ONE SENSIBLE MEAL
enjoy your favorite foods

1. GRILLED VEGGIE OMELET
2. OATMEAL & GREEK YOGURT WITH BERRIES
3. STEAK TACO
4. WARM GINGER CHICKEN SALAD
5. PORK WITH BALSAMIC VEGGIES
6. CHEESEBURGER WITH COLESLAW
7. LEMON CHICKEN WITH POTATOES

REPLACE TWO MEALS A DAY with shakes, smoothies, bars or cookies

1. SLIMFAST ORIGINAL
   - Rich Chocolate Royale
   - Creamy Milk Chocolate
   - French Vanilla
   - Strawberries & Cream Cappuccino Delight
2. SLIMFAST ADVANCED NUTRITION
   - Creamy Chocolate
   - Vanilla Cream
   - Strawberries & Cream Mixed Berry Yogurt
3. SLIMFAST ADVANCED ENERGY
   - Mocha Cappuccino
   - Caramel Latte
   - Rich Chocolate Vanilla
4. SLIMFAST BAKE SHOP
   - Chocolate Peanut Butter Pie
   - Chocolate Crispy Cookie Dough
   - Peanut Butter Chocolate Chip Double Chocolate Chip

INDULGE IN THREE SNACKS satisfy hunger between meals

1. MESSQUITE BBQ BAKED CHIPS
2. SOUR CREAM & ONION BAKED CHIPS
3. CINNAMON BUN SWIRL DRIZZLED CRISPS
4. S'MORES DRIZZLED CRISPS
5. PEANUT BUTTER CHOCOLATE BITES

100-CALORIE SNACK IDEAS

1. Nuts
2. Bananas & Peanut Butter
3. Hard Boiled Egg
4. Edamame & Soy Sauce
5. Greek Yogurt w/Fruit
6. Broccoli & Ranch
7. Cucumbers & Cream Cheese
8. Caprese Salad
9. Baby Carrots & Hummus
10. String Cheese
11. Tomato Soup
12. Sweet Potato Fries
13. Half Baked Potato w/Salsa
14. Rice Cakes & Salsa
15. Light Butter Popcorn
16. Cheese & Crackers
17. Sugar Free Vanilla Ice Cream
18. Chocolate Covered Strawberries
19. Glass of Red Wine

FOR MEN* 200-calorie mini-meals

*Men add an additional 200 calories to each SlimFast® meal replacement. For example, have 2 ready to drink shakes, use 2 scoops of shake or smoothie mix, 2 bars or cookies, or a mini-meal.
# 7 Day Meal Planner

**Easy as 1-2-3!**

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*For the men following the plan: add a 200-calorie mini-meal when you have your SlimFast meal replacement.*
MEAL PLANNER RECIPES
SENSIBLE MEALS

GRILLED VEGGIE OMELET

Serves 1
430 Calories Per Serving
Ingredients
• 1/2 cup sliced banana, raw
• 1/4 cup shredded cheddar cheese, raw
• 1 medium egg, raw
• 5 medium spear asparagus, raw
• 1/4 cup sliced multigrain bread, raw

Directions
1. Bring water to a boil in a small pot. Stir in flaxseeds, cinnamon, 1 packet of stevia and blueberries.
2. Microwave on high 2 1/2 to 3 minutes; stir before serving.

Apple with Buddhist Beans & Pita Chips

Serves 1
150 Calories Per Serving
Ingredients
• 1 oz mozzarella cheese stick
• 2 tbsp hummus
• 10 pita chips
• 2 slices of tomato
• 1/8 cup diced tomato
• 1/8 cup shredded iceberg lettuce

Directions
1. Combine olive oil in large nonstick skillet over medium-high heat. Brown pork on all sides, approximately 1 minute to solidify base of omelet.
2. Heat remaining 1/2 tablespoon butter in same skillet over medium-high heat and cook green peppers and onions, stirring occasionally, 20 minutes or until pork is done. Remove pork and allow to rest.
3. Heat remaining 1/2 tablespoon butter in same skillet over medium-high heat and cook green peppers and onions, stirring occasionally, 20 minutes or until pork is done. Remove pork and allow to rest.
4. Heat remaining 1/2 tablespoon butter in same skillet over medium-high heat and cook green peppers and onions, stirring occasionally, 20 minutes or until pork is done. Remove pork and allow to rest.
5. Heat coleslaw mix, light mayonnaise, vinegar, soy sauce, honey, ginger and reserved orange juice in small bowl.
6. Toss greens with dressing in large bowl.
7. Arrange sliced chicken over greens, then top with snow peas, oranges and a sprinkle of almonds.
8. Serve with side of steamed broccoli.

