

1

ONE SENSIBLE MEAL
enjoy your favorite foods



GRILLED VEGGIE OMELET



OATMEAL & GREEK YOGURT WITH BERRIES



STEAK TACO



WARM GINGER CHICKEN SALAD



PORK WITH BALSAMIC VEGGIES



CHEESEBURGER WITH COLESLAW



LEMON CHICKEN WITH POTATOES

2

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



SLIMFAST ORIGINAL
Rich Chocolate Royale
Creamy Milk Chocolate
French Vanilla
Strawberries & Cream
Cappuccino Delight



SLIMFAST ADVANCED NUTRITION
Creamy Chocolate
Vanilla Cream
Strawberries & Cream
Mixed Berry Yogurt



SLIMFAST ADVANCED ENERGY
Mocha Cappuccino
Caramel Latte
Rich Chocolate
Vanilla



SLIMFAST BAKE SHOP
Chocolatey Peanut Butter Pie
Chocolatey Crispy Cookie Dough
Peanut Butter Chocolate Chip
Double Chocolate Chip

3

INDULGE IN THREE SNACKS
satisfy hunger between meals

100-CALORIE SNACK IDEAS



MESQUITE BBQ BAKED CHIPS

- Nuts
- Bananas & Peanut Butter
- Hard Boiled Egg
- Edamame & Soy Sauce



SOUR CREAM & ONION BAKED CHIPS

- Greek Yogurt w/ Fruit
- Broccoli & Ranch
- Cucumbers & Cream Cheese
- Caprese Salad



CINNAMON BUN SWIRL DRIZZLED CRISPS

- Baby Carrots & Hummus
- Grapefruit
- String Cheese
- Tomato Soup



S'MORES DRIZZLED CRISPS

- Sweet Potato Fries
- Half Baked Potato w/Salsa
- Rice Cakes & Salsa
- Light Butter Popcorn



PEANUT BUTTER CHOCOLATE BITES

- Cheese & Crackers
- Sugar Free Vanilla Ice Cream
- Chocolate Covered Strawberries
- Glass of Red Wine

FOR MEN*
200-calorie mini-meals



2 DELI ROLL-UPS



SEASONED POPCORN



BEEF JERKY



BOWL OF CHILI



APPLES w/ PEANUT BUTTER



1/2 BAGEL w/ TOMATO



PROSCIUTTO WRAPPED MOZZARELLA STICK



HUMMUS & PITA CHIPS



4 STRIPS OF BACON



GARLIC & HERB CHEESE w/ PRETZELS



MINI BURRITO



BERRY PARFAIT



TUNA SALAD w/ CRACKERS



PITA PIZZA

*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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

FOR THE MEN FOLLOWING THE PLAN: ADD A 200-CALORIE MINI-MEAL WHEN YOU HAVE YOUR SLIMFAST MEAL REPLACEMENT

GRILLED VEGGIE OMELET



Serves 1
430 Calories Per Serving

- Ingredients**
- 5 medium spear asparagus, raw
 - ½ cup pieces or slices mushrooms, raw
 - ¾ cup spinach, raw
 - 1 medium egg, raw
 - 1 cup egg whites, no fat added
 - 1 dash salt
 - 1 dash pepper
 - ¼ cup shredded cheddar cheese, reduced fat
 - 1 regular slice multigrain bread, reduced calorie or high-fiber
 - ½ cup sliced banana, raw
 - ¼ cup blueberries, raw

- Directions**
1. Spray skillet with cooking spray and heat over medium-high heat.
 2. Add asparagus and mushrooms to skillet. Cook 2 minutes, until asparagus is tender. Stir in spinach and continue cooking just until spinach wilts. Remove vegetables from pan to small bowl.
 3. In medium bowl, beat egg, egg whites, salt and pepper with a whisk until well-mixed. Reheat same skillet over medium-high heat. Let stand over heat for approximately 1 minute to solidify base of omelet.
 4. Put the cooked vegetable mixture over one half of the omelet and add cheese.
 5. Fold omelet; cook 2-4 minutes.
 6. Serve omelet with toasted multigrain bread and a bowl of sliced banana with blueberries.

