope, didn't taste it at all) and two tbs. of water to start, then maybe a touch more to get it to the right consistency (like a frosting.) I sprayed Pam in a ramikin (sp) dish and microwave for one and half minutes. While that was cooking I took a tbs. of FF cream cheese, a half a pack of Equal and like two dots of vanilla extract. Put my finger over the bottle and just let a tiny, tiny drop or two come out.

Ice cream

1 MF pudding (chocolate is my favorite)
1 cup ice
4 oz water
2 tbsp SF syrup of your choosing (SF caramel is my favorite)
1 oz cream cheese

I mix the ice, water, and syrup in the MB first and then add the pudding and cream cheese. Sometimes I freeze for a little while other times I eat it right away. This is so good!

Chocolate Chai

1 MF hot cocoa
1 MF chai latte
2 tbsp SF caramel syrup
6-8 oz water

Mix the cocoa and chai and divide in half. Add water and syrup to 1/2 the mixture in MB and then heat in microwave. Use other 1/2 later.

Cranberry Mango Dew

1 MF Cranberry Mango
1 can diet mountain dew
SF raspberry syrup (optional)

Mix 4oz of dew with Cranberry Mango drink and syrup in a BLENDER. Pour this into a freezer safe container and freeze. After this concoction is slushy add the rest of the mountain dew. I freeze this concoction if I need to take it with me and it is slushy by the time I get to my destination. This tastes like the stuff they serve at bridal showers and receptions.

Banana Split Cake!

1 package of banana shake
1/4 tsp baking powder
1 splash s/f chocolate davinci syrup
enough water to make cookie dough consistency (about 3tblspns)

Put in glass dish sprayed with olive oil spray (I have cup size baking dishes)

cook in microwave for 2 minutes. Don't reduce power but make sure your dish is tall enough that when it first starts rising it won't topple out.

Jello Shakes

My favorite way to have the flavored shakes is in Jell-o (since you can have it as a snack). In a blender, add 1 small package of sf/ff jello and 1 cup very hot water. (If it is boiling water, it will shoot out the top of your blender). Then add 2 packages of any medifast shake and 1 cup cold water. Whip together and then pour into 2 large cups and place in fridge until set. (Each cup is 1 medifast meal)

Chai Cake

1MF Chai, 1/4c egg beaters (=1/8 lean) and 1/4t baking powder (1 condi). Mix all in micro safe bowl and microwave 2 minutes on high. You can also slice and toast from there. Delicious with Walden Farms no calorie fruit spreads or with smart balance lite cream cheese (1T = 35 calories, 2g fat, 2g protein, 1.5g carbs) counted as a small (1/8-1/6) portion of your lean.

Tuna Noodle Casserole

3 oz. Tuna
1 1/2 cups Shirataki Noodles
1/2 cup LF shredded cheese
1/4 cup LF or FF milk

Cook Noodles as directed. Drain. Spray casserole dish with FF, non-calorie spray like Pam. Layer noodles, tuna, and cheese. Seasoning to taste. Pour milk over casserole. Sprinkle top with paprika (optional). Bake at 350 degrees for 30 minutes. Makes one serving. Adjust ingredient quantities for multiple servings. Counts as your "L&G" meal. If adding veggies, adjust noodle portion and add veggie calories.

Alternate Version from original author:

I made it with 4 oz of diced chicken breast and 3 oz of low fat cheddar. I used 1 package of noodles, which is 7 oz drained, then chopped up 5 oz of onion, mushroom and red bell pepper to layer with the noodles, chicken and cheese.

Tuna Patty Salad

7 oz canned tuna, packed in water, drained well
1 MF COT
1-1/2 stalks diced celery (including the leaves)
2 tbsp 'On The Border' medium salsa (I like the Nutrition Value and taste)
1 tsp dehydrated onions
1 tsp Mrs. Dash Southwest Chipotle dry seasoning (I like spicy stuff)
Sprinkle of Cayenne Pepper (I like spicy stuff)

Mix all together really well and then shape into small patties. (I get 6 of them)
Spray a little Pam on a small baking sheet. Place all 6 tuna patties on the pan and spray just a little Pam on top of the patties.

Broil in the oven for about 5-20 minutes (watching so they don't burn, it really depends upon how moist the patties end up being) just until crispy on the outside. TURNING

OVER ONCE ABOUT HALFWAY THROUGH COOKING - (You can also bake them instead, but it takes a little longer)

Easy Ground Turkey Cacciatore with Eggplant

I made a very easy and delicious ground turkey cacciatore with eggplant and it was very filling. The ingredients you need are ground turkey breast, eggplant, trader Joe's cacciatore simmer sauce, and some shredded Parmesan or low fat mozzarella cheese.

First, slice and brown the eggplant with some pan spray and garlic. Set aside. Next, brown the ground turkey breast and add the simmer sauce. Simmer for 5 minutes. Last, layer the eggplant in a baking dish and cover with the turkey/sauce mixture. Top with some shredded Parmesan or mozzarella cheese and bake at 375 for 25 minutes.

Green Bean Lasagna

1.5 cups frozen organic green beans (I buy a large bag at Costco)
dash of garlic salt
1/4 tsp of dried basil
3/4 cup shredded part-skim mozzarella cheese
1/4 cup cottage cheese
2 tsp. Parmesan cheese

Prepare the green beans and place in an oven safe container. Mix the spices with the cottage cheese and spread over the green beans. Sprinkle with the mozzarella cheese. Bake at 350 for 20 minutes or until cheese is melted. Broil until cheese is slightly browned. Sprinkle with Parmesan and serve.

Spaghetti Squash kugel!

I mentioned I was going to try this and I can't believe it actually worked!

1 small spaghetti squash prepared in microwave. Yes, there will be lots of left over.
3/4 C cottage cheese (I used 2%)
1 tsp low fat smart balance
2 T FF sour cream
1/2 tsp vanilla
1/4 tsp just like sugar
dash of salt
Mix together with 1 C spaghetti squash
Spray small glass baking dish with Pam. Pour mixture into pan and spread it out evenly.
Bake at 325 for 30-40 minutes or until it looks "dry." It really isn't dry; it's just a crust on the top. It was so close to my noodle kugel that my 17-year-old son kept eating MINE instead of his! This is supposed to taste a little sweet. Hope you like it!

Caulipotatoes

1 cup raw Cauliflower (amount dependent on # of servings.. This is for ONE serving)
1 tblspn fat free feta cheese
1 tsp low carb half & half
Salt & pepper to taste
(this is easiest for a single serving to make in a MB or Medifast Blender)
Take cauliflower & put in the MB with 1/4 cup of water & add steamer lid.
Microwave until soft (about 2-4 minutes depending on your microwave)

Drain water

Add 1 tsp half & half & feta cheese (might need a splash of water)

Add the chopper blade & whip until smooth.

Serving size should be ½ cup cooked!

My family STILL doesn't know that it is cauliflower & I'm CONVINCED that the feta helps with the texture!

Banana Caramel Cake

4 servings.

2 packets maple/brown sugar oatmeal

2 packets banana shake (pudding can be used for a wetter, denser result)

1/2 T baking powder

4 T caramel davinci syrup

1/2 c water

1 tsp banana extract

1/4-1/2 c eggbeaters or egg whites

Preheat oven to 350. Mix dry ingredients (blend the oatmeal's in a dry blender if you want a finer texture), then add all the liquids at once and stir until smooth. Pour in 8x8 pan; swirl in about a tsp of Walden Farms caramel dip. Optional: scatter a few crushed walnuts on top. Bake for 25-30 minutes or until middle feels firm to the touch. The more egg you use, the higher and fluffier the result, but the more you have to deduct from L&G. Cut into 4 equal squares, each is one meal. This keeps fine covered on the counter or in the fridge.

Variations are easy with this. Just use the shake as the base flavor and add complementary syrup. Try chai packets instead of the shakes, gingerbread syrup and swirled with MF marshmallow dip for a spicy, creamy cake. My husband's favorite is made with chocolate shakes and cherry syrup, swirled with WF chocolate syrup. The toppings swirled in before baking really bring the whole thing together. I can post a blueberry lemon version if anyone is interested.

This is largely based on a banana bread recipe posted by Louise k, which I also like. I'm really glad I tried hers, and I have found it to be a great base recipe that is very reliable.

