SLIMFAST QUICK-START GUIDE

Lose up to 5 lbs in your first week!†

HUNGRY FOR CHANGE? START THE EASY-TO-FOLLOW SLIMFAST PLAN!

SEE INSIDE FOR:

✓ GETTING STARTED
✓ DAILY GUIDE
✓ MEAL PLANS
✓ SHOPPING LISTS

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YOU'VE PICKED A DATE. NOW LET'S GET STARTED!

"Being on The SlimFast® Plan has shown me that with planning and dedication, anything is possible. It’s an easy plan that works and I’m having a blast with the new me.”
Read her story: slimfast.com/joann

"The SlimFast Plan was easy and effective because it’s delicious AND convenient. It sounds simple because it is!"
Read his story: slimfast.com/bill

**A TYPICAL DAY**

- **BREAKFAST**
  - Start your day with a deliciously creamy SlimFast smoothie. Get creative with smoothie recipes from slimfast.com/recipes.

- **MORNING SNACK**
  - Curb your morning craving and keep your metabolism up with a mid-morning snack. View 100-calorie snack ideas at slimfast.com/tips-tricks.

- **LUNCH**
  - Lunch on the go? Grab a rich, chocolatey ready-to-drink shake or protein bar. If you love coffee, try the Mocha Cappuccino or Caramel Latté Advanced Energy shakes to energize your afternoon!

- **AFTERNOON SNACK**
  - Stay full in the afternoon with a healthy 100-calorie snack! Try carrots and celery with non-fat dip. Craving sweet or salty? Have the SlimFast Mesquite BBQ Baked chips or the Cinnamon Bun Swirl Drizzled crisps for a guilt-free yet satisfying snack.

- **DINNER**
  - Enjoy a delicious sensible meal of your choice!

- **EVENING SNACK**
  - Go ahead! Indulge your evening sweet tooth. The SlimFast S’mores Drizzled crisps lets you enjoy bite-sized, crispy graham cracker, roasted marshmallow and melted milk chocolate all within 100-calories.

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*When used as part of The SlimFast® Plan. Individual results may vary. Bill used the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids) for 39 weeks, Joann for 26 weeks, and they were remunerated. Results not typical. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet. © 2018 SlimFast®.*
NOBODY GIVES YOU MORE WAYS TO LOSE WEIGHT FAST THAN SLIMFAST®!

The best part of The SlimFast Plan is that you will always enjoy the foods and flavors you love. From high protein meal replacement shakes and savory chips, to delicious baked goods, the perfect weight loss products are here for you.

ADVANCED ENERGY
Energize Your Weight Loss!
Skip the coffee shop for a better choice. The NEW SlimFast Advanced Energy meal replacement shakes and smoothie mix will help you tackle your weight loss plan and your whole day! With as much caffeine as a cup of coffee, SlimFast Advanced Energy packs a protein punch and has only 1g of sugar. Get your café fix with bold flavors like Mocha Cappuccino, Vanilla, Rich Chocolate and Caramel Latté.

BAKE SHOP
Have Your Cookie and Eat It Too!
SlimFast understands a sweet tooth. We have one too. So, this line was created to fully satisfy your cravings, no guilt included. Each scrumptious meal replacement cookie or bar is baked with 10 – 15g of protein and packed with hunger-busting fiber to keep you full for up to four hours. Delight your taste buds and your weight loss plan with flavors like Peanut Butter Chocolate Chip and Chocolate Chip Cookie Dough.

ORIGINAL
Enjoy Award-Winning Taste
There’s a reason so many people have been losing weight with SlimFast Original for so many years. Classics never go out of style. Neither does the rich, creamy taste of classic flavors like Creamy Milk Chocolate, Strawberries & Cream or French Vanilla. With 10g protein, 5g of fiber and 24 vitamins and minerals, SlimFast Original ready to drink shakes and customizable shake mixes won the 2017 Chef’s Best Taste Award. Dieting doesn’t mean depriving. So, go ahead and indulge in these timeless classics.

ADVANCED NUTRITION
Stay Satisfied with Twice the Protein!
If you’re looking for an Advanced formula that’s delicious and nutritious, this is the product line for you. With 20g of high-quality protein, 1g of sugar and only 1 net carb, this formula is a smart and yummy meal replacement that fits perfectly into the clinically proven SlimFast Plan. With 5g of fiber and 24 vitamins & minerals, these shakes provide hunger control for up to four hours. Available in three amazing flavors of Creamy Chocolate, Vanilla Cream and Strawberries & Cream, there’s something that works for everyone’s taste buds!

