



V171113MG

	Soy Protein (amount in grams)	Soy Free	Tree Nut Free	Peanut Free	Fish Free	Shellfish Free	Wheat Free	Milk Free	Egg Free	Certified Gluten-Free by GFCO (www.gfco.org)	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian-Friendly (Ovo-Lacto)	Added Caffeine (per serving)	Contains Sugar Alcohol
OPTAVIA Fuelings																
OPTAVIA™ Bar Fuelings																
Campfire S'mores Crisp	7.0 g		May Contain	May Contain	✓	✓	May Contain		✓		✓			✓		✓
Caramel Delight Crisp	7.0 g		✓		✓	✓	✓		✓		✓			✓		✓
Chocolate Cherry Ganache	8.0 g			✓	✓	✓	✓		✓	✓	✓			✓		
Chocolate Mint Cookie Crisp	7.0 g		✓	✓	✓	✓	✓		✓		✓			✓		✓
Cranberry Honey Nut Granola	8.0 g				✓	✓	May Contain		✓		✓			✓		✓
Creamy Double Peanut Butter Crisp	8.0 g				✓	✓	✓		✓		✓			✓		✓
Dark Chocolate Coconut Curry	8.0 g			✓	✓	✓	✓		✓		✓			✓		
Drizzled Berry Crisp	8.0 g		May Contain	May Contain	✓	✓	May Contain		✓		✓			✓		✓
Drizzled Chocolate Fudge Crisp	7.0 g		✓	✓	✓	✓	✓		✓		✓			✓		✓
Frosted Cinnamon Spice Crisp	7.0 g		May Contain	May Contain	✓	✓	May Contain		✓		✓			✓		✓
Frosted Cookie Dough	4.0 g		✓	✓	✓	✓			✓		✓			✓		
Honey Chili Cranberry Nut	8.0 g			✓	✓	✓	✓		✓	✓	✓			✓		
Raisin Oat Cinnamon Crisp	7.0 g		May Contain	May Contain	✓	✓	May Contain		✓		✓			✓		✓
Silky Peanut Butter & Chocolate Chip	4.0 g		✓		✓	✓	✓		✓		✓			✓		
Zesty Lemon Crisp	8.0 g		May Contain	May Contain	✓	✓	May Contain		✓		✓			✓		✓
OPTAVIA™ Breakfast Style Fuelings																
Cinnamon Crunchy O's Cereal	9.0 g		✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		
Golden Chocolate Chip Pancakes	5.0 g		✓	✓	✓	✓	✓			✓	✓			✓		
Golden Pancakes	10.0 g		✓	✓	✓	✓	✓			✓	✓			✓		✓
Indonesian Cinnamon and Honey Hot Cereal	0.0 g	May Contain	✓	✓	✓	✓	May Contain		✓		✓			✓		
Old Fashioned Maple & Brown Sugar Oatmeal	9.0 g		✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		
Orchard Apple & Cinnamon Spiced Oatmeal	9.0 g		✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		
Red Berry Crunchy O's Cereal	9.0 g		✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		
Wild Blueberry Almond Hot Cereal	0.0 g	May Contain		✓	✓	✓	May Contain		✓		✓			✓		
OPTAVIA™ Crunchers, Poppers & Sticks Fuelings																
Smoky BBQ Crunchers	9.0 g		✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		
Zesty Cheddar & Italian Herb Crunchers	9.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Jalapeño Cheddar Poppers	9.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Parmesan Garlic Poppers	9.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Honey Mustard & Onion Sticks	9.0 g		May Contain	May Contain	✓	✓			✓		✓			✓		
OPTAVIA™ Dessert Style Fuelings																
Chewy Chocolate Chip Cookie	9.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Chocolate Fudge Pudding	3.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		