Crock Pot Chicken Chili

I love my crock-pot...it's the most used piece of equipment in my house. Crock-pots are really easy to use, no cooking skill required. You literally put food in it and several hours later, your home smells great, and you have a hearty meal!!

This is a really easy meal, but PACKED with huge flavor.

Place 3 boneless skinless chicken breasts in the bottom of your crock-pot

Sprinkle chili power on top of each breast (you can do cumin too, but it turns it more into a Mexican dish rather than a chili)

Pour 1 1/2 cups of salsa over the top. I picked up a store brand that had 4g carbs per serving.

Cover, set to low and cook for 6 hours. Take the breasts out and shred with a fork. Place

back in the crock-pot for another 30 minutes to an hour.

I served it over a bed of lettuce with shredded ff cheese on top and a dab of sour cream. You could make it more like a taco by rolling this up in a lettuce leaf, endive would probably be your best leaf for that since it's pretty thick. YUM!

Orange Chicken

1 Can Diet Orange Soda

1/4 Cup Each Low Sodium Teriyaki Sauce and Soy Sauce

Garlic to taste

1-2 pounds Boneless Skinless Chicken Breast

Put ingredients except for chicken in gallon size Ziplock bag, mix well. Pierce chicken breasts several times with fork, put into bag and marinade several hours. Take out and bake, broil, grill, throw in crock-pot. Toss out marinade.

Turkey Burgers with Zucchini in marinara Orangeblood

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 pre-made

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 sauté 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.

Stuffed green peppers

5 oz cooked extra lean beef (I mixed it with ground turkey and veal)

1/2 C stewed tomatoes (I used chili style)

1/2 C grated cauliflower (looks like rice)

1 small green pepper to stuff (I cut the top off and chopped it up and added it to the beef)

Be sure to par-boil the pepper(s). If you use a small green pepper, it's equal to 1 C. I only had huge ones so I only ate 1/2 plus the 1/2 cup chopped in the beef.

1-2 T chopped green onions.

I add crushed red pepper flakes to give it some kick instead of salt.

A little basil and oregano

Bake for 45 minutes at 350. Quite yummy without the carbs of rice or corn.

Kahula Pork

4.5# pork roast

1 T. liquid smoke

3 T. garlic powder

6 T. soy sauce

1 T. kosher salt

Mix marinade ingredients together and rub over all sides of the pork roast. Place pork in crock-pot, cover and cook on low 8 hours.

Roasted Green Beans gail23

I toss whole green beans (fresh or frozen) into a pan with a little bit of olive oil and seasoning of choice (cavender's is great, or garlic salt and pepper), and roast in a 375 degree oven until they're sort of shriveled and a bit brown. They're ugly and delicious!

Can't believe they're cauliflower breadsticks!

1 cup cooked, rice cauliflower

1 egg

1 c + shredded mozzarella cheese

garlic salt

Preheat oven to 350 degrees Fahrenheit.

In a greased 9X3 loaf pan, press about 1-1/2" deep cauliflower pizza dough. If any is left, use for pizza.

Bake at 350 for 20-30 minutes, or until set. With a spatula loosen the dough around the edges and remove the square of dough to a greased cookie sheet.

With a pizza cutter, slice strips through the set dough. Separate slightly. Sprinkle with garlic salt and/or extra mozzarella cheese. Bake at 450 degrees until the top browns.

Once the oven is preheated to 450 degrees, it is easy to pop in a couple of pizza crusts as well.

Serve with marinara sauce (optional).

Serves 4- 6:

For 6, per serving:
calories: 73 calories
effective carbohydrates: 1.5
total carbohydrates: 2
fiber: 1
protein: 5 grams
fat: 4 grams

For 4, per serving:
calories: 108
effective carbohydrates: 2
total carbohydrates: 3
fiber: 1
protein: 7 grams
fat: 6 grams

(And now it's) Cauliflower Lasagna!

1 cup (about 5 ounces) cooked cauliflower, grated, riced or shredded
2 cups shredded mozzarella cheese (6 ounces)
1 egg
*1/2 cup ricotta cheese (3.5 ounces) (mixing an egg in with this improves the texture, but is optional)
3/4 cup tomato sauce or Alfredo (6-7 ounces)
Toppings (optional)

Preheat oven to 350 degrees.

Spray the inside of a glass bread pan (9X3) with non-stick spray.

Mix prepared, riced cauliflower with one cup of the mozzarella and the egg in a bowl.

To arrange:

1. Layer the bottom with 1/4 cup sauce. Distribute gently with a spoon. Do not add toppings yet.
2. Layer with 1/2 of the cauliflower mix. Press down very gently with fingers after distributing evenly.
3. Layer with 1/2 of the ricotta by dotting it on in small piles and then spreading slightly.
4. Add 1/2 of the remaining sauce. With a spoon, spread and slightly mix the two layers

(ricotta and sauce) for better coverage.

5. Add half of the toppings you've prepared. (If there are none, proceed to the next step.)

6. Layer with ½ of the mozzarella cheese.

7. Add the rest of the cauliflower mix and spread and press down gently. (I use my hands)

8. Add the rest of the sauce.

9. Add the rest of the toppings. (If there are none, proceed to the next step)

10. Add the rest of the ricotta and spread with a spoon as well as is possible. It will be a little more bumpy, so no worries if the uniformity isn't there (friends tell me that mixing the ricotta with egg creates a better texture and greater spreading ease. Thank you!)

11. Add the rest of the mozzarella cheese.

Bake in a 350-degree oven for 45 minutes, or until bubbly and the cheese is golden/brown. Let rest for 15 minutes before serving.

Can be stored in the refrigerator or frozen and reheated.

*If you have no ricotta, you substitute ½ cup cottage cheese (4 ounces), mixed with 2 tsp parsley and ¼ cup Parmesan cheese (2 ounces).

Serves 6-8. Can be doubled.

Nutritional Information for the base lasagna (toppings will change numbers).

With ricotta:

Nutritional information for each of 6 servings:

Calories: 166

Net Carbohydrates: 5

(Total Carbohydrates: 6

Fiber: 1g)

Protein: 15 g

Fat: 9 g

Nutritional Information for each of 8 servings:

Calories: 128

Net Carbohydrates: 3.5

(Total Carbohydrates: 4.5

Fiber: 1g)

Protein: 11 g

Fat: 7g

*With cottage cheese/parmesan blend:

Nutritional information for each of 6 servings:

Calories: 165
Net Carbohydrates: 5
(Total Carbohydrates: 6
Fiber: 1g)
Protein: 15 g
Fat: 9 g

Nutritional Information for each of 8 servings:

Calories: 123
Net Carbohydrates: 3.5
(Total Carbohydrates: 4.5
Fiber: 1g)
Protein: 11 g
Fat: 7g

Had the Best L&G last night. Don't know what you'd call it, but it was AWESOME. Just trying to use up some leftovers in the fridge, and yum-o.

One egg + 2 egg whites (1/2 serving lean)
Added some sea salt, and some garlic powder.

Mixed that up in a pan, and when it started getting hot, added:
1/2 cup raw sliced mushrooms

So, the mushrooms cooked with the eggs. Once the eggs were ALMOST cooked through added:
3 oz diced cooked chicken (1/2 serving lean)
1/2 cup cooked green beans
1/2 cup diced raw tomato

Finished cooking it and topped with some Chevre (same calories as cream cheese, so this was my fat serving).

You could really use whatever veggies you'd like. I added the green beans cause they were in the fridge and I needed to eat them. Same with the chicken.

Bread

Preheat oven to 375 and pam spray a baking sheet

Mix 1 Pkg scrambled eggs with one pkg of cream soup, chicken, broccoli or tomato.

1/2 t. baking powder

1/4 t. onion powder

1/4 t. garlic powder

1 T. ground flax meal

5 T. water

(when using tomato soup, I add 1/2 t. basil, optional)

all spices are optional. It IS better with the flax meal so don't skip that.

Mix all ingredients together and divide into two rounds on the baking sheet. Use damp fingers to even out the tops. Bake for 5 minutes. Turn oven to low broil and brown the top. Watch **VERY CAREFULLY** to make sure it doesn't burn, 2-3 minutes or so. Cool on wire rack. I split them in half with a serrated edge knife and spread with one triangle of Low Fat Laughing Cow Cheese but you could use other things on them.

