

pick a date
LOSE THE WEIGHT!
SlimFast

SLIMFAST DIABETIC WEIGHT LOSS QUICK-START GUIDE

SlimFast[®]
DIABETIC WEIGHT LOSS

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

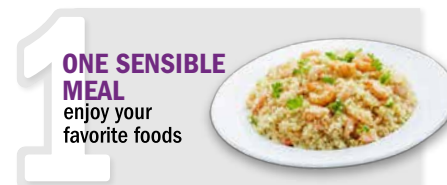
- ✓ **GETTING STARTED**
- ✓ **DAILY GUIDE**
- ✓ **MEAL PLANS**
- ✓ **SHOPPING LISTS**

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

HERE'S YOUR PLAN

- One (1) 500 calorie carb-conscious, high-fiber meal.
- Two (2) SlimFast Diabetic Weight Loss meal replacement shakes.
- Three (3) 100-calorie snacks.
- Drink at least 64 oz of water daily.
- Exercise (light to moderate) 30 minutes per day.
- Men add a 200-calorie, carb-conscious, high-fiber mini meal to each meal replacement.

The
SlimFast
PLAN



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 shake for dinner and snacks in between... Going for brunch? Drink your two shakes, one for lunch and one for 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 Diabetic Weight Loss shake.

MORNING SNACK



Curb your morning cravings and keep your metabolism up with a mid-morning snack. View 100-calorie snack ideas at slimfast.com/recipes.

LUNCH



Indulge in a nutritious meal replacement that tastes just like an old-fashioned ice cream shoppe milkshake!

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 carb-conscious, high-fiber meal of your choice!

EVENING SNACK



Go ahead! Indulge your evening sweet tooth. The SlimFast S'mores Drizzled crisps let you enjoy bite-sized, graham and marshmallow flavored crisps with chocolatey drizzle all within 100-calories.

SlimFast®

DIABETIC WEIGHT LOSS

SlimFast Diabetic Weight Loss Shake Mix is part of the clinically proven SlimFast Plan that helps manage blood sugar as part of a balanced diet. It is a satisfying meal replacement that you can drink every day. Simply mix a single scoop with fat-free milk for that old-fashioned ice cream shoppe milkshake you crave and put delicious back on the menu!

CHOCOLATE

Who knew a chocolate milkshake could be on the menu for people living with Type II Diabetes? Now, with this all-new formula, you can add indulgence back into your day. Each serving is a full, nutritious meal replacement, packed with 10g of protein, high fiber, slow carbs, and prebiotics. Indulge in rich, chocolatey goodness as part of your daily meal plan.

VANILLA

Whoever has used the word “vanilla” to describe something bland or plain, has never tried our NEW SlimFast Diabetic Weight Loss Formula Shake Mix! This all-new formula will have you thinking of vanilla as anything but boring. Each delicious, indulgent shake is a full, nutritious meal replacement, packed with 10g of protein, high fiber, slow carbs, and prebiotics.

Visit SlimFastSugarBalance.com to find a store near you.



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 a meal tracking app.
5. Prep your meals weekly.
6. Make a plan to add light activity, like a daily walk, into your routine.
7. Drink tons of water! This will help you to feel full among all the other benefits of staying hydrated.
8. Find sensible meal recipes on Pinterest and other recipe websites as well as **slimfast.com/recipes**
9. Join the SlimFast Together Facebook community for support and motivation from others on The Plan.
SlimFast.com/SlimFastTogether
10. Have fun with your plan, take it one day at a time.

FREQUENTLY ASKED QUESTIONS ABOUT DRINKING YOUR CALORIES:

Can I drink alcohol while on The Plan?

Yes, you can drink alcohol on the SlimFast Plan. However, you will find it much easier to lose weight if you cut back on alcohol consumption. Alcohol isn't very nutritious so we wouldn't recommend replacing a meal with it. If you enjoy wine with your dinner, or want to have a beer with your friends, just make sure to account for it as part of your snack allowance.

Can I drink coffee and tea while on The Plan?

Yes, 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. Also be mindful of the added calories that whiteners (milk, cream, or half & half) and sweeteners may add to your tea or coffee.



1

ONE SENSIBLE MEAL
enjoy your favorite foods



QUINOA WITH SHRIMP AND ZUCCHINI[^]



EGG & VEGETABLE BREAKFAST SANDWICH[^]



TUNA SALAD ON LIGHT WHEAT WRAP WITH BROCCOLI[^]



MANDARIN ORANGE STEAK SALAD[^]



CHICKEN WITH QUINOA AND VEGGIES[^]



CHIPOTLE TURKEY AND BLACK BEAN CHILI[^]



LEMON CHICKEN WITH POTATOES

2

REPLACE TWO MEALS A DAY
with our delicious shakes



SLIMFAST DIABETIC WEIGHT LOSS
Vanilla Milkshake Shake Mix



SLIMFAST DIABETIC WEIGHT LOSS
Chocolate Milkshake Shake Mix



3

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

Apple