✓ = Applies to product



	Soy Protein (amount in grams)	Soy Free	Tree Nut Free	Peanut Free	Fish Free	Shellfish Free	Wheat Free	Milk Free	Egg Free	Certified Gluten-Free by GFCO (www.gfco.org)	Kosher Dairy	Kosher Parve	Non-Kosher	Vegetarian-Friendly (Ovo-Lacto)	Added Caffeine (per serving)	Contains Sugar Alcohol
Cinnamon Cream Cheese Swirl	0.0 g			✓	✓	✓	✓			✓	✓			✓		
Decadent Double Chocolate Brownie	9.0 g		✓	✓	✓	✓	✓			✓	✓			✓		
Frosty Coffee Soft Serve Treat	0.0 g	✓	✓	✓	✓	✓	✓			✓	✓			✓	25 mg	✓
Frosty Mint Chocolate Soft Serve Treat	0.0 g	✓	✓	✓	✓	✓	✓			✓	✓			✓		
Spiced Gingerbread	5.5 g		✓	✓	✓	✓	✓			✓	✓			✓		✓
Sweet Blueberry Biscuit	6.5 g		✓	✓	✓	✓	✓			✓	✓			✓		
OPTAVIA™ Drink Fuelings																
Frothy Cappuccino Boost	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓	109 mg	
Velvety Hot Chocolate	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓		
OPTAVIA™ Hearty Fuelings																
Buttermilk Cheddar Herb Biscuit	0.0 g	✓		✓	✓	✓	✓			✓	✓			✓		
Cheesy Buttermilk Cheddar Mac & Cheese	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓		
Chipotle Mac & Cheese	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓		
Hearty Red Bean & Vegetable Chili	8.0 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		
Honey Sweet Potatoes	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓		
Roasted Garlic Creamy Smashed Potatoes	0.0 g		✓	✓	✓	✓	✓			✓	✓			✓		
Rustic Tomato Herb Penne	9.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Sour Cream and Chive Smashed Potatoes	0.0 g		✓	✓	✓	✓	✓			✓	✓			✓		
Spinach Pesto Mac & Cheese	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓		
OPTAVIA™ Shakes & Smoothie Fuelings																
Chia Bliss	0.0 g	✓		✓	✓	✓	✓		✓	✓	✓			✓		
Creamy Chocolate	12.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Creamy Vanilla	12.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Dark Chocolate Covered Cherry	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓		✓
Green Renewal	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓		
Mocha Blast	11.5 g		✓	✓	✓	✓	✓		✓	✓	✓			✓	28 mg	
Rich Dark Chocolate (with Antioxidants)	0.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		✓
Tropical Fruit (with Mango, Orange & Banana)	0.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Wild Strawberry	12.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Yogurt Berry Blast	0.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
OPTAVIA™ Soup Fuelings																
Beef & Garden Vegetable	6.0 g		✓	✓	✓	✓	✓	✓	✓	✓	✓			✓		
Creamy Tomato Bisque (with Basil)	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓		
Homestyle Chicken Flavored & Vegetable Noodle	10.0 g		✓	✓	✓	✓	✓	✓		✓	✓	✓		✓		
Wild Rice & Chicken Flavored	5.0 g		✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓		
OPTAVIA™ Snacks																

✓ = Applies to product



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Puffed Ranch Snacks	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Puffed Sweet & Salty Snacks	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Olive Oil & Sea Salt Popcorn	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Sharp Cheddar & Sour Cream Popcorn	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Snacks																
Crackers																
Multigrain*	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Rosemary Sea Salt*	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Crisps																
Apple Cinnamon*	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Barbecue*	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Parmesan & Olive Oil*	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Popcorn																
Cheddar & Sour Cream*	0.0 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Sea Salt*	0.0 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Optimal Health																
Optimal Health by Take Shape for Life™ Bars																
Dark Chocolate Dream	15.0 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓
Salted Caramel Nut	15.0 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Strawberry Yogurt	11.0 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Optimal Health by Take Shape for Life™ Shakes																
Chocolate Peanut Butter	0.0 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓
Cookies & Cream	7.5 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓
Optimal Health by Take Shape for Life™ Smoothies																
Piña Colada	7.5 g		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓
Strawberry Banana	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓
Flavor Infusers																
Energy Infusers																
Mandarin Orange	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		50 mg	
Unsweetened Lemon	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		50 mg	
Essential1®: Antioxidants Flavor Infusers™																
Raspberry Acai Flavor Infuser™*	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
White Grape Peach Flavor Infuser™*	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Essential1®: Calorie Burn Flavor Infusers™																
Green Tea Lemon Flavor Infuser™*	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		99 mg	
Mixed Berry Flavor Infuser™*	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		99 mg	