I will double this recipe and have it with 2 scrambled eggs, 1 COB and 1 COT. Love it that way and I get 4 little bread rounds out of it.

Spicy Chai Muffins

Mix:

1 pkg. mf eggs

1 pkg. mf oatmeal

1 pkg. mf chai

1/2 tsp. baking soda

1/4 tsp. baking powder

Splenda and cinnamon to taste

Stir it all in a bowl and add:

1/2 cup Davinci gingerbread sugar free syrup or 1-2 t of pumpkin pie spice and water.

Add some SF sweetener if you like sweeter muffins.

Add a little extra if you need more moisture.

Spray muffin pan with butter Pam and make three muffins.

Bake at 350 until a knife inserted comes out clean, around 10-15 minutes.

I usually double this and make 6 muffins at a time. Easy to take with you.

Each muffin is one MF meal.

Taco Salad

This is one of my favorites when I want a treat. It's heavy on condiments though.

1 serving ground turkey, cooked. Add 1t of taco seasoning with a little water and cook it up in a pan. (You want the taco flavor w/out all the calories in the taco packet - or use desired seasoning)

Alternative: Spiced chicken from your local grocery or Trader Joe's (so, so good.)

When meat is warm and ready to eat - assemble.

Lean

1-cup romaine lettuce

1/2 cup diced red pepper

1/4 cup diced tomato

1/4 cup fresh tomato salsa

1-2 T. non-fat sour cream.

This is extremely good, but I don't have it often because of the extra calories in the sour cream.

I found a recipe on a "medifast collection" for Zucchini hashbrowns - so I made it for me and my family last night! SOOO GOOD!:

2 cups shaved zucchini

2 eggs -beaten

few dashes of garlic powder, salt & pepper

Mix all together and spray some Pam in a fry pan- fry little patties. I put a tiny bit like 1 tsp of light sour cream on top- and it was AH-MAZING. SO good!

Chicken enchiladas

I made chicken enchiladas and they were wonderful!

Recipe as follows:

2 cream of chicken soup

3 oz. cooked chicken

3 oz. Mexican cheese

1/2 cup green enchilada sauce

Mix your cheese and chicken together. then make your COC soup like you would for chips, one at a time. You have to work fast or they will harden up too much. put 1/2 of your Lean into one "tortilla" and roll up. Do the same with the other and put them in a pan with 1/4 cup sauce on the bottom and rest on the top. If you have extra filling, put it on top of your enchiladas. Makes one lean and 2 meals. I put mine in the freezer and then microwave when I wanted them for 1 1/2 min. These are so filling. but watch the carbs of the enchilada sauce. Mine only added 6 carbs. but I cut back somewhere else.

Spicy Thai Shrimp (you could also make it with Chicken):

4 TBSP PB2
3 TBSP low sodium soy
2 TBSP Rice Vinegar
1/2 TSP Powdered Ginger
1 TSP minced fresh or dried garlic
1/4 tsp Red Pepper Flakes (optional if you like it spicy)
4 TBSP water

Mix all ingredients, let sit.

Spray a pan with Pam, throw 2LBS of shrimp in the pan and cook it on high almost all the way through.

Add the sauce to the pan, cover and turn the stove to LOW, simmer 10 minutes.

Cherry Berry Muffins

1 Apple Cinnamon oatmeal
7 Blueberry Oatmeal
1 tbs baking powder
2 tsp vanilla
1-1/2 C water
1/4 C egg beaters
1/4 C s/f Cherry Syrup

I mix all the dry ingredients together then add everything else.

Bake in greased Muffin Tin 350 degree oven for 20 minutes.

Let cool.

Makes 8 meals.

Peach Muffins

1 Vanilla Pudding
7 Peach Oatmeal
1 tbs baking powder
2 tsp vanilla
1-1/2 C water
1/4 C egg beaters
1/4 C s/f Almond Syrup

I mix all the dry ingredients together then add everything else.

Bake in greased Muffin Tin 350 degree oven for 20 minutes.

Let cool.

Makes 8 meals.

This is a variation on a pancake recipe for really lazy people!

I eat it almost every morning these days. It's very chewy like a bagel (some might call it tough LOL) but I really like chewing, so it satisfies me.

1 pkg MF oatmeal
1/4 cup egg beaters or egg whites (or more if you like it eggier like me)

Mix in a small bowl and nuke it for 30-60 seconds (watch carefully because it can get tough). It puffs up. You don't need to add Pam to the bowl because it doesn't stick.

I might slice it like an English muffin, toast it, serve it with Walden Farms apple butter, PB2 or plain Laughing Cow lite.

Or like today, I'll make a little sandwich on it and take it to work (maybe curried chicken salad with Galeo's dressing?).

Of course you can add flavors, syrups, etc. but I make it plain.

UPDATE: At the suggestion of several brilliant people here, you can also add 1/2 t baking powder.. makes it a little lighter and fluffier!

Oriental Chicken Noodle Soup

1 packet Chicken Noodle Soup
1 Cup Water
1 Tbl Low Sodium Teriyaki Sauce
Chinese Mustard to taste
Garlic Paste/ crushed Garlic/Garlic Powder to taste
Ginger Paste/ fresh Ginger/ Powdered Ginger to taste
Basil Paste/Fresh Basil/Dried Basil to taste (opt)
Chili Pepper to taste (opt)

Mix soup according to package directions. Add rest of ingredients. Heat according to package directions. Can make the night before and then nuke for 2 minutes.

Baked Tilapia with Tomatoes and Mushrooms

Frozen Tilapia filets, thawed (or fresh!) - any mild white fish would work
1 14.5 oz can diced tomatoes
1 13.25 oz. can mushrooms
Salt-free seasoning blend (like Mrs. Dash)
Chile powder
Onion powder
Garlic pepper
Fresh ground pepper

Spray pan with non-stick cooking spray – add filets – add fresh ground pepper and garlic pepper

Mix remaining ingredients – spread over fish

Sprinkle with parmesan cheese and more fresh ground pepper

Bake uncovered @ 375 for 20-25 minutes

My first shake cake recipe!

I hate the vanilla shakes. Nothing I do makes them drinkable for me. However, today I decided to experiment a bit, and actually made a yummy, edible shake cake from the most hated vanilla shake powder!

Here's the recipe:

1 vanilla shake mix

1 T Horizon Organic Egg Whites (like egg beaters)

2 and 1/2 T purified water

1/2 tsp Bob's Red Mill non-aluminum double acting baking powder (found at Whole Foods)

1/4 tsp Watkin's pure vanilla extract

1/4 tsp pure almond extract

1/2 tsp decaf instant coffee crystals

sprinkle of cinnamon (probably like 1/4-1/2 tsp)

Put all ingredients into plastic cup or shaker jar, stir with fork. This batter is fairly thick. Preheat oven to 350, spray oven safe dish (I used a ramekin) with non-stick cooking spray, bake 15-20 minutes. You could probably use the microwave as well.

Cinnamon Mochaccino

1 Cappuccino Packet

1 cup Water

1/2 tbl Hershey's Special Dark Cocoa

1 Heaping tsp Instant Coffee

Dash of Cinnamon to taste

Mix dry ingredients, add water little at a time. Microwave 1 minute or until heated.

Whoopie Pies

Singn4ever

(got this from the boards I think a long time ago but I tweaked it to make it my own.)

1 cup of egg whites (I used egg beaters)

1/4 tsp of cream of tarter

1 tbsp cocoa

1 tbsp splenda

2 packets of mf hot chocolate

1/2 tsp baking powder

beat egg whites and cream of tarter till stiff peaks form

Shake the remaining ingredients over the top and mix with beater on low

spay muffin tins with pam and separate batter into twelve muffins Bake at 350 until toothpick comes out clean

meanwhile while mix vanilla pudding (I'm gonna try it with banana pudding and chocolate pudding next) with 1/3 cup of water and put into fridge till pies are done.

Divide filling and put on 6 of the pies. Cover with remaining pies. Divide in two three meals. Two pies each count as one medifast meal with condiments.

I made this last night and put in fridge and had for my 2nd meal today and it was very yummy. I plan of making more and freezing them.

The original said you could also use ff half and half instead of water and add 1 TBSP creamora (this would be 1 mf meal and snack) (I didn't have half and half on hand to try this but I might in the future)

Here's an idea for the non-Vegan's.... I got this out of the "Biggest Loser Cookbook".

