



Healthy Snacks...if you must snack!

If you are feeling hungry and it is not time for your next Medifast meal, you should follow certain steps to decide if you indeed need to add extra calories...

1. 1st have a big glass of water! Chances are very high that you may only be thirsty. Wait 10 minutes.
2. Next have a cup of boullion and a stalk of celery. Wait 10 minutes. (Your electrolytes may be a little low which can trigger your body into feeling hungry)
3. If you are still hungry then I suggest you have an extra shake. It is only an extra 100 calories, but very nutritious for you.

If you are looking for some variety in your low cal snacks:

Asparagus (1/2 cup=18 cal, 3 carbs)
Broccoli, chopped (1cup=44 cal, 8 carbs)
Cauliflower (2 oz=12 cal, 2 carbs)
Celery (1 stalk=6 cal, 1carb)
Cucumber (1cup=15 cal, 3carbs)
Dill Pickle (1=4 cal, 1 carb)
Lettuce (1cup=2 cal, 0 carbs)
Radishes (1 oz=8 cal, 2 carbs)
Spinach (1cup=6 cal, 1 carb)
Sugar-free Jell-O
Sugar-free popiscle
Make your own Crystal light popsicle
Medifast Soy Crisps
Medifast Crackers