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Strawberry Lemonade Flavor Infuser™*	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓			✓		✓	99 mg	
Dietary Supplements																
Digestive Enzyme Dietary Supplement	0.0 g		✓	✓	✓	✓		✓	✓				✓	✓		
Essential1®: Heart Health (Omega-3) Supplement	0.0 g	✓	✓	✓		✓	✓	✓					✓			
Probiotic Dietary Supplement	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓				✓	✓		
Vitamin B-12 Dietary Supplement	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓				✓	✓		
*Not a Medifast Meal; may be used in addition to your daily Medifast Meals.																
Medifast Classics																
Bars																
Caramel Crunch	9.0 g		✓		✓	✓	✓		✓		✓			✓		✓
Caramel Nut	6.0 g		✓		✓	✓	✓		✓		✓			✓		✓
Chocolate Crunch	8.5 g		✓	✓	✓	✓	✓		✓		✓			✓		✓
Chocolate Mint Crunch	9.0 g		✓	✓	✓	✓	✓		✓		✓			✓		✓
Cinnamon Roll Crunch	8.0 g		May Contain	May Contain	✓	✓	May Contain		✓		✓			✓		✓
Cookie Dough	5.5 g		✓	✓	✓	✓			✓		✓			✓		
Fruit & Nut Crunch	8.0 g				✓	✓	✓		✓		✓			✓		✓
Lemon Meringue Crunch	8.0 g		✓	✓	✓	✓	✓		✓		✓			✓		✓
Oatmeal Raisin Crunch	8.0 g		May Contain	May Contain	✓	✓	May Contain		✓		✓			✓		✓
Peanut Butter Chocolate Chip	5.0 g		✓		✓	✓	✓		✓		✓			✓		
Peanut Butter Crunch	8.0 g		✓		✓	✓	✓		✓		✓			✓		✓
S'more Crunch	8.0 g		May Contain	May Contain	✓	✓	May Contain		✓		✓			✓		✓
Strawberry Crunch	8.0 g		May Contain	May Contain	✓	✓	May Contain		✓		✓			✓		✓
Breakfast Style																
Apple Cinnamon Oatmeal	8.1 g		✓	✓	✓	✓		✓	✓			✓		✓		
Blueberry Oatmeal	8.1 g		✓	✓	✓	✓		✓	✓			✓		✓		
Chocolate Chip Pancakes	4.5 g		✓	✓	✓	✓	✓			✓	✓			✓		
Cinnamon & Brown Sugar Crunch	9.0 g		✓	✓	✓	✓	✓		✓		✓			✓		
Maple & Brown Sugar Oatmeal	8.1 g		✓	✓	✓	✓		✓	✓		✓			✓		
Mixed Berry Cereal Crunch	9.0 g		✓	✓	✓	✓	✓		✓		✓			✓		
Original Pancakes	4.5 g		✓	✓	✓	✓	✓			✓	✓			✓		✓
Peach Oatmeal	8.0 g		✓	✓	✓	✓		✓	✓		✓			✓		
Spiced Pancakes	4.5 g		✓	✓	✓	✓	✓			✓	✓			✓		
Crunchers																
BBQ Bites	9.0 g		✓	✓	✓	✓	✓	✓	✓	✓		✓		✓		
Cheese Pizza Bites	9.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Chili Nacho Puffs	9.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		

