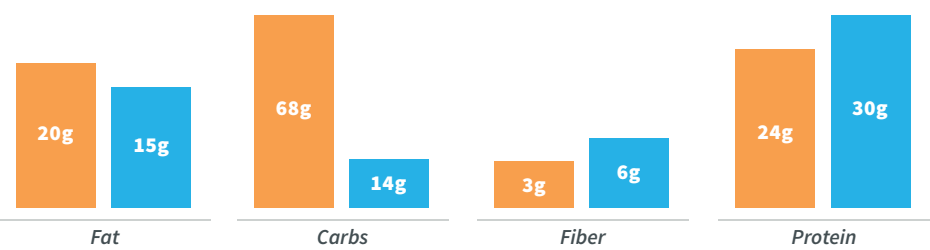
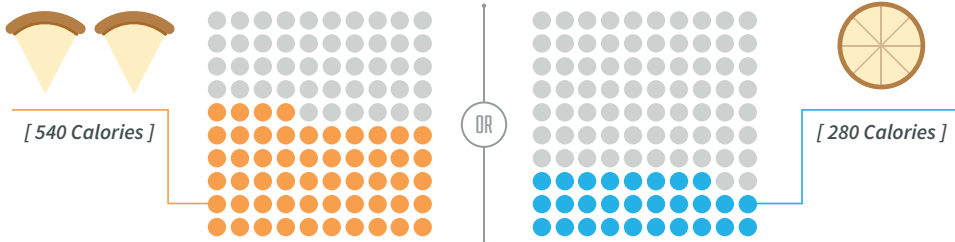


TRY THIS In Place of That

PIZZA

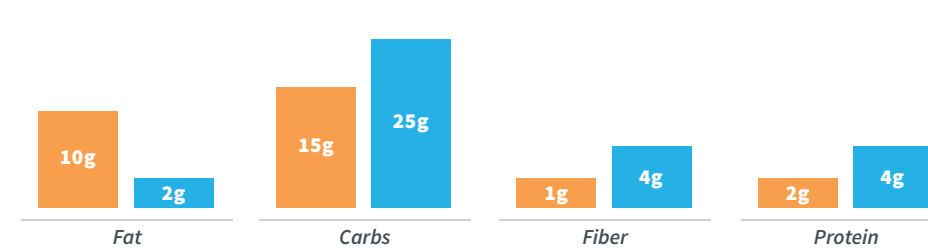
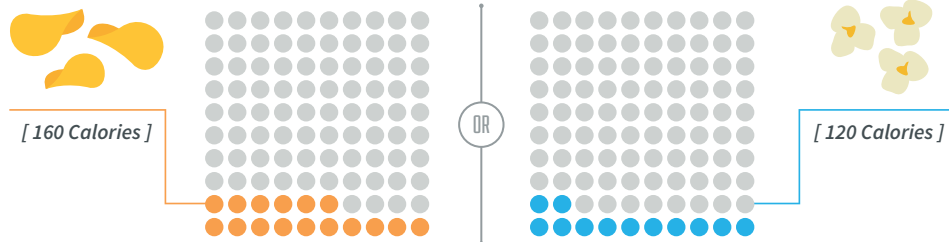
Swap out 2 slices of small cheese pizza for a whole cauliflower pizza.



260 less calories | **5g** less fat | **54g** less carbs | **3g** extra fiber | **6g** extra protein

CHIPS

Swap out 15 potato chips for 8 cups of low-fat popcorn.

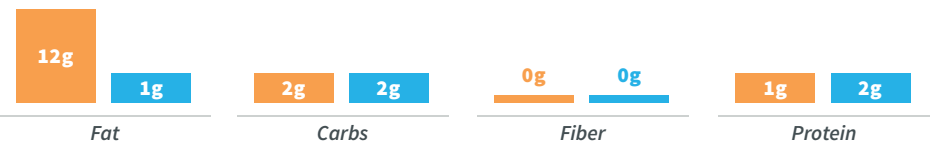
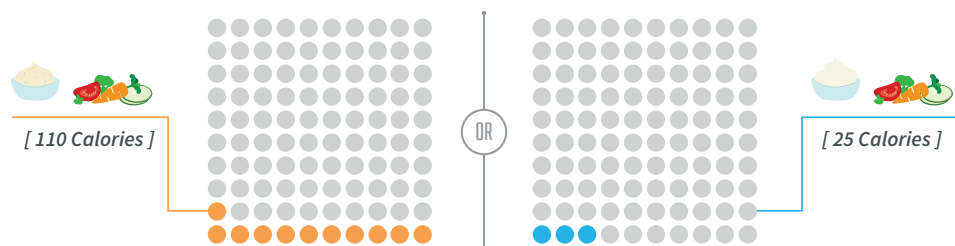


40 less calories | **8g** less fat | **10g** more carbs | **3g** extra fiber | **2g** extra protein

RAW VEGGIES & DIP

(nutrition info reflects dip only)