If you miss the taste of lasagna but can't have the noodles try this:

1 cup Cottage Cheese (I use 1% but you could use non-fat also)
1/4 cup spaghetti sauce (low sugar, low cal)
1/4 cup non-fat or low-fat mozzarella, shredded
Italian seasonings to taste (I used a little garlic, basil, oregano, pepper)

Mix it all together and microwave for 30 seconds at a time until warm and gooey.

It tastes just like the inside "good part" of lasagna

Smoky Tomato Habanero Muffins

1 pkt cream of tomato soup
1/2 tsp aluminum-free baking powder
1/4 tsp smoked habanero powder (I loooooove Chile Today Hot Tamale)
1 Tbs egg white (the pasteurized kind from the carton)
2 Tbs water

Stir together and scrape into a sprayed muffin tin. Bake at 350 for 15 minutes.

BT's Egg Custard

- 1-vanilla or banana pudding
- egg white
- 1 pkt Splenda
- 1/2 tsp vanilla extract
- 1/2 c. water

Mix all of the above with a hand mixer until well blended and microwave for 1.5 min at 70% power and stir the cooked "custard" a bit (like slightly folding).
Microwave another 60 sec at 70% power or until the "custard" is "set".
Sprinkle with cinnamon or nutmeg and refrigerate for 15 minutes.

Counts as 1 MF meal.

Recipes For the Orange Shake

Orange Sherbert Shake: Use one pkg. Orange Medifast and add Crystal Lite Lemonade powder. (I use 1/2 on-the-go packet.) Blend with 6 oz. water and 8-10 oz. ice.

Tropical Smoothie: One pkg. Orange Medifast and Crystal Lite Raspberry Ice powder. (I use 1/2 on-the-go packet.) Blend with 6 oz. water and 8-10 oz. ice.

For Strawberry Shake try these recipes.

Strawberry Kiwi Shake: I am adding about 1/4 tsp of Crystal light Strawberry Kiwi drink mix to the Strawberry shakes to make them tastier.

Strawberry Lemonade: Add Crystal light Lemonade (or Pink Lemonade) to the Strawberry Shake. I hope this helps. Just keep trying different things.

Pad Thai

3-4 oz. cooked shrimp

1/2 cup egg beaters

1 pkg. shiritaki noodles (8 oz.)

1/2 cup mung bean sprouts

1 tsp minced garlic (I use the already-chopped stuff that comes in a jar).

1 tbsp. Thai fish sauce

1 tbsp. ketchup (yup, believe it or not)

2-4 packets Splenda, to taste

Toppings:

1 tbsp. chopped peanuts

1 tbsp. powdered dried shrimp (I found it at my local Safeway in the Mexican spices section)

Lime juice or TrueLime sprinkles

Chopped cilantro

Chopped scallions

Cayenne pepper

Rinse the shiritaki noodle and boil for 1-2 minutes to get out the weird smell. Set aside.

Spray a nonstick pan with Pam and heat medium-high. If you're not worried about the extra calories, you could add 1 tbsp. canola oil (I didn't use any oil).

Add the shrimp and minced garlic and cook until the shrimp turn a toasty brown color.

Add fish sauce, Splenda, ketchup, and stir.

Add Egg Beaters and shiritaki noodles, stir-fry until the egg is cooked. Spray on a little more Pam if it's getting dry.

Add mung bean sprouts and stir-fry until the sprouts are soft.

Put on a serving dish, sprinkle shrimp powder, peanuts, cayenne, cilantro and scallions on top. Sprinkle with limejuice and more fish sauce if desired.

If you're worried about the carbs, leave the ketchup out, although 1 tbsp. ketchup is okay as a condiment. For American tastes, you might want to use more Splenda.

This makes one HUGE serving that should count roughly as one lean and green, plus one snack for the peanuts and 2 condiments for the ketchup and the fish sauce.

I don't think I would put peanuts on it- even though the original calls for it- for the fact that I haven't seen anything that says we can have peanuts!

Another pizza recipe!

I've started using this recipe for pizza and it is just like the real thing! I now eat it every day. It makes a huge pizza!

3 MF chicken noodle soup

1/2 cup mozzarella

1/4 cup of some type of tomato sauce/pizza sauce/marinara

eggbeaters or baking powder (whichever you prefer)

1/2 cup water

Put all 3 packets of the MF chk. noodle soup in a blender or magic bullet to grind the noodles into a powder.

Then pour your Chk noodle powder into a bowl.

Then add either 2 TB of eggbeaters or 1tsp of baking powder (either will work.)

Then add a small handful of mozz. cheese.

Then add the 1/2 cup of water and mix all ingredients together. Also add any pizza seasonings of your choice at this point.

Take your pizza crust paste and spread it out thinly on an aluminum foil lined baking sheet sprayed with Pam.

Put in the oven at 450 for about 10 mins...or until the edges are browned.

Then take out the pizza crust, put on your sauce and a little cheese and place in Broiler for 2-3 mins.

Voila! The perfect pizza...and it takes up 3 of your Medifast meals.

Pizza recipe!

hottieboombalottie

Ok... this is a GREAT recipe! Really yummy, and it makes a pretty big pizza.

I did make a few changes, though. I added 1 package of MF Eggs to the 3 pkgs of Chicken Noodle Soup (to make it 4 MF meals), added 1 tsp of Baking powder, and increased the water to 3/4 cup. I did everything else the same... but I used 4 oz of Frigo Lite Mozzarella Cheese in the crust (and another 4 oz shredded on top), used a very thin layer of Pizza Sauce (about 2 Tbsp), sliced up 10 olives and used 8 slices of Turkey Pepperoni, cut into quarters, just for flavor.

So, according to my calculations... each 1/4 of the pizza = 1 MF meal, 1/3 protein (deduct from L&G), 1/4 fat serving (if using olives), and 2 condiments (1 1/2 in pizza sauce, and 1/2 in baking powder)... plus an additional 9 calories from the Turkey

Pepperoni, which I didn't count as a condiment since there are no carbs in it.

I'm going to do a little more experimenting with the recipe next time... like, I think you could omit the cheese from the crust, and only use it on top, to save calories and L&G. And the Frigo Lite Mozzarella I used is good, but it's very low fat, so it was a little dry... so I may try it with regular Mozzarella next time.

Spicy Cream of Jalapeno Soup

-1 COC soup
-2 tbsp Rotel (diced tomatoes with habanero peppers)
-1 tbsp half and half
-3/4 cup water
(optional: 1/2 tsp chopped fresh jalapenos)

Blend together in magic bullet or blender for 1 minute. Heat in microwave for 1.5-2 mins. Sprinkle with fresh ground pepper and salt and eat.

Maroopp's Muffins

I make the muffins, freeze them and place in a thermal lunch box each day...I am ready for eating in the car or when meeting up with friends for lunch, or just lunch at my desk..

make 6 meals (I use large muffin tin)

2 pkts oat meal (any flavor)
2 packets shakes (any flavor)
2 pkts scrambled eggs
4-5 tsp baking powder
2 -3 tsp cinnamon

mix dry ingredients with wisk

using a spoon add water slowly until mix is like frosting

add to sprayed muffin tins

bake 325 for 13-15 minutes (mine take 14 minuets)

remove from tin let cool, wrap in paper towel and plastic bag and freeze
each muffin is a meal.

So easy

IF YOU RUN OUT OF SCRAMBLED EGGS...use egg beaters

4 TBLS egg beaters
2 shakes
2 oatmeal
3 tsp baking powder
1-2 tsp cinnamon

mix until like frosting....

but this is only 4 meals...make only 4 muffins

Very Lemon Muffins (I doubled this to make* 2 meals)

Lowcarb

1 peach oatmeal(*2 oatmeal)

1/2 pack Crystal lite lemonade (*one whole pack)

1/4 rounded tsp Baking Powder(*1/2 rounded tsp)

2 splenda(I think I still only put this for the double recipe)

1/3 cup water + 1 tbs water(I only did the 2/3 cup for mine)

Mix all of the above and let sit for 5 minutes.

spray muffin pans, oven at 350.....15 - 20 minutes.

the first time I made these, I used mini muffin pans...it made quite a few, but they really don't rise much, so they were fairly flat. Last time, I used regular muffin pans, it made 2 per meal.....still flat...today I topped them with some Lite LC cheese, pretty good...they have a tang to them...