OATMEAL & GREEK YOGURT WITH BERRIES



Serves 1
464 Calories Per Serving

- Ingredients**
- 1 ¼ cups water
 - 2 tablespoons flaxseeds
 - 1 teaspoon cinnamon
 - 2 individual packets stevia
 - 1 tablespoon almonds, unsalted
 - ½ cup regular oatmeal, cooked (no salt or fat added)
 - ¾ cup Greek yogurt, plain, fat-free
 - ½ cup blueberries, raw

- Microwave Directions**
1. Combine water with flaxseeds, cinnamon, 1 packet of stevia, almonds and oats in a medium, microwave-safe bowl.
 2. Microwave on high 2½ to 3 minutes; stir before serving.
 3. In a separate bowl, combine Greek yogurt with 1 packet of stevia and blueberries.

- Stove Top Directions**
1. Bring water to a boil in a small pot. Stir in flaxseeds, cinnamon, 1 packet of stevia, almonds and oats.
 2. Cook about 5 to 7 minutes over medium heat; stir occasionally until done.
 3. In a separate bowl, combine Greek yogurt with 1 packet of stevia and blueberries.

STEAK TACO



Serves 1
490 Calories Per Serving

- Ingredients**
- 4 oz lean boneless steak, grilled or broiled
 - 1 teaspoon ground black pepper
 - 1 tablespoon lime juice, canned or bottled
 - ⅓ cup diced tomato
 - ⅓ cup shredded iceberg lettuce
 - ⅓ cup shredded cheddar cheese, reduced-fat
 - ⅓ cup black beans
 - 2 tablespoons salsa
 - 1 soft taco shell
 - ½ cup diced honeydew melon, raw
 - 1 cup diced watermelon

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

WARM GINGER CHICKEN SALAD



Serves 1
525 Calories Per Serving

- Ingredients**
- 1 tablespoon light mayonnaise
 - ½ teaspoon rice wine vinegar
 - ½ teaspoon reduced sodium soy sauce
 - ½ teaspoon honey
 - ¼ teaspoon ground ginger
 - 1 orange, peeled and sectioned (reserve 1 tablespoon juice)
 - ½ cup snow peas
 - 1 tablespoon sliced almonds
 - 2 cups mixed salad greens (watercress, baby spinach and/or romaine)
 - 6 oz boneless, skinless chicken breast halves, grilled or broiled and sliced

- Directions**
1. Combine light mayonnaise, vinegar, soy sauce, honey, ginger and reserved orange juice in small bowl.
 2. Toss greens with dressing in large bowl.
 3. Arrange sliced chicken over greens, then top with snow peas, oranges and a sprinkle of almonds.

PORK WITH BALSAMIC VEGGIES



Serves 1
496 Calories Per Serving

- Ingredients**
- 1 ½ tablespoons olive oil
 - 3 oz pork tenderloin
 - 3 oz button mushrooms, sliced
 - 1 tablespoon balsamic vinaigrette dressing
 - 1 large sweet potato, baked
 - ¼ cup broccoli florets
 - ¼ cup string beans
 - ¼ cup onion, thinly sliced
 - ½ cup green or red bell pepper, sliced
 - ½ cup long grain brown rice

- 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. Heat remaining ½ tablespoon butter in same skillet over medium-high heat and cook green peppers and onions, stirring occasionally, 2 minutes. Bring medium sauce pan to a boil. Add brown rice and cook for 10 minutes or until tender. Drain rice and set aside.
 3. Stir in mushrooms and cook until vegetables are tender. Stir in salad dressing. Slice pork and serve with vegetables and brown rice.

CHEESEBURGER WITH COLESLAW



Serves 1
496 Calories Per Serving

- Ingredients**
- 4 oz coleslaw mix
 - 2 tablespoons light mayonnaise
 - ½ medium avocado
 - ½ teaspoon lime juice
 - 4 oz lean ground beef
 - ¼ teaspoon garlic powder
 - ¼ teaspoon onion powder
 - ½ teaspoon ground black pepper
 - 1 slice low-fat swiss cheese
 - 1 whole wheat hamburger bun
 - 1 leaf of romaine lettuce
 - 2 slices of tomato
 - 1 tablespoon apple cider vinegar
 - 2 large black olives
 - ½ teaspoon granulated sugar

- Directions**
1. Toss coleslaw mix, light mayonnaise, apple cider vinegar, ½ 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 patty. Grill or broil, turning once, until desired doneness. For medium-rare, about 3 minutes per side.
 3. Top with swiss cheese and allow to melt. Serve on whole wheat bun with lettuce, tomato, avocado, olives and coleslaw.

