

pick a date
LOSE THE WEIGHT!
SlimFast

SLIMFAST QUICK-START GUIDE



**HUNGRY FOR CHANGE? START THE
EASY-TO-FOLLOW SLIMFAST PLAN!
SEE INSIDE FOR:**

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

SlimFast[®]

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



JOANN R.
 LOST **40** lbs & **20"**
In 20 weeks
 and is keeping it off!

The SlimFast PLAN

- 1 **ONE SENSIBLE MEAL**
 enjoy your favorite foods

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

- 3 **INDULGE IN THREE SNACKS**
 satisfy hunger between meals


"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



BILL C.
 LOST **42** lbs & **18"**
In 30 weeks
 and is keeping it off!

This is just one way to plan your day with SlimFast. Mix it up! Have a shake for breakfast, a sensible meal for lunch, a smoothie for dinner and snacks in between... Going for brunch? Drink your two shakes for lunch and dinner to keep you full for the rest of the day! Whatever your day throws at you and no matter how hectic life gets, The SlimFast Plan offers flexibility and simplicity to make losing weight as easy as 1-2-3.

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.

†Joann and Bill used the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). They have been remunerated for weight loss and brand ambassador participation. Results not typical. Average weight loss is 1-2 lbs per week. 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.



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.



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.

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 Chocolatey Crispy Cookie Dough.



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 and 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!



BOOSTERS

Perfect Complement to The Plan

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



† The SlimFast Plan is a reduced-calorie diet, regular exercise, and plenty of fluids. Average weight loss is 1-2 lbs per week. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet. © 2018 SlimFast®

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](https://www.slimfast.com/recipes).
9. Have fun with your smoothies! Check [slimfast.com/recipes](https://www.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](https://www.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.



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
 - ½ 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
3 tbsp 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

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



Yes WE did!

WE LOST WEIGHT WITH
SlimFast
AND WE'RE KEEPING IT OFF!

JOANN R.
LOST
40 lbs & 20"
in 26 weeks
slimfast.com/joann



HAZELY L.
LOST
30 lbs & 16"
in 26 weeks
slimfast.com/hazely



STACI C.
LOST
35 lbs & 20"
in 26 weeks
slimfast.com/staci



DANIELLE S.
LOST
25 lbs & 14"
in 26 weeks
slimfast.com/danielle



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 for weight loss and brand ambassador participation. Results not typical. Average weight loss is 1-2 lbs per week. Read label prior to use. Check with your doctor if nursing, pregnant, or under 18. Results not typical. For details, visit slimfast.com.