Chili

1 MF Chili

1 3/4 water

1T dried onions

1T Vinegar

1T Worcestershire Sauce

1t Better than Bouillon (I always use chicken, but there is a beef one...or you can use a cube)

1/2 T Chili Powder (I like mine a bit spicy)

1/4 t Cumin Powder

1/2 c canned diced tomato or one fresh diced

Mix together in pot on stove and simmer low for about an hour, stir occasionally. The water will slowly boil down and watch it at the end, because it will become somewhat thick. I sometimes will turn it off while still somewhat soupy and cover for a while then turn back on till a slow boil. I sometimes like it thick and sometimes more like soup.

You just have to play around with it till you like it...the Chili is one of my Fav's...

Dreyers Girl Scout Thin Mint Cookie Ice Cream

2 meals

1 MediFast Chocolate Pudding

1 Chocolate Mint Bar

Make the chocolate pudding as the directions say, then place into two containers and crush up one chocolate mint bar and put half in each pudding. Then put them in the freezer for a little bit and you have two yummy treats to enjoy.

Blueberry Lemon Loaf

1 Packet Blueberry Oatmeal
1/4 ts Baking Powder
1/8 ts Baking Soda

Mix together

In separate bowl mix:

1/3 cup Water
1 ts White Vinegar
1 ts Lemon Extract

Add to dry ingredients, mix to smooth batter as soon as possible to trap as many bubbles as you can. Pour into mini loaf pan sprayed with non-stick spray, put into pre-heated 350f oven for 15 minutes.

My Fav Shake Cake Recipe

1 Shake Packet
1/2 ts Baking Powder
2 Tb Egg Beaters
2 Tb Water

Mix dry then add wet to dry ingredients. Bake in a ramekin or muffin cup for 15-20 min in a 350f oven.

Pancakes

1 Oatmeal Packet
1/4 ts Baking Powder
1/4 cup Water
1/4 cup Egg Beaters

Mix dry ingredients, add wet and mix. Heat fry pan on medium heat, spray with non-stick spray. Pour batter in fry pan, cook until bubbles appear then flip and cook through.

Spinach Dip

Garlic to taste ~1 to 2 cloves
Cinnamon to taste
Salt & Pepper to taste
1 1/2 cup Fresh Spinach
1/2 cup Low Fat Cottage Cheese
3 TBL water
1/4 cup or less Parmesan Cheese

Sauté garlic and spinach. Add cinnamon, salt and pepper.

Then in a blender mix 1/2 cup low fat cottage cheese and about 3 Tbl water. Add cottage cheese and about 3-4 Tbl of low cal Parmesan cheese to the spinach.

TSR Red Lobster Nantucket Baked Cod

Spice Blend:

1/4 ts Salt

1/4 ts Paprika

Dash Black Pepper & Cayenne Pepper

1 1/2 lbs Cod Fillets or other white fish fillet

1 Tb lite butter, melted

Juice 1/2 Lemon

2 Small Tomatoes, sliced

2 Tb Grated Parmesan Cheese

1. Combine the spices in a small bowl.
2. Preheat oven 425 degrees F. Cut fish into 3 portions and arrange the fillets in a 9x13 pan.
3. Brush the top of each fillet with melted butter, drizzle a little lemon juice on fillets, then sprinkle the spice blend on top each fillet.
4. Arrange tomato slices on fish fillets.
5. Sprinkle Parmesan Cheese on top of tomato slices.
6. Bake, uncovered, for 8 minutes, then turn oven to broil and cook another 6 to 8 minutes or until cheese starts to turn brown. Makes 3 servings.

Baked Fish With Mustard Marinade

1 1/2 lb White Fish Fillets

Marinade:

1/4 cup Dijon Mustard

1/3 cup Fresh Lemon Juice

1/2 ts Dried Thyme

1-2 ts Horseradish

2 ts Lemon Zest, grated

1/4 ts Black pepper

Rinse and dry fish fillets and place them, skin side down, in a lightly oiled baking pan.

Whisk the marinade ingredients together in a mixing bowl.

Pour marinade over fish, turning to coat each fillet.

Marinate in Refrigerator for 20-60 minutes. Makes 3 servings

Preheat oven to 400 degrees f.

Place in oven, uncovered and bake 10 to 15 minutes, or until fish is tender and flakes with a fork.

Makes 3 servings

Parmesan Fish

1 lb fish fillets

2 Tb Dijon Mustard

2 Tb Low Fat Mayonnaise

2 Tb Parmesan Cheese

Cook fish 400 degrees f for 10 to 15 minutes

Mix Mayonnaise, Parmesan Cheese and Dijon Mustard

When fish is done, spread Dijon mix evenly over fish and broil until mix puffs and browns. Makes 2 servings

CHIPS:

1 pkg Medifast Cream Soup

3 Tablespoons water

Mix soup and water in a bowl.

Spray glass pie plate with Pam.

Spread mixture into pie plate (it will be very thin)

microwave 3 minutes.

turn over using spatula

Microwave 1 minute more

cool

break into pieces

CHIPS

Ingredients:

1 pkg. cream soup, Chicken, Broccoli or Tomato

Optional seasonings: chili powder, low fat parmesan, Molly McCheese, dried chives, garlic powder, etc.

Directions:

Mix the soup and seasonings in a cup with a tiny bit of water, adding it a few drops at a time until the powder holds together and can be made into a ball. Form it into one big ball or 6 -8 small ones. You can dip your fingers in water if it's too sticky to work with.

Spray two sheets of foil (I use Reynolds nonstick foil) with olive oil Pam. Put the ball or balls on one sheet, place the other sheet on top (Pam side down) and roll or pat the balls flat and very thin. Carefully and slowly, peel back the top sheet of foil.

I like the one big ball version, which I then cut into triangles so they look like real chips.

Then bake the sheet at 350 until the edges start to turn brown. Flip the chips over and bake another minute or two until the edge turn a deeper golden but not too dark. Watch them carefully, you don't want to overcook. Then turn the over off and leave the chips inside as they cool. This is what makes them crunchy all the way through!

COB Chips

Here's a very simple recipe for the COB soup that doesn't add in any "extras"~no worries about condiments or counting!

1 pkt COB soup
2-4 TBSP water (I use less because I like a fluffy, crunchy bread)

Mix together until you get a thick batter. Spoon (mine kind of looks like a biscuit) onto nonstick parchment paper (or a plate sprayed liberally with Pam) and microwave for 1 minute. You can keep cooking in 20 second increments until it's done to your liking-less for chewier and more for crunchier. Careful, it burns rather quickly so check it often.

Soup flatbread:

1 pkt of Cream of Tomato
a dash of garlic powder
a pinch of baking powder
1 to 2 tablespoons of water (enough to make a thick paste)

I mix it all together in a square gladware container and microwave for to 2 to 2.5 minutes. Sometimes I will put a tbsp of FF grated Parmesan cheese (counts as a condiment) on top - helps my pizza cravings!

BREAD - made from Chili or Stew 😊

Since I couldn't eat my Chili or Stew any longer.. Lol.. I have experimented on making a bread from them just like from creamy soups.

Here is my tastiest experiment so far:

Bread:

- MF Chili or Stew - 1pkg - mix it to a powder in a food processor/mixer. It's OK if there are crunchy pieces left - it will remind you of 7-grain breads!
- 1/2 tsp baking powder
- 1/2 tsp Molly McButter
- 1 tsp shredded FF Mozzarella Cheese
- Mix all the dry ingredients well in the cup.

- 3 Tbsp eggbeaters
- 1 Tbsp Egg Beaters Egg Whites

- Spray SPAM on small nonstick loaf pan (get few of them - good for meatloaf too).
- bake in microwave for 2 minutes
- Let it cool off. Cut on perimeter in 2 slices. Can refrigerate and eat same OR next day!
- Great toasted (don't overtoast it). I either split it with my L&G OR eat with FF Cream Cheese.. Adding cheese gives it extra taste and texture...

Orange Spice Microwave Cookie

Looking through all the really delicious looking recipes it has really astounded me how creative foodies (that would be us) can get in the right circumstances...LOL

Soooo, I started experimenting myself and discovered a delicious Microwave Shake Cookie that I thought I would share here. So here goes. Keep in mind microwaves are different so you might have to play around a bit on time.

