

# GREEN OPTIONS

All vegetables promote healthful eating; however, during the weight-loss phase of your plan, we do eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, onions, and brussels sprouts) in order to enhance your weight-loss results. Once you transition to the Maintenance phase of the program, we encourage you to include ALL vegetables for long-term health.

**Select ANY combination of three (3) servings for your Lean & Green Meal.**

## LOWER CARBOHYDRATE

**Celery (1/2 cup)**  
**Collards, fresh/raw (1 cup)**  
**Cucumber (1/2 cup)**  
**Endive (1 cup)**  
**Green leaf (1 cup)**  
**Lettuce, butterhead (1 cup)**  
**Lettuce, iceberg (1 cup)**  
**Mushroom, white (1/2 cup)**  
**Mustard greens (1 cup)**  
**Radishes (1/2 cup)**  
**Romaine lettuce (1 cup)**  
**Spinach, fresh/raw (1 cup)**  
**Spring mix (1 cup)**  
**Sprouts: alfalfa, mung bean (1/2 cup)**  
**Turnip greens (1/2 cup)**  
**Watercress (1 cup)**

**Asparagus (1/2 cup)**  
**Cabbage (1/2 cup)**  
**Cauliflower (1/2 cup)**  
**Eggplant (1/2 cup)**  
**Fennel bulb (1/2 cup)**  
**Kale (1/2 cup)**  
**Mushroom, portabella (1/2 cup)**  
**Spinach, cooked (1/2 cup)**  
**Summer squash:  
zucchini, scallop (1/2 cup)**

## HIGHER CARBOHYDRATE

**Broccoli (1/2 cup)**  
**Cabbage, red (1/2 cup)**  
**Collard or mustard greens,  
cooked (1/2 cup)**  
**Green or wax beans (1/2 cup)**  
**Kohlrabi (1/2 cup)**  
**Okra (1/2 cup)**  
**Peppers: green, red, yellow  
(1/2 cup)**  
**Scallions, raw (1/2 cup)**  
**Summer squash: crookneck,  
straightneck (1/2 cup)**  
**Tomato, red ripe (1/2 cup)**  
**Turnips (1/2 cup)**  
**Winter squash: spaghetti squash  
(1/2 cup)**

All vegetables on the Medifast Approved Vegetable List can be used in conjunction with the 5 & 1 Plan. This chart will help you identify the relative carbohydrate levels of these approved vegetables. If you hit a weight-loss plateau or are having trouble achieving the fat-burning state, we recommend you choose vegetables primarily from the lower carbohydrate side, as opposed to choices from the higher carbohydrate side.

\*Note - The optimal fat-burning state can be achieved with a total daily carbohydrate intake of approximately 80-85 grams. If you find it difficult to limit your carbohydrate intake to this level, try reducing the use of condiments and/or choose not to consume a daily snack.