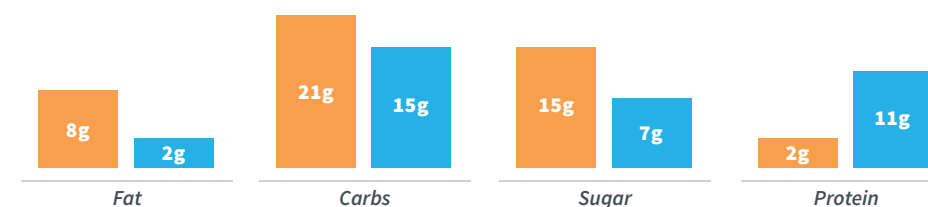
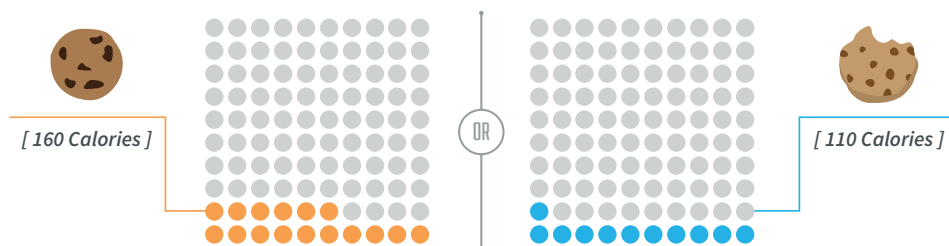
Swap raw veggies with traditional ranch vegetable dip for raw veggies with low-fat Greek yogurt dip (2 Tbsp).



85 less calories | **11g** less fat | **0g** less carbs | **0g** extra fiber | **1g** extra protein

COOKIES

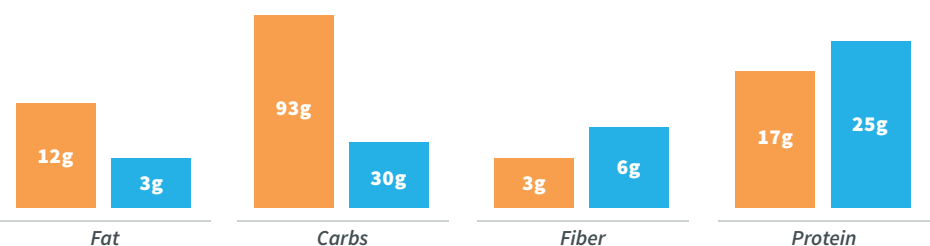
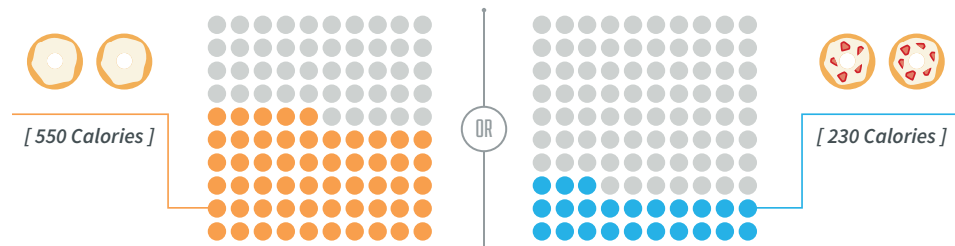
Swap out a chocolate chip cookie for a Medifast Chocolate Chip Soft Bake.



50 less calories | **6g** less fat | **6g** less carbs | **8g** less sugar | **8g** extra protein

BAGELS

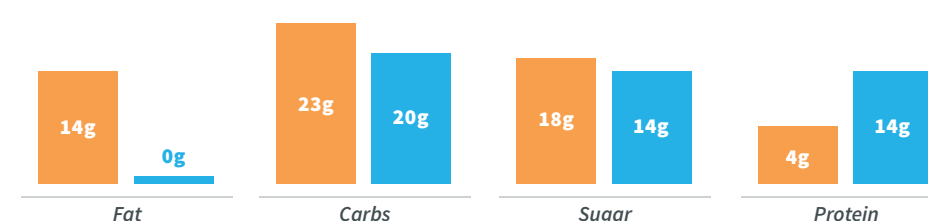
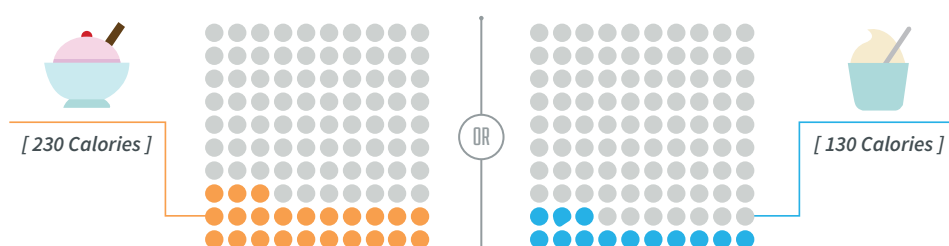
Swap a bagel with cream cheese & a glass of orange juice for a mini bagel with 1/3 cup low fat cottage cheese & 1/2 cup sliced strawberries on each half.



320 less calories | **9g** less fat | **63g** less carbs | **3g** extra fiber | **8g** extra protein

ICE CREAM

Swap out a 1/2 cup ice cream for non-fat Greek yogurt that's frozen (stick Greek yogurt in the freezer).



100 less calories | **14g** less fat | **3g** less carbs | **4g** less sugar | **10g** extra protein