1 Orange Crème Shake
1 TBS Walden Farms SF Pancake Syrup
1 TBS Torani SF Carmel Syrup
~ 1 1/2 tsps water
Cinnamon-- ~ 1/2 tsp
Nutmeg-- ~ 1/2 tsp

Gently stir together but make sure the dough is mixed well(slowly so the shake doesn't fly all over...lesson learned). The batter will be sticky.

Spray a microwave bowl (I used one with a 4 inch bottom which seems to work really well to turn out a nice shaped cookie) with PAM. Scrap the dough into the bottom of the bowl and microwave for 1 1/2 minutes.

Take the cookie out and let cool then ENJOY.

Hope you love it...especially as we start to move toward Harvest Time

Crepes or Swedish Pancakes

I love crepes and also the thin pancakes with powdered sugar and lemon juice or jam. Here is my MF version.

1 package Vanilla shakes
1 package MF eggs
1/4 tsp baking powder
1 tsp vanilla
1 packet Splenda
a pinch of salt.

Add water to get a thin pancake batter consistency.

Heat a small non-stick skillet with Pam (8 inch?). Pour in enough batter to coat bottom of the pan. Cook over medium heat until set. Then turn (I use a silicon spatula) and cook the other side for a minute. You may need to experiment with cooking temp/time. They cook fast - so be ready to flip them as soon as they set and take them up quickly after flipping.

I make 2-3 pancakes with the batter. Then I cut the whole stack in half and save half for another meal.

To serve - I spray with butter flavored spray and add a bit of SF jam or sprinkle a packet

of Splenda and then add lemon juice. Pretty yummy and very crepe like. You can do lots of things with these of course and vary the recipe.

(I tried using the Vanilla pudding instead of the shake and it didn't work at all)

Crock Pot Italian Beef

6-8 servings

3 to 4 lb beef rump roast
1 (8 oz.) can tomato sauce (no sugar added variety)
2 1/2 cup water
1 teas salt
1 teas pepper
1 teas parsley flakes
1 teas garlic powder
1 teas basil
1 teas oregano
Dash Worcestershire sauce
Dash soy sauce
1 package Italian salad dressing mix (Good Seasons)

Put roast in crock pot. Combine remaining ingredients in saucepan and cook over medium-high heat until mixture comes to a full boil. Remove from heat and pour over roast in crock-pot. Cook all night on low or 6 to 8 hours on high. About 1 and 1/2 hours before serving, flake meat apart and continue cooking.

WITH SMASHED Cauliflower

- 1 1/2 cups steamed cauliflower
- I Can't Believe It's Not Butter spray
- Salt/pepper

Mash the steamed cauliflower (could do this in a blender). Could also add 1 Tblspn skim milk for consistency, if desired. Spray with "butter" spray and add salt/pepper to taste.

Chocolate MF Ice Cream (version 1.1)

Original recipe by Ken Hallenius, "khiddy"

Makes four 5oz. servings (approximate calorie count: 79 cal. per serving)

2 packets MF Dutch chocolate 70 shake (or Swiss mocha, or chocolate appetite suppressant, if desired; if using "55" shakes, revise calorie count downward)
1 packet MF chocolate pudding
2oz (or more, if desired) sugar-free flavored syrup (try DaVinci Chocolate or Peppermint Paddy, or Walden Farms chocolate sauce)
20oz (1 pint) cold water

Optional garnish:

1 MF chocolate bar (or chocolate mint), crumbled into bits, divided among 4 bowls (add 40 calories per serving)

Mix shake and pudding powders together in medium mixing bowl. Add water and syrup, and blend until smooth. Cover bowl and chill in refrigerator for at least 30 minutes. When ready to freeze, remove from fridge, stir once more, then pour into already-operating ice

cream maker. Mix until desired consistency (it will be like soft-serve). Garnish with crumbled chocolate bar just before serving.

If you want a more solid ice cream, remove soft-serve from ice cream maker and transfer to freezer containers, covering surface of ice cream with plastic wrap (to keep the "ice cream skin" from forming). Place in freezer for 4 hours or more. You'll need to thaw a bit before eating, it gets quite dense, but the flavor remains delightful!

STONEFEMME'S CRISPY COOKIES!!

These are the BEST cookies!
PREHEAT OVEN TO 375

dry stuff

Mix 1 package of Oatmeal (any flavor... maple and brown sugar is the best)
1 pkg Choc. Pudding
3 pkg splenda
1/2 tsp Baking powder.

Mix this DRY mixture in the magic Bullet for a few seconds (better texture)

In a Separate bowl Mix

1 tsp Vanilla
3 TBL Spoons of SF Davinci syrup (I use Kalauha)
1/4 cup cold water MINUS One Tablespoon!
1 TABLESPOON Crunchy Peanut Butter or PB2
mix well (peanut butter won't mix...)

ADD DRY MIXTURE and mix WELL with a metal spoon (cause it is gonna be hard to mix... IT WILL BE LIKE CLAY...)

half the mixture and store 1/2 in a baggie IN THE FRIDGE (Unless you wanna cook it all at once)

roll the mixture into balls smaller than a golf ball...
lay each ball on a cookie sheet that has been sprayed with pam...

Once all the balls are down... spray the tops with pam and flatten with your thumb or first two fingers... (The flatter, the crispier)

Bake in a preheated oven at 375 for about 10 minutes or so till crispy

Once I burnt them a little bit... and They were GREAT (even a little burnt!!)

SIMPLE FUDGE BALLS- Who needs all that cooking?

I mixed a pack of chocolate pudding with a Tablespoon FF cream cheese and a little water. Froze them. Yummy!

TSG Southwestern COT Chips

I added 1 tsp of Stacey Hawkins Time Savor Gourmet Southwestern Seasoning to my Cream of Tomato chips recipe (powder + 2 T water) and they were WONDERFUL. I didn't add any other seasoning (or even any salt!). I am eating them with my laughing cow cheese wondering why I didn't try these two months ago when I got the seasoning! They are tasty!

Thanks Stacey for the yummy Southwestern Seasoning. I'm going to have to try it with COC and see if that's good.

For those that need the recipe:

1 package Cream of Tomato soup

2 T water

1-2 tsp TSG Southwestern Seasoning

Mix all together (will make a paste) and then spoon onto silpat or glass dish sprayed with cooking spray. Spray the top of the mixture with cooking spray and spread out with hands to make a thin layer (I usually have to spray mine twice or it sticks to my hands). Cook 2-3 min depending on your microwave. Then remove, let cool, and break into "chips".

Another Cream Of Soup Recipe

2 Packets Scrambled Eggs Rehydrated

2 tsp Baking Powder

4 Packets CO Soup, your choice

Any Spices you like

Water to make dough

Mix dry ingredients and mix. Add wet ingredients and mix well. Spoon into Muffin Tin sprayed with non-stick spray. Bake 350 degrees F for 10-15 min.

Makes 6 meals

Crab Soup Solution!

I have a ton of the crab soup which, although I loved when I first started, I just can't stomach now. After trying chips (way too strong) and bread (just yuk), I finally hit upon a recipe that isn't too awful. It's a knock off of someone else's so I can't take full credit.

3 packets of crab soup

1 cube of chicken bouillon

1 tsp baking powder

shaved Parmesan cheese (watch the amount)

1/3 cup water

Blend up the crab soup until it's a fine powder, then mix with the other ingredients. Spread or press onto a baking sheet sprayed with Pam (it WILL stick if you don't). Bake at 450 degrees for somewhere between 15-20 minutes. Let it cool a bit, then enjoy!

I suppose you could top it with something, but it was pretty good on its own. I ate one portion and am saving the rest for tomorrow's meals. It's a bit salty from the bouillon, but that cuts the strength of the flavor. If you've ever tried making chips out of this soup, you know what I mean!

It's not the absolute best, but it's good enough to where I can use up my soup! I may try it with the beef stew next.

Crab or Salmon Cake Recipe

Warning: this is one of those L&G's you probably want to split as it makes two huge crab cakes*. You could probably make 4 smaller ones too. Actually, as I'm typing this that sounds like a better idea because they can get pretty crumbly before they cook. But these were soo yum and you bet I'm going back to the store today to stock up!