LEMON CHICKEN WITH POTATOES

Serves 1
497 Calories Per Serving
Ingredients
• 1 oz mozzarella cheese stick
• 2 tbsp oats
• 1/2 cup non-fat cheese spread

Directions
1. Preheat oven to 425°F. Toss potatoes with 1/4 teaspoon garlic powder, salt and pepper to taste. Sprinkle in a large baking dish and mist until potatoes begin to brown, 25 to 30 minutes.
2. Heat margarine in a skillet over medium-high heat. Add garlic and onion and cook, stirring frequently, until garlic is lightly golden and onion is translucent, about 2 minutes.
3. Remove from heat and stir in lemon juice, peel and red pepper flakes.
4. Remove baking dish from oven, push potatoes to the sides and arrange chicken legs and thigs in the middle.
5. Dot with mayonnaise and cheese and allow to melt. Serve with lemon yogurt mixture. Return to oven and bake, about 20 minutes or until chicken hits an internal temperature of 165°F.
6. Remove from the oven; let chicken sit for 1 minute before slicing. Serve with the chicken with the potatoes and lemon yogurt. Dice with the pan juices. Serve with side of steamed broccoli.

Bagel with Tomato

Calories 170 | Protein 15g | Carbs 16g | Fat 5g

Ingredients
• 1/2 medium apple
• 1/2 cup sliced multigrain bread, raw

Directions
1. Preheat a large nonstick skillet over high heat. Cook steak on each side for 2 to 3 minutes. Let steak set for 2 minutes before slicing against grain in 3-inch pieces.
2. Toss steak in bowl with pepper and lime juice.
3. Add tomato, lettuce, cheese, beans, salsa and steak to soft taco shell.
4. Cut hondwyelion and watermelon and serve in a bowl for dessert.

Apple with Peanut Butter

Calories 200 | Protein 30g | Carbs 10g | Fat 7g

Ingredients
• 1/4 cup sliced multigrain bread, raw
• 1 oz mozzarella cheese stick

Directions
1. Toss coleslaw mix, light mayonnaise, apple cider vinegar, 1/2 teaspoon black pepper, sugar and lime juice in a large bowl; refrigerate until ready to serve.
2. Combine ground beef, garlic powder, onion powder and the remaining black pepper in another large bowl. Shape into burger patties. Grill or broil, turning once, until desired doneness. For medium-rare, about 3 minutes per side.
3. Top with avocado and allow to melt. Serve on whole wheat bun with lettuce, tomato, avocado, olives and coleslaw.

Pork with Balsamic Veggies

Calories 184 | Protein 11g | Carbs 27g | Fat 4g

Ingredients
• 2 slices of tomato
• 2 cups broccoli florets
• 1/4 cup chicken broth, low sodium

Directions
1. Heat 1 tablespoon olive oil in large nonstick skillet over medium-high heat. Brown pork on all sides, about 6 minutes. Reduce heat to medium-low and cook covered, turning occasionally, 20 minutes or until pork is done Remove pork and allow to rest.
2. Combine ground beef, garlic powder, onion powder and the remaining black pepper in another large bowl. Shape into burger patties. Grill or broil, turning once, until desired doneness. For medium-rare, about 3 minutes per side.
3. Top with avocado and allow to melt. Serve on whole wheat bun with lettuce, tomato, avocado, olives and coleslaw.

Hummus & Pita Chips

Calories 200 | Protein 5g | Carbs 23g | Fat 10g

Ingredients
• 2 cups broccoli florets
• 3/4 cup Greek yogurt, plain, fat-free

Directions
1. Combine olive oil in large nonstick skillet over medium-high heat. Brown pork on all sides, approximately 1 minute to solidify base of omelet.
2. Heat remaining 1/2 tablespoon butter in same skillet over medium-high heat and cook green peppers and onions, stirring occasionally, 20 minutes or until pork is done. Remove pork and allow to rest.
3. Combine ground beef, garlic powder, onion powder and the remaining black pepper in another large bowl. Shape into burger patties. Grill or broil, turning once, until desired doneness. For medium-rare, about 3 minutes per side.
4. Top with avocado and allow to melt. Serve on whole wheat bun with lettuce, tomato, avocado, olives and coleslaw.

200-CALORIE MINI-MEALS

2. Combine ground beef, garlic powder, onion powder and the remaining black pepper in another large bowl. Shape into burger patties. Grill or broil, turning once, until desired doneness. For medium-rare, about 3 minutes per side.
3. Top with avocado and allow to melt. Serve on whole wheat bun with lettuce, tomato, avocado, olives and coleslaw.

Mini Burrito

Calories 165 | Protein 17g | Carbs 20g | Fat 7g

Ingredients
• 1/4 cup non-fat Greek yogurt
• 2 tsp oats

Directions
1. Combine olive oil in large nonstick skillet over medium-high heat. Brown pork on all sides, approximately 1 minute to solidify base of omelet.
2. Heat remaining 1/2 tablespoon butter in same skillet over medium-high heat and cook green peppers and onions, stirring occasionally, 20 minutes or until pork is done. Remove pork and allow to rest.
3. Combine ground beef, garlic powder, onion powder and the remaining black pepper in another large bowl. Shape into burger patties. Grill or broil, turning once, until desired doneness. For medium-rare, about 3 minutes per side.
4. Top with avocado and allow to melt. Serve on whole wheat bun with lettuce, tomato, avocado, olives and coleslaw.