SNACKS
Snack Your Way Slim!
On The SlimFast Plan, you snack three times per day. SlimFast created snacks to satisfy those in between meal times to help keep your belly full and your weight loss going strong. Eating throughout the day will help you stay on target and is an essential part of The SlimFast Plan. So, go ahead, grab some 100-calorie packs of Sour Cream & Onion Baked chips, S’mores Drizzled crisps or other crunchie-munchie snacks.

*When used as part of the SlimFast® Plan. Individual results may vary.
PERFECTLY COMPLEMENT THE SLIMFAST PLAN... OR ANY DIET!

SlimFast Boosters make it even easier to stay on track and help solve the most common issues dieters encounter, including cravings and low energy.

Craving Control Gummies Booster is available in a delicious mixed berry flavor and helps satisfy cravings and lose weight faster with Green Tea & Garcinia.

Fat Cutter® Booster and Carb Cutter® Booster are great allies to cheat fats and carbs respectively, without quitting on your weight loss plan. Fat Cutter is ideal for combatting fatty meals, which is especially great when eating out. Carb Cutter works by limiting carb, sugar and calorie absorption and works with all low carb diets.

The Energy + Metabolism Booster is a great way to kick-start your metabolism and burn more calories. There’s no reason to feel tired or fight a slow metabolism anymore. You can feel it working in minutes and this booster helps increase energy with the power of green tea and vitamin B12, while Garcinia Cambogia extract helps convert sugar into energy.

Boosters are easy to incorporate into the clinically proven SlimFast Plan. They can simply be taken in addition to the already easy-to-follow diet plan. Alternatively, SlimFast® Boosters can be used as part of an individual’s own "DIY" weight loss plan.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

SlimFast® Boosters are manufactured and distributed by Healthy Natural Solutions, under license from SlimFast®. The SlimFast name and logo are licensed trademarks of KSF Acquisition Corp.
10 STEPS TO SLIMFAST SUCCESS

1. Pick a date to start The SlimFast Plan and set your weight loss goal.
2. Tell your family and friends to enlist their support and maybe even a teammate!
3. Take "before" pictures (front-facing, right and left profile).
4. Track your calories in an app like MyFitnessPal.®†
5. Make a plan to add light activity, like a daily walk, into your routine.
6. Drink tons of water! This will help you to feel full among all the other benefits of staying hydrated.
7. Prep your meals weekly.
8. Find sensible meal recipes on Pinterest and other recipe websites as well as slimfast.com/recipes.
9. Have fun with your smoothies! Check slimfast.com/recipes for ideas.
10. Join the SlimFast Together Facebook community for support and motivation from others on The Plan. facebook.com/groups/SlimFastTogether

FREQUENTLY ASKED QUESTIONS ABOUT DRINKING YOUR CALORIES:

Can I drink alcohol while on The Plan?
Yes, but you will lose weight faster without it. There are extra calories in alcohol. Remember, like all foods, alcohol contributes to your daily quota of energy (each gram of alcohol contains 7 calories), so drinking too much can lead to weight gain. Alcohol isn’t that nutritious either, so don’t replace meals with it – if you enjoy a glass of wine with dinner, use up part of your snack allowance to do it, and only have a small glass, rather than replacing important nutrients.

Can I drink coffee and tea while on The Plan?
You can still drink tea and coffee while you are on The SlimFast Plan, you just need to consider the amount of calories and deduct them from your snack allowance or main meal. When you make tea or coffee at home, there is usually very little calorie content, especially if you only add skim milk and have a zero-calorie sweetener instead of sugar. As a guide, a cup of tea or instant coffee with skim milk and sweetener is about 25 calories. Fruit or Green teas are a delicious way to enjoy a hot drink and are only around 5 calories per cup.

