

# Losing Weight *is as easy as* 1-2-3

---





# See results in just One Week!\*

**G**etting back in shape after the holidays and finding a fit new you for the New Year can be simple, fun and delicious when you do it the SlimFast® way!

Now's the time to shed some extra pounds and the heavy sweaters you've been hiding under!

Unlike so many diets, you don't starve yourself on the Clinically Proven SlimFast Plan. In fact, you can eat six times a day — and choose from a range of delicious meal replacements and snack products!

**LOST  
63 LBS. IN  
26 WEEKS**

"I was 191 pounds and a size 14," says Deborah. "I had to get my life back. SlimFast got me to 128lbs and a size 2 and has changed my life and it can change yours."\*\*\*



**2**

Substitute two meals each day with delicious and nutritious Advanced Nutrition shakes or smoothies from SlimFast. Packed with protein and fiber, they stave off hunger for up to four hours.



**3**

Indulge in three sweet or salty SlimFast snacks, conveniently prepackaged in 100-calorie portions, to satisfy cravings. (Our favorites: the Sour Cream and Onion Baked Chips and the Peanut Butter Chocolate Snack Bites.)



## Here's how it works:

**1**

### One Sensible Meal

Enjoy your favorite 500-calorie meal



**2**

Replace Two Meals a Day with shakes or smoothies



**3**

### Indulge in Three Snacks

satisfy hunger between meals



**1**

Enjoy your favorite 500-calorie sensible meal — create your own or use SlimFast's handy online menu of recipes, including dishes such as eggplant lasagna, fajitas with creamy dressing and even a cheeseburger with coleslaw!



## Can You Lose Weight by Eating Six Times a Day?



\* Based on the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids).  
\*\* Results not typical. Individual results may vary. Deborah was remunerated and used the SlimFast Plan. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet. Read label prior to use.



# Pick a Date. Lose the Weight.

**OK!**  
**FAB AND FIT**  
**SWEEPSTAKES**

*Danielle did it with SlimFast!*



**LOST 25 LBS.  
IN 26 WEEKS**

"I had a bad habit of grabbing whatever food I could get my hands on during a busy shift. With SlimFast, it's convenient to have the snacks in hand."\*\*\*

**Y**ou, too, can lose the weight! Pick YOUR start date and join the millions of people, like Danielle, who have lost weight with the clinically proven SlimFast Plan. Enjoy creamy, rich, delicious shakes, and crunchy snacks while losing weight on the plan that is as easy as 1-2-3. And if that's not enough, you even have a chance to win a trip to L.A. and admission to a VIP Hollywood Party, to show off the new you!



SlimFast is clinically proven to help you lose weight while still enjoying your favorite foods.

**SAVE \$2.00**

**Try SlimFast®  
Advanced Smoothies and  
Get Started Today!**

Consumer and Retailer: LIMIT ONE (1) COUPON PER PURCHASE OF SPECIFIED PRODUCT AND QUANTITY STATED. NOT TO BE COMBINED WITH ANY OTHER COUPON(S). Void if reproduced, altered, copied, sold, purchased, transferred, or exchanged to any person, firm, or group prior to store redemption, or where prohibited, or restricted by law. Any other use constitutes fraud. Consumer: You pay any sales tax. Retailer: SlimFast will reimburse you for the face value of this coupon plus 8c handling if submitted in accordance with SlimFast Coupon Redemption Policy (available upon request). Mail coupons to: SlimFast PO Box 880493, El Paso, TX 88588-0493. Cash Value 2/100 c. No cash back if coupon value exceeds selling price. Valid only in the USA.

0008346-100155



**YOU CAN DO IT, TOO —  
AND WIN A  
HOLLYWOOD PARTY!**



Tell us the date you start your weight-loss plan and you could win a trip to Hollywood for two and be the guest of honor at an **OK!** party hosted by **John Tesh**.

For complete details and to enter go to  
[okmagazine.com/sweepstakes](http://okmagazine.com/sweepstakes)

\*\*\*Results not typical. Individual results vary.  
Individual was remunerated. Read label prior to use.