

Condiments can help to enhance the flavor and variety of your [Medifast Meals](#) and your [Lean & Green Meal](#). Please note that the calorie and carbohydrate content of products will vary depending on the brand or variety of the product used. This list is meant to serve as a general guideline of portion sizes for commonly consumed items. Typically, a condiment option should provide NO MORE THAN 1 gram of carbohydrate per serving size. Please read nutrition labels to determine whether your specific product is appropriate for use in terms of carbohydrate content.

**Reminder: Limit condiment options to < 3 per day.**



To assemble, print out both pages. Cut each sheet on the dotted lines; dividing the sheet into fours. Put sheets in order according to page number, using this page as the cover and staple together.



## HERBS & SPICES

### FRESH

<b>Basil:</b> 1 cup or 45 leaves	<b>Parsley:</b> 1/4 cup or 15 sprigs
<b>Coriander (cilantro):</b> 1 cup leaves or 9 sprigs	<b>Peppermint:</b> 4 Tbsp or 100 leaves
<b>Dill weed:</b> 1-1/2 cup or 70 sprigs	<b>Rosemary:</b> 2 Tbsp
<b>Garlic:</b> 1 clove or 1 tsp minced	<b>Seaweed:</b> 1 Tbsp
<b>Ginger root:</b> 2 tsp	<b>Spearmint:</b> 2 Tbsp
	<b>Thyme:</b> 5 tsp or 1-1/2 Tbsp

### OTHER

<b>Allspice, ground:</b> 1/2 tsp	<b>Curry powder:</b> 1/2 tsp
<b>Anise seed, whole:</b> 1/2 tsp	<b>Dill seed:</b> 1/2 tsp
<b>Basil, dried:</b> 1 tsp ground or 2 tsp leaf	<b>Dill weed, dried:</b> 1 tsp
<b>Bay leaf:</b> 2 tsp, crumbled	<b>Fennel seed:</b> 1/2 tsp
<b>Capers, canned:</b> 2 Tbsp, drained	<b>Fenugreek seed:</b> 1/4 tsp
<b>Caraway seed:</b> 1/2 tsp	<b>Garlic powder:</b> 1/4 tsp
<b>Cardamom:</b> 1/2 tsp	<b>Ginger, ground:</b> 1/2 tsp
<b>Celery seed:</b> 1 tsp	<b>Mace, ground:</b> 1 tsp
<b>Cinnamon, ground:</b> 1/2 tsp	<b>Marjoram, ground:</b> 2 tsp
<b>Cloves, ground:</b> 1/2 tsp	<b>Mrs. Dash® Seasoning Blends</b> (all flavors): 1/4 tsp
<b>Coriander (cilantro):</b> 1 Tbsp leaves	<b>Mustard seed:</b> 1/2 tsp
<b>Cumin seed, whole:</b> 1 tsp	



## HERBS & SPICES (cont.)

### OTHER

<b>Nutmeg, ground:</b> 1/2 tsp	<b>Rosemary, dried:</b> 1 tsp
<b>Onion powder:</b> 1/2 tsp	<b>Saffron:</b> 2 tsp
<b>Oregano, dried:</b> 1/2 tsp ground or 1 tsp leaves	<b>Sage, ground:</b> 1 Tbsp
<b>Paprika:</b> 1/2 tsp	<b>Salt:</b> 1/4 tsp
<b>Parsley, dried:</b> 1 Tbsp	<b>Savory, ground:</b> 1 tsp
<b>Pepper, all varieties:</b> 1/2 tsp	<b>Spearmint, dried:</b> 1 Tbsp
<b>Poppy seed:</b> 1 tsp	<b>Tarragon, dried:</b> 1 Tbsp leaves or 1 tsp ground
<b>Poultry season:</b> 1 tsp	<b>Thyme, dried:</b> 1 tsp leaves or ground
<b>Pumpkin pie spice:</b> 1/2 tsp	<b>Tumeric, ground:</b> 1/2 tsp

## ARTIFICIAL SWEETENERS & FLAVORINGS

<b>Artificial sweeteners:</b> 1 packet
<b>Crystal Light® "On-the-Go" sticks:</b> 1/2 packet
<b>Extracts (all varieties):</b> 5 drops or 1 tsp
<b>Sugar-free syrups*:</b> 1-2 Tbsp
<b>Sugarless gum:</b> 1 piece
<b>TrueLemon® or TrueLime®:</b> 1 packet