†MyFitnessPal is a registered trademark of Under Armour, Inc.
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

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 NUTRIENT
Creamy Chocolate
Vanilla Cream
Strawberries & Cream
Mixed Berry Yogurt
SLIMFAST ADVANCED ENERGY
Mocha Cappuccino
Caramel Latte
Rich Chocolate
Vanilla
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

MESQUITE BBQ BAKED CHIPS
SOUR CREAM & ONION BAKED CHIPS
CINNAMON BUN SWIRL DRIZZLED CRISPS
S’MORES DRIZZLED CRISPS
PEANUT BUTTER CHOCOLATE BITES

100-CALORIE SNACK IDEAS
Nuts
Bananas & Peanut Butter
Hard Boiled Egg
Edamame & Soy Sauce
Greek Yogurt w/Fruit
Broccoli & Ranch
Cucumbers & Cream Cheese
Caprese Salad
Baby Carrots & Hummus
Grapefruit
String Cheese
Tomato Soup
Sweet Potato Fries
Half Baked Potato w/Salsa
Rice Cakes & Salsa
Light Butter Popcorn
Cheese & Crackers
Sugar Free Vanilla Ice Cream
Chocolate Covered Strawberries
Glass of Red Wine

FOR MEN*
200-calorie mini-meals

3 DELI ROLL-UPS
SEASONED POPCORN
BEEF JERKY
BEEF OF CHILI
APPLES w/ PEANUT BUTTER
PROSCIUTTO WRAPPED MOZZARELLA STICK
HUMMUS & PITA CHIPS
4 STRIPS OF BACON
GARLIC & HERB CHEESE w/PRETZELS
MINI BURRITO
BERRY PARFAIT
TUNA SALAD w/CRAACKERS
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.
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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
• 5 medium speckled asparagus, raw
• 1/4 cup mushrooms, raw
• 1/2 cup spinach, raw
• 1/4 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 a medium bowl, heat egg, egg whites 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 bottom 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
• 1/2 cup water
• 1 tablespoon flaxseeds
• 1/2 cup blueberries, raw
• 1/2 cup rolled oats
• 1/2 cup low-fat peanut butter
• 1/2 cup strawberries, raw
• 1/2 cup sliced almonds
• 1/2 teaspoon cinnamon

**Directions**
1. Combine water with flaxseeds, microwave on high 21/2 to 3 minutes.
2. Add blueberries and almond to small bowl; refrigerate until ready to serve.
3. Combine strawberries, peanut butter and cinnamon in a large bowl. Spread on multigrain bread and let stand in refrigerator until ready to serve.

**Steak Taco**
Serves 1
525 Calories Per Serving
Ingredients
• 3 oz boneless, skinless chicken breast
• 1/4 cup chopped onion
• 1/4 cup chopped red pepper
• 1/8 cup black beans
• 1/8 cup shredded cheddar cheese, reduced fat
• 1/2 whole wheat bagel
• 1/2 medium apple

**Directions**
1. Preheat oven to 425° F. Toss potatoes with 1/4 teaspoon kosher salt and freshly ground pepper; spread in a single layer in a baking dish. Bake, stirring occasionally, for 20 minutes. Remove potatoes from oven. Drain and set aside.
2. In a large skillet, cook onion and pepper, stirring frequently, until onion is translucent, about 5 minutes; stir in 1/2 teaspoon margarine, salt and pepper, sugar and lime juice in a 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 avocado and cheese and allow to melt. Serve on whole wheat bun with lettuce, tomato, avocado, olives and coleslaw.

**Warm Ginger Chicken Salad**
Serves 1
496 Calories Per Serving
Ingredients
• 3 oz pork tenderloin
• 1/2 cup mixed salad greens
• 2 large black olives
• 1/2 cup slivered almonds

**Directions**
1. Heat 1 tablespoon olive oil in a large skillet over medium heat; stir occasionally until pork is done. Remove pork and let stand.
2. In a small skillet over medium-high heat, cook green onions, garlic and red onion, stirring occasionally, about 2 minutes. Remove onion from skillet; refrigerate until ready to serve.
3. In a separate skillet, heat 1 tablespoon olive oil. Add onions and bell peppers and stir occasionally, for 2 minutes. Add medium sauce pan to a 10 minutes. Add almonds in a medium sauce pan and cook, stirring occasionally, for 2 minutes until done. Add pasta and serve with coleslaw.

**Pork with Balsamic Veggies**
Serves 1
496 Calories Per Serving
Ingredients
• 3 oz pork tenderloin
• 1/2 cup mixed salad greens
• 2 large black olives
• 1/2 cup slivered almonds

**Directions**
1. Preheat oven to 425° F. Toss potatoes with 1/4 teaspoon kosher salt and freshly ground pepper; spread in a single layer in a baking dish. Bake, stirring occasionally, for 20 minutes. Remove potatoes from oven.
2. In a large skillet, combine vegetables and brown rice. Add pork and stir to coat. Serve with coleslaw.