2 cans crab meat (makes 6 oz of meat after draining)
2 egg whites
paprika
salt and pepper
Mrs dash garlic herb seasoning
1/2 tsp dried dill
2T chopped fresh parsley
1 T chopped fresh chives
1 packet true lemon (could probably use 2 if you want)
1 packet MF crackers, crushed
1 T canola oil (optional, I think Pam would be OK too)

Aioli:

1tsp Soy Mayo (I used Nasoya...very low cal low carb low fat and approved by NS in small amounts)
1tsp Dijon Mustard

Mix 5 oz of the crab meat together with the rest of the ingredients except the crackers and oil. Give the remaining oz to the Medipet of your choice. Make into 2-4 patties and press into the cracker crumbs. Fry in a skillet with Pam or the oil until golden brown, just takes a few min on each side. Enjoy over a mesculun salad mix and spray salad dressing to keep the carbs and cal's down. Dollop with the aioli and enjoy!

Remember these will be crumbly before you cook them since there's no bread crumbs being added to the mix. They firmed up surprisingly nicely after cooking And I didn't measure the seasonings but put quite a bit of paprika in there. Just season to taste. I calculated about 360 cal without the aioli. Of course it would be lower without using the oil. The only real carbs added are from the crackers and maybe very small amounts from the herbs and aioli. This counts as your lean and a snack.

Oatmeal Belgium Waffles

Just had the best breakfast since I started MF 7 weeks ago. Belgium waffles made with the oatmeal. Sorry - don't know whom to thank for this recipe I found yesterday while looking for better ideas for the oatmeal (can't find it again). I've been eating the bread bars made in a muffin top pan and that was pretty good, but these were awesome - just as good as the waffles I used to make. Here's the recipe I used:

1-pkg oatmeal
1/2 teas. Baking powder
2 Tbls. egg beaters
1/4 - 1/2 cup water
dash cinnamon
dash butter buds

I let the batter sit while the waffle iron was heating up. They came out real light and fluffy. Used some WF blueberry syrup and was in heaven.

I have a professional Belgium waffle iron that flips - not sure how it would work with a regular one. (I tried the pancakes once - there is no comparison to these waffles.)

Peach Oatmeal Chewy

Close as we're gonna get to legal peach pie.

1 pack peach oatmeal
1 pack splenda
enough water to make it like a dough
Spray a glass pie plate with pam, wet your fingers and smash the dough down into the pie plate evenly. Spray with 2-3 squirts of I Can't Believe it's Not Butter spray. Sprinkle with cinnamon. Microwave 2 minutes, turn it over and microwave 15 seconds more. Turns out chewy and peachy.

Enjoy! And it's legal!
deb

MF DILLY BISCUITS

2 MF Cream Of Chicken pkts
2 MF Eggs pkts (or 2 egg whites-deducted from lean)
2T ground flax seed
10 T water
1 1/4 tsp Baking Powder
1/2 tsp garlic powder
1/2 tsp dried dill weed
couple grinds of fresh ground black pepper
Preheat oven to 375 F. Put in sprayed muffin tin-regular size not mini. Bake 15 mins until just brown and spring back when pressed.

2 biscuits=1 MF meal (3 biscuits=1 MF meal if using egg whites)
Total yield 8 muffins/4 MF meals (Total yield 6 muffins/2 MF meals + part of lean if using egg whites)

Hope ya'll love them as much as I did.

I did not use the MF eggs. I used the egg whites. VERY FILLING MEAL BTW!
I wanna try this with Cr of Broccoli next.

These are awesome if you form on Reynolds release like a Hamburger Bun or flatbread then use half your lean and some lettuce for a sandwich!

Cabbage rolls

I made turkey rolls that were pretty good

1 lb 90% ground turkey
1 head of cabbage
1 Cup egg whites
1 packet of sodium free beef bouillon powder
1 tsp each of paprika, ground pepper, sea salt, onion powder, garlic powder(or 1 clove whole crushed garlic), gravy master or kitchen bouquet flavoring.
1 Large Can tomatoes
1 small package of sauerkraut

core and steam the cabbage. when leaves are cooling. mix turkey, egg whites, and seasonings in separate bowl. Measure out your turkey mixture (I did 3 oz for each roll) roll mixture in leaves and place in bottom of stew pan. top off with tomatoes plus 1 can water and add to the top the sauerkraut, cook on low heat for 2 -3 hours(the longer the better) and serve with dollop ff sour cream sit back and enjoy!

SIMPLE 'SHAKE AND BAKE' CUSTARD...Makes 2 Medifast Meals

(You've got to try this simple recipe)

In shaker jar combine:

8 ounces water
1 packet Medifast Eggs
1 packet Medifast Vanilla Shake (55, 70 or Diabetic)
4 packets Splenda

Shake....Shake....Shake....

Pour mixture into 2 custard cups sprayed with Butter Flavor Cooking Spray

Sprinkle tops with nutmeg (optional)

Put custard cups on cooking tray

Bake at 350 degrees 20 minutes (if using a toaster oven 425 degrees)

Eat one warm and the other cold (will save in refrigerator)

Mexican hot chocolate

one hot cocoa powder packet
8 oz brewed coffee (or however much you want to add)
cinnamon, to taste
nutmeg, to taste
dash of chili powder (like ancho chili, or I used Spanish chili powder), to taste

mix the hot cocoa powder and dash chili powder with coffee to taste. microwave. top with cinnamon and nutmeg. it has such a rich chocolate-y flavor with a warm spicy aroma. the aftertaste is slightly hot! sooo good!!!

Chocolate crisps... or roll-ups... or both

I don't know what to call this... I was trying to make cookies from hot cocoa in the oven and they spread together into this giant thin crunchy chocolate pancake... but the mistake became a favorite! Portable, too...

The first time I let this cook until it made chocolate "leather" (like fruit roll ups). I made another batch and let it cook a little longer till it got crispy, like the soup chips, only chocolate! I like them both, but I'm PMSing this week so I need that crunch!!!

1 pkg hot cocoa
1 T vanilla or raspberry sugar free syrup
a little water to make it like slightly thin cookie dough (not too thin, it spreads)

Drop in blobs onto a 7-8 inch Pam-sprayed pan (I use a round one), bake at 350 until it spreads and holds together, (only a few minutes in my toaster oven).

You have to watch it closely because it can burn quickly. It crisps up as it cools, so you don't need to cook it till it's crunchy.

I just break it up into chips -- and made a dip with blended cottage cheese, orange extract and Splenda. Or I make the roll-up and take it to work.

Either way, it's portable cocoa! You could add cinnamon to make it a Mexican chocolate flavor.

Quiche

1 cup egg substitute
1/2 cup Kraft Low-Moisture Part-Skim Mozzarella Cheese
1 cup spinach
1/2 cup mushrooms
1/2 cup zucchini

I preheated the oven to 375, mixed that all together in a bowl and put it in a Pam sprayed pie pan and cooked it for 30 minutes.

Chai Vanilla Shake Cake (2 servings)

1pkt Vanilla Shake
1pkt Chai Latte
1/2 tsp baking powder
4 TBS Egg Beaters
2 TBS Water

Mix together then separate into 2 bowls. (I use the ziplock 2 cup bowl) Microwave about 1 1/2 minutes until done. Enjoy.

Banana Split Cake!

1 package of banana shake
1/4 tsp baking powder
1 splash s/f chocolate davinci syrup
enough water to make cookie dough consistency (about 3tblspns)

Put in glass dish sprayed with olive oil spray (I have cup size baking dishes)

cook in microwave for 2 minutes. Don't reduce power but make sure your dish is tall enough that when it first starts rising it won't topple out.

Jello Shakes

My favorite way to have the flavored shakes is in Jell-o (since you can have it as a snack). In a blender, add 1 small package of sf/ff jello and 1 cup very hot water. (If it is boiling water, it will shoot out the top of your blender). Then add 2 packages of any medifast shake and 1 cup cold water. Whip together and then pour into 2 large cups and place in fridge until set. (Each cup is 1 medifast meal)

Chai Cake

1MF Chai, 1/4c egg beaters (=1/8 lean) and 1/4t baking powder (1 condi). Mix all in micro safe bowl and microwave 2 mins on high. You can also slice and toast from there. Delicious with Walden Farms no calorie fruit spreads or with smart balance lite cream cheese (1T = 35 calories, 2g fat, 2g protein, 1.5g carbs) counted as a small (1/8-1/6) portion of your lean.