## SAUCES

<b>Barbeque Sauce</b> Regular: 1/2 tsp Sugar-free: 1 Tbsp	<b>Pasta/marinara sauce:</b> 1 tsp
<b>Catsup</b> Regular: 1/2 tsp Sugar-free: 1 Tbsp	<b>Salsa, tomato-based varieties only:</b> 1 Tbsp
<b>Cocktail Sauce</b> Regular: 1/2 tsp Sugar-free: 1 Tbsp	<b>Soy sauce</b> Regular or low-sodium: 1 tsp or 1 packet
<b>Fish sauce:</b> 1 Tbsp	<b>Steak sauce:</b> 1 tsp
<b>Horseradish:</b> 1 tsp	<b>Sweet &amp; sour sauce:</b> 1/2 tsp
<b>Hot or Tabasco® sauce:</b> 3 Tbsp	<b>Teriyaki sauce, ready-to-use only:</b> 1 tsp
<b>Mustard</b> Yellow: 1 Tbsp or 3 packets Dijon: 1 tsp Sweet & spicy: 1/2 tsp	<b>Tomato paste:</b> 1 tsp
<b>Oyster sauce:</b> 1 tsp	<b>Vinegar</b> Cider, white, or red wine: 2 Tbsp Balsamic: 1 tsp
	<b>Wasabi:</b> 1/2 tsp
	<b>Worcestershire sauce:</b> 1/4 tsp

\*Typical brands Medifast users choose include: DaVinci Gourmet™, Torani®, and Walden Farms™. Generally these can be purchased online, at Starbucks, specialty stores, Target, or Walmart - selection may vary by individual locations. Please view nutrition label to determine amount most appropriate to conform to ≤ 1 g carbohydrate.



## OILS & FATS

The following can be incorporated as 1 Healthy Fat serving.

Salad dressings should provide approximately 5 grams of fat and < 6 grams of carbohydrates per serving. The following meet Medifast guidelines for salad dressing choices, including but not limited to:

### Benecol® spreads

Regular: 1/2 Tbsp  
Light: 1 Tbsp

**Butter:** 1 tsp

### Cream cheese, regular:

1 Tbsp

**Half & Half creamer:** 2 Tbsp

### Margarine

Trans-free, regular: 1 tsp  
Trans-free, light: 1 Tbsp

### Mayonnaise, regular or soy-based:

1/2 Tbsp

### Oil:

1 tsp

Recommended varieties: olive, flaxseed, canola, safflower, walnut

### Olives green or black:

5 or 6 medium size olives

### 2 tablespoon serving size for:

#### Newman's Own® Lighten Up

SunDried Tomato  
Lime Vinaigrette  
Balsamic Vinaigrette  
Caesar  
Red Wine & Olive Oil

#### Kraft® Light Done Right

Raspberry Vinaigrette  
Roka Blue Cheese  
Italian

### 1 tablespoon serving size for:

#### Newman's Own®

Balsamic Vinaigrette  
Parmesan & Roasted Garlic  
Family Recipe Italian  
Oil & Vinegar  
Ranch  
Two Thousand Island

#### Kraft®

Buttermilk Ranch  
Honey Dijon  
Creamy Italian  
CarbWell Classic Caesar



## ADDITIONAL OILS & FATS & OTHER FLAVOR ENHANCERS

Do NOT count the following as a Healthy Fat serving.

**Imitation butter sprays:** 10 sprays  
e.g., I can't Believe It's Not Butter®

**Sunflower seeds** (dry or oil roasted): 1/2 tsp

**Cream cheese, low-fat:** 1 Tbsp

**Parmesan cheese** (grated or shredded): 1 Tbsp

**Cooking spray**, e.g., Pam®: up to 10 seconds

**Pine Nuts:** 1/4 ounce or up to 40 nuts

**Sour cream** (all varieties): 1 tsp

### Whipped Cream

Non-pressurized (from tub): 1/2 tsp  
Pressurized (from can): 1 Tbsp



## MILK

**Cow's** – unflavored skim, 1%, 2%, whole or half & half: 1 Tbsp or 1 container

**Other** – unsweetened, or original soy, rice, or almond: 1 Tbsp

### Cream substitutes

Liquid: 2 tsp  
Powdered: 1/2 tsp or 1/2 packet

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## ADDITIONAL CONDIMENT OPTIONS

**Baker's yeast:** 1/2 tsp

**Baking powder:** 1/2 tsp

**Baking soda:** 1 tsp

**Broth, bouillon:** 1 cup or 8 fluid oz

**ButterBuds® or CheddarBuds®:** 1/2 tsp dry

**Chives, chopped:** 7 Tbsp

**Cream of tartar:** 1/2 tsp

**Flaxseed** (ground or whole): 1 tsp

**Jalepeño peppers:** 1 Tbsp

**Lemon or lime juice:** 2 tsp, 2 packets, or juice from 1/4 fruit

**Molly McButter®** – Natural butter, natural cheese, or roasted garlic: 1 tsp

Light sodium: 1/2 tsp

**Raw onion**, chopped: 1 Tbsp  
sliced: 1 thin slice

**Wheat, rice, or corn bran** (crude): 1/2 tsp

**Wheat germ:** 1/2 tsp

**Wishbone® Salad Spritzers™** –

Asian Silk, French Flair: 5 Sprays

Red Wine, Italian Vinaigrette, Balsamic Breeze, Caesar Delight: 10 Sprays

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