**Cheeseburger with Coleslaw**
Serves 1
497 Calories Per Serving
Ingredients
• 3 oz packet of lean ground beef
• 1/2 cup shredded cheddar cheese
• 1/2 cup sliced almonds

**Directions**
1. Cook steak on each side for 2-3 minutes. Let steak set for 2 minutes before slicing and place in small bowl.
2. In a separate bowl, combine steak and tomato, lettuce, cheese, and green onions and set aside.
3. Arrange sliced chicken over salad greens in a large bowl.
4. Toss greens with dressing in same skillet; refrigerate until ready to serve.
5. Arrange sliced chicken and lettuce, tomato, avocado, olives and coleslaw, cheese and allow to melt. Serve on whole wheat bun with lettuce, tomato, avocado, olives and coleslaw.

**Lemon Chicken with Potatoes**
Serves 1
460 Calories Per Serving
Ingredients
• 1/4 cup lemon juice
• 1/4 cup olive oil

**Directions**
1. Preheat oven to 425° F. Toss potatoes with wild albacore tuna salad and olive oil to taste. Spread in a large baking dish and roast until potatoes begin to brown, 25 to 30 minutes.
2. In a large skillet, combine vegetable mixture with olive oil and brown rice. Add pork and stir to coat. Serve with coleslaw.

**200-Calorie Mini-Meals**

**2 Deli Roll-Ups**
• 2 slices deli turkey
• 2 slices cheese
• 2 slices tomato

**Calories 200**

**2.5 oz of Peppered Beef Grilled Cheese**
• 2 slices cheese

**Calories 200**

**Small Bowl of Chili**
• 1/4 cup of chili powder

**Calories 170**

**1/2 Bagel with Tomato**
• 1/4 cup sliced tomato

**Calories 170**

**Apple with Peanut Butter**
• 1/4 cup of peanut butter

**Calories 200**

**Cooper's Apple Chips**
• 1/4 cup of apple chips

**Calories 150**

**Prosciutto Wrapped Mozzarella Stick**
• 1 stick of mozzarella

**Calories 140**

**Strips of Bacon**
• 1 slice of bacon

**Calories 140**

**Mini Burrito**
• 1/4 cup of burrito

**Calories 170**

**Tuna & Crackers**
• 2 tsp of tuna salad

**Calories 110**

**Pita Pizza**
• 1 whole wheat pita

**Calories 110**

**Seasoned Popcorn**
• 4 cups of popcorn

**Calories 150**

**Small Bowl of Chili**
• 1 medium tomato

**Calories 100**

**Hummus & Pita Chips**
• 2 tbsp of hummus

**Calories 100**

**Garlic & Herb Cheese with Pretzels**
• 2 tbsp of cheese

**Calories 100**

**Bake**
• 2 tbsp of banana

**Calories 100**

**Garlic Chipotle Tostadas**
• 1 tbsp of garlic

**Calories 100**

**Hummus with Pita Chips**
• 1/2 cup of hummus

**Calories 100**

**Mini Burrito**
• 1 whole wheat tortilla

**Calories 150**

**Tuna & Crackers**
• 1 packet of mixed salad greens

**Calories 100**

**Pita Pizza**
• 1 whole wheat pita

**Calories 100**

**Visit SlimFast.com/recipes for more ideas!**
### Shopping List

#### 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

#### 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)
- 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*

#### 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)

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*This item is included in a mini-meal recipe
GET STARTED WITH SLIMFAST® SAVINGS!
LOOK FOR THESE FOUR GREAT OFFERS IN YOUR WELCOME EMAIL

SAVE $1.00 on any ONE (1) SlimFast® Product

SAVE $2.00 on any ONE (1) SlimFast® Advanced Nutrition or Advanced Energy Smoothie Mix

SAVE $1.00 on any ONE (1) SlimFast® Advanced Nutrition or Advanced Energy Ready to Drink Shakes

SAVE $1.00 on any ONE (1) SlimFast® Bake Shop Item
Did you know you could get personal access to our brand ambassadors? Join SlimFast Together, a private and safe place where you can receive support, inspiration and motivation from those who have lost weight and are keeping it off with SlimFast.

Visit facebook.com/groups/SlimFastTogether and click to join!

*Joann, Hazely, Staci, and Danielle used The SlimFast® Plan for 26 weeks and were remunerated. Results not typical. For details, visit slimfast.com.