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Cinnamon Pretzel Sticks	9.0 g		May Contain	May Contain	✓	✓			✓		✓			✓		
Honey Mustard Pretzel Sticks	9.0 g		May Contain	May Contain	✓	✓			✓		✓			✓		
Parmesan Puffs	9.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Dessert Style																
Blueberry Muffin Soft Bake	6.3 g		✓	✓	✓	✓	✓			✓	✓			✓		
Brownie Soft Bake	8.7 g		✓	✓	✓	✓	✓			✓	✓			✓	3 mg	
Chocolate Chip Soft Bake	9.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Chocolate Mint Soft Serve	0.0 g		✓	✓	✓	✓	✓			✓	✓			✓		
Chocolate Pudding	3.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Coffee Soft Serve	0.0 g		✓	✓	✓	✓	✓			✓	✓			✓	25 mg	
Gingerbread Soft Bake	5.0 g		✓	✓	✓	✓	✓			✓	✓			✓		
Drinks																
Calorie Burn Cappuccino	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓	98 mg	
Hot Cocoa	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓		
Flavors of Home																
Beef Stew	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓				✓			
Chicken Cacciatore	1.5 g		✓	✓	✓	✓	✓	✓	✓				✓			
Chicken and Rice with Vegetables	1.6 g		✓	✓	✓	✓	✓	✓	✓				✓			
Chili Lime Chicken & Rice	0.0 g		✓	✓	✓	✓	✓	✓	✓				✓			
Ginger Lemongrass Chicken	0.0 g		✓	✓	✓	✓	✓	✓	✓				✓			
Turkey Meatball Marinara	0.0 g	✓	✓	✓	✓	✓	✓	✓	✓				✓			
Hearty Meals																
Garlic Mashed Potatoes	0.0 g		✓	✓	✓	✓	✓			✓	✓			✓		
Macaroni and Cheese	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓		
Sour Cream and Chive Mashed Potatoes	0.0 g		✓	✓	✓	✓	✓			✓	✓			✓		
Vegetable Chili	10.0 g		✓	✓	✓	✓	✓	✓	✓				✓			
Ziti Marinara	8.6 g		✓	✓	✓	✓	✓		✓		✓			✓		
Shakes & Smoothies																
Dark Chocolate Antioxidant Shake	0.0 g		✓	✓	✓	✓	✓		✓	✓			✓	✓		✓
Dutch Chocolate Shake	8.6 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Dutch Chocolate RTD Shake	10.5 g		✓	✓	✓	✓	✓	✓	✓		✓			✓		
French Vanilla Shake	9.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
French Vanilla RTD Shake	11.0 g		✓	✓	✓	✓	✓	✓	✓		✓			✓		
Mocha Shake	8.8 g		✓	✓	✓	✓	✓		✓	✓	✓			✓	19 mg	
Mocha RTD Shake	11.0 g		✓	✓	✓	✓	✓	✓	✓		✓			✓	80 mg	
Orange Cream Shake	12.0 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		
Pineapple Mango Smoothie	0.0 g		✓	✓	✓	✓	✓			✓	✓			✓		
Strawberry Shake	8.9 g		✓	✓	✓	✓	✓		✓	✓	✓			✓		

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Triple Berry Smoothie	0.0 g		✓	✓	✓	✓	✓			✓	✓					
Soups																
Beef Vegetable Soup	4.5 g		✓	✓	✓	✓		✓	✓				✓			
Chicken Flavored Noodle Soup	9.6 g		✓	✓	✓	✓		✓					✓			
Tomato Basil Bisque	0.0 g	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓		
Wild Rice & Chicken Flavored Soup	7.5 g		✓	✓	✓	✓	✓	✓	✓	✓			✓			
<i>Note: Because product information may change over time, the label on the package is always the best information for that specific product.</i>																

✓ = Applies to product