

TIPS ON HOW MAKE AND USE THE PRODUCTS

Instructions on how to use the products are on the side of every box

- ✓ Follow the directions on the soup box, using a deep bowl. Place a lid over the top of the bowl after removing from the microwave and let the soup sit for 5 minutes this allows ingredients to get moist and tender. (warm up before eating for about 45 seconds, if you want it HOT!)
- ✓ **OR** you can just add hot water to soups and wait for 10 minutes without using the microwave. (still rewarm it, if HOT is desired!)
- ✓ Get creative with the soups by adding spices: dissolved chicken bouillon is great! Basil added to the tomato soup is good, as well as parsley added to the chicken and minestrone soups. You can use a portion of your lean/green added into soups.
- ✓ Try PIZZA with the tomato soup, broccoli or cream of chicken, take 1/8 baking powder, 1 packet of soup, 1 packet of crackers (you don't need the crackers and you still get the same result-remember crackers are a treat) crumbled crackers adding in to dry soup with 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 the garlic herb is good mixed in the broccoli or cream of chicken soups), mix together scoop out onto a dinner plate or glass pie plate (mixture spreads out like pizza after it is microwaved) and microwave for 2 minutes then put 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 be sure to count this towards your lean/green. Go ahead and enjoy eating it right out of the dish.
- ✓ The shakes can be made in the shaker jar or blender. Use cold water, or you can add crystal light to the water to give them some zip! Add spices, sugar free syrups or flavor drops: (cinnamon, allspice, vanilla, almond, chocolate hazelnut, etc.), and splenda if you like.

- ✓ The shakes can be frozen and eaten, or made ahead of time and placed in refrigerator or freezer [go to www.capellaflavordrops.com](http://www.capellaflavordrops.com) if you want to add different flavors to your products. Crystal light mixes well with shakes especially the orange and raspberry with the orange cream shake and strawberry just like sherbet.
- ✓ The oatmeal is great when made into muffins. See peach oatmeal box for the recipe. You can add more vanilla but cut back on the water. You want the batter to be thick. Bake 20 minutes for firmer muffins. Use mini muffin tins makes 6 muffins.
- ✓ Oatmeal is great made into pancakes. Follow muffin recipe and slowly add water to mix. It will thicken the batter. Make them just like regular pancakes allow more cooking time. You will know when to turn them they take a little longer to cook than regular pancakes. Try using the Walden Farms sugar free syrup and I can't believe its better. WOW yummy.
- ✓ Use cold water when making the pudding in your shaker jar. Use 4 ounces of water and add in product. Shake and eat! The Walden Farms jellies and marshmallow added in makes the puddings yummy.
- ✓ Hot drinks (hot chocolate, chi latte, and cappuccino) can be made in the shaker jar with cold water and then pour into mug heating in the microwave as directed on the box. The cappuccino is great on ice. Try adding in the Walden Farms marshmallow to the hot chocolate.
- ✓ You can have salad dressing and condiments. Keep them low in calories and carbs (2 Tablespoons). Check out the diabetic section of your market to find a product called **Walden Farms** or go to their website www.waldenfarms.com their products have no sugar, no carbs, no calories and taste great.

Everything you received in your variety pack is a meal. Shakes are meals and you should have not less than 2 per day 3 are better for a quicker weight loss.

Snack products are not to be used as medifast meals. You can have soy crisps (medifast product), crackers (medifast product) or tomato soup snack (medifast product), 1 cup sugar free Jell-O, 2 dill pickles, 3 celery stalks, 1 sugar-free popsicle, 1 bouillon cube (one per day).