Crepes

1 MF egg packet
1 MF vanilla shake packet
1/2 tsp baking powder
little vanilla flavoring
water to consistency of runny pancake batter (about 1/2 cup or so)
Cook in pan with pam spray
Makes 2 MF meals, serve with little butter spray or else SF jelly. * (maybe try fat free cream cheese)

Shake Cakes

1 shake
1 T of egg beaters or egg beater whites
2 T water
1/2 tsp of baking powder
Mix well. You might need a little more water.... just enough to mix well and be "cake batter" consistency.
Microwave in a regular cereal bowl (the same one you mixed it in) for about 1.5 minutes. Sometimes I add a little Walden farms topping to it (my favorite is blueberry on the vanilla shakes) and sometime I mix a little PB2 with water and put it on the chocolate ones!

Chocolate Cake

1 pkt MF Chocolate Shake
4T water
3/4 tsp non-aluminum baking powder
1/3 tsp baking soda

Mix dry ingredients well. Add water and mix until frothy. Spray bowl with pam if needed (I use a plastic bowl I don't need to do that with) Microwave 1 1/2-2 mins until done but not burned-depends on your microwave.

Shake Cookies

1 packet MF vanilla shake
1/8 tsp baking powder
2 packets Splenda sweetener
1/2 tsp vanilla extract
1/2 tsp cinnamon
1/4 cup water
Dash of salt

Combine all ingredients in a bowl. Spray a foil-lined, ovenproof pan with non-fat cooking spray. Drop mixture by teaspoon onto the pan and bake in oven at 350 deg. F for 15 minutes. Makes approx. 5 cookies.

Cheese Blintz

I made the breakfast bread out of the strawberry shake - used 1/2 t of baking powder, 1/4 cup eggbeaters and spread it fairly thin in the bottom of my Pyrex baking dish, nuked for about 2 minutes.

Then I mixed 1 T of lowfat cottage cheese with 1T of Walden Farms marshmallow cream, put it in the strawberry "crepe" I just made, and topped it with a little WF strawberry fruit spread. It was a cheese blintz!!! So incredibly good!

Iced cupcakes

3 mf meals and several condiments (maybe a snack) depending on what you use. There are several things you can substitute; you can use any combination of sugar free syrups or extracts.

What I did: Spray 6 mini muffin cups with Pam, preheat oven to 350 degrees

Mix in a small bowl with a hand mixer
2 MF vanilla shakes
1/4 tsp baking powder
1/4 tsp baking soda
1 1/2 T flaxseed meal (optional)
1 tsp French vanilla extract
3 Tbsp egg beaters
1/3 cup water

Bake for 14-16 minutes

After it cools, mix the icing ingredients and ice the mini cupcakes.

Icing: You want an icing like consistency.

1 cocoa

2-4 Tbsp Davinci SF German chocolate syrup

A little water (other options 1 tsp Walden Farms Marshmallow dip and/or 1 T pb, all were yummy)

Strawberry Shake cake

1 packet strawberry shake

1 tsp baking powder

1 egg (deduct from L&G..I do this because I have a hard time eating all my meat that meal)

2 or so TB of Crystal Lite

1 tb Splenda

1 TB canola oil

Blend with a beater, spray muffin tins with non-stick spray. Bake at 350 until the edges are slightly browned. They will come out a pink color

Chai Vanilla Muffins

1 pkg vanilla shake

1 pkg chai-latte

2 tablespoons eggbeaters

1/2 teaspoon baking powder

water

Mix in a small bowl and drizzle in the water until it was the consistency of cake batter. Pour into two small custard cups and microwave on high about 2 min.

Brownies

3 packets of chocolate pudding

2 packets of MF eggs

1 packet of MF chocolate shake

1/4 C of WF chocolate syrup

1/2 tablespoon of baking powder

put in a Pyrex pan, sorry don't know the size, on 350 for about 30 minutes, just keep checking the middle.

This yields 6 meals, just cut into six equal squares.

I log the WF in private meals.

I put one tablespoon of soy whipped cream .05 grams fat and 1 gm carb on apiece when I have one. I just store them in the fridge

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Sprinkle tops with nutmeg (optional)

Put custard cups on cooking tray

Bake at 350 degrees 20 minutes (if using a toaster oven 425 degrees)

Eat one warm and the other cold (will save in refrigerator)

VANILLA CHAI SHAKE

Mix 1 vanilla shake with 1 chai latte, 16 oz of water, and some ice...it makes two really great shakes

MORNING WAKE UP SHAKE

1 meal

1 pkt Chocolate shake mix

1 cup of water

1 heaping teas of instant coffee

1 pkt of Splenda

1/2 capful of vanilla extract.

Add ice and mix in magic bullet or blender. You'd swear it comes from Starbucks!

RECIPES FOR THE ORANGE SHAKE

Orange Sherbert Shake: Use one pkg. Orange Medifast and add Crystal Lite Lemonade powder. (I use 1/2 on-the-go packet.) Blend with 6 oz. water and 8-10 oz. ice.

Tropical Smoothie: One pkg. Orange Medifast and Crystal Lite Raspberry Ice powder. (I use 1/2 on-the-go packet.) Blend with 6 oz. water and 8-10 oz. ice.

For Strawberry Shake try these recipes.

Strawberry Kiwi Shake: I am adding about 1/4 tsp of Crystal light Strawberry Kiwi drink mix to the Strawberry shakes to make them tastier.

Strawberry Lemonade: Add Crystal light Lemonade (or Pink Lemonade) to the Strawberry Shake. I hope this helps. Just keep trying different things.

ARBONATED SHAKE

1 meal

I put ice cubes (4) in the bottom of the blender, then add the vanilla shake mix, followed by about 8 oz of diet vanilla Pepsi. I start the blender on low and then rev it up to high slowly, it mixes all ingredients well and makes it very thick and creamy, I get two large glasses full from one vanilla shake mix packet.

CINNABON

To a vanilla shake, add 1 tsp. butter buds (adds 5 calories and 0-1 carb--I've seen it listed as both 0 and 1) and a good shake (or four) of cinnamon.

Add some vanilla extract if you want..and a few ice cubes.

YUM! It really smells and tastes like a cinnamon...

PEPPERMINT PATTY SHAKE

1 PKT Dutch Chocolate Shake
1/8 tsp peppermint extract
]6-8 oz. Cold water
3-4 ice cubes
Blend

FROZEN PUMPKIN SHAKE

1 pkt Vanilla Shake
1 tsp. Pumpkin spice
1/8 tsp. Cinnamon
6-8 oz. Cold water
3-4 ice cubes
Blend

MOCHA FREEZE SHAKE

1 pkt Dutch Chocolate Shake
1 tbsp. Instant coffee
1 pkt Splenda
sugar free vanilla or caramel DaVinci Syrup (to taste)
6-8 oz cold water
3-4 ice cubes
Blend

BUTTER PECAN SMOOTHIE

1 pkt Vanilla Shake
3 oz. Water
½ tsp coconut extract
½ tsp maple extract
2 tsp Splenda
ice cubes

Blend water, extracts and sweetener together. Add shake and blend again, adding ice until you achieve desired consistency. You may sprinkle with nutmeg, if desired.

Beef Pot Pie

1 pkg. MF beef vegetable
1/4 cup water
1 tsp of baking powder
3 aluminum baking cups

I cooked for about 10 mins at 350. Then I put them in the broiler for about 2-3 mins to get a nice crispy crust on top.

They had a nice crust on the top and bottom and had a nice potpie consistency inside.

Peach Cran~Mango Muffins

1pk peach oatmeal
1pk eggs
1pk cranberry mango
1 teaspoon baking powder
1 Tablespoon splenda
1/2 c water

Mix and let sit a few minutes. Divide into 12 mini-muffin tins (I guess you could do regular size, also) It almost fills the tin. Bake at 350 for 8-10 min.

You get four per serving!! they are pretty good!!

Laura's Frittata

1 cup chopped frozen spinach
1/2 cup chopped tomatoes (with green chilies)
1 T chopped dried minced onion
1/4 cup shredded mozzarella
1.5 oz chopped smoked turkey
1 cup egg beaters

I put all that in Pam-coated pie plate and baked it for 30 minutes at 350.