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3. Top with avocado and allow to melt. Serve on whole wheat bun with lettuce, tomato, avocado, olives and coleslaw.

Calories 200 | Protein 5g | Carbs 23g | Fat 10g

Ingredients
• 2 cups broccoli florets
• 1/4 cup chicken broth, low sodium

Directions
1. Combine olive oil in large nonstick skillet over medium-high heat. Brown pork on all sides, approximately 1 minute to solidify base of omelet.
2. Heat remaining 1/2 tablespoon butter in same skillet over medium-high heat and cook green peppers and onions, stirring occasionally, 20 minutes or until pork is done. Remove pork and allow to rest.
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5. Top with avocado and allow to melt. Serve on whole wheat bun with lettuce, tomato, avocado, olives and coleslaw.
### SLIMFAST®
- 14 MEAL REPLACEMENTS NEEDED
- 21 SNACKS NEEDED
- □ SlimFast Ready To Drink Shakes
- □ SlimFast Smoothie Mix
- □ SlimFast Shake Mix
- □ SlimFast Bake Shop Bars
- □ SlimFast Bake Shop Cookies
- □ SlimFast Baked Chips
- □ SlimFast Snack Bites

### CANNED GOODS/CONDIMENTS
- □ Black Olives (15 oz)
- □ Rice Wine Vinegar
- □ Reduced Sodium Soy Sauce
- □ Reduced Fat Peanut Butter*
- □ Chili Powder*
- □ Garlic Powder*
- □ Onion Powder
- □ Parsley
- □ Kosher Salt*
- □ Ground Black Pepper*
- □ Balsamic Vinaigrette Dressing
- □ Light Mayonnaise
- □ Fresh Salsa*
- □ Canned Salsa*
- □ Low Sodium Chicken Broth
- □ Olive Oil
- □ Ground Ginger
- □ Apple Cider Vinegar
- □ Wild Albacore Tuna Salad (2 cans)*
- □ Tomato Sauce (1 jar or can)*

### PRODUCE
- □ Apples (2)*
- □ Asparagus Spears (8 oz)
- □ Avocado (1)
- □ Banana (1)
- □ Blueberries (1 package)*
- □ Broccoli Florets (1 lb)
- □ Button Mushrooms (8-10 oz)
- □ Coleslaw Mix (1 bag)
- □ Garlic (1 bulb)
- □ 50/50 Spring Mix and Half Baby Spinach Salad (1 package)
- □ Medium Yellow Onions (2)
- □ Orange (1)
- □ Red-Skinned Potatoes (½ lb)
- □ Medium Sweet Potato (1)
- □ Snow Peas (1 bag)
- □ String Beans (½ lb)
- □ Tomatoes (2)*
- □ Cubed Watermelon (8 oz)
- □ Green or Red Bell Pepper (1)
- □ Lemon (1)
- □ Lime (1)
- □ Honeydew (8 oz)

### MEAT
- □ Bacon (1 package)*
- □ Ground Beef (4-6 oz)
- □ Boneless, Skinless Chicken Breast (6-7 oz)
- □ Skinless Chicken Thighs and Legs (4-6 oz)
- □ Pork Tenderloin (3 oz)
- □ Lean Steak (4-6 oz)
- □ Peppered Beef Jerky*

### DRY/BAKED GOODS
- □ Long Grain Brown Rice
- □ Old Fashioned Oats*
- □ Sliced Almonds
- □ Ground Cinnamon
- □ Black Beans*
- □ Granulated Sugar
- □ Honey
- □ Flaxseed
- □ Whole Wheat Tortillas*
- □ Whole Wheat Pitas*
- □ Whole Wheat Hamburger Buns
- □ Whole Wheat Thin Bagels*
- □ Stevia Packets
- □ Low-Fat Popcorn*
- □ Mini Pretzels*
- □ Baked Wheat Crackers*

### DELI
- □ Hummus (1 container)*
- □ Sliced Prosciutto (4 oz)*
- □ Sliced Turkey (¼ lb)*
- □ Swiss Cheese (¼ lb)*

### DAIRY
- □ Reduced Fat Shredded Cheddar Cheese (1 bag)*
- □ Skim Mozzarella Cheese Stick (1 package)*
- □ Non-Fat Cream Cheese (8 oz)*
- □ Eggs (½ dozen)
- □ Garlic & Herb Spreadable Cheese (1 package)*
- □ Shredded Mozzarella Cheese (1 bag)*
- □ Grated Parmesan Cheese (1 container)*
- □ Non-Fat Greek Yogurt (14 oz)*
- □ Margarine (15 oz)

*This item is included in a mini-meal recipe