LEMON CHICKEN WITH POTATOES



Serves 1
497 Calories Per Serving

- Ingredients**
- 1 ½ tablespoons margarine or butter substitute
 - ½ clove of garlic
 - ½ cup chicken broth, low sodium
 - ¼ medium yellow onion, thinly sliced
 - 1 teaspoon grated lemon peel
 - ½ tablespoon fresh parsley leaves
 - 2 cups broccoli florets
 - 2 tablespoons lemon juice
 - ½ lb small red-skinned potatoes, quartered
 - 4 oz skinless chicken legs and thighs
 - ¼ teaspoon red pepper flakes
 - kosher salt and freshly ground pepper

- Directions**
1. Preheat oven to 425° F. Toss potatoes with ½ teaspoon margarine, salt and pepper to taste. Spread in a large baking dish and roast 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 thighs in the middle.
 5. Drizzle chicken with lemon garlic 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 the chicken with the potatoes and lemon wedges. Drizzle with the pan juices. Serve with side of steamed broccoli.

200-CALORIE MINI-MEALS

2 Deli Roll-Ups

- 2 slices deli turkey
2 slices cheese
2 slices tomato
Calories 167 | Protein 10g | Carbs 4g | Fat 12g



Seasoned Popcorn

- 4 cups low-fat popcorn
2 tbsp grated parmesan cheese
½ tsp chili powder
½ tsp salt
½ tsp pepper
½ tsp garlic powder
Calories 183 | Protein 1g | Carbs 2g | Fat 1g



2.5 oz of Peppered Beef Jerky

Calories 200 | Protein 38g | Carbs 10g | Fat 3g



Small Bowl of Chili

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



Apple with Peanut Butter

½ medium apple
1.5 tbsp low-fat peanut butter
Calories 183 | Protein 5g | Carbs 22g | Fat 9g



½ Bagel with Tomato

½ whole wheat bagel
½ tsp non-fat cream cheese
2 slices tomato
Calories 170 | Protein 13g | Carbs 2g | Fat 7g



Prosciutto Wrapped Mozzarella Stick

1 slice prosciutto
1 oz mozzarella cheese stick
Calories 148 | Protein 16g | Carbs 0g | Fat 10g



Hummus & Pita Chips

2 tbsp hummus
10 pita chips
Calories 200 | Protein 5g | Carbs 23g | Fat 10g



Strips of Bacon

4 strips cooked bacon
Calories 160 | Protein 10g | Carbs 2g | Fat 14g



Garlic & Herb Cheese with Pretzels

2 wedges garlic & herb cheese spread
22 mini pretzels
Calories 180 | Protein 7g | Carbs 25g | Fat 4g



Mini Burrito

1 small whole wheat tortilla
2 tbsp mashed black beans
2 tbsp shredded cheddar cheese
1 tbsp salsa
Calories 184 | Protein 11g | Carbs 27g | Fat 4g



Berry Parfait

½ cup non-fat Greek yogurt
2 tbsp oats
2 tbsp berries
Calories 165 | Protein 17g | Carbs 20g | Fat 1g



Tuna & Crackers

3 oz packet of wild albacore tuna salad
11 wheat cracker thins
Calories 195 | Protein 17g | Carbs 22g | Fat 7g



Pita Pizza

1 whole wheat pita
1 oz shredded low-fat mozzarella
1 tbsp tomato sauce
salt & pepper to taste
Calories 218 | Protein 11g | Carbs 33g | Fat 5g



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 Drizzled Crisps
- SlimFast Snack Bites

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*

**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 Chili*
- Low Sodium Chicken Broth
- Olive Oil
- Ground Ginger
- Apple Cider Vinegar
- Wild Albacore Tuna Salad (2 cans)*
- Tomato Sauce (1 jar or can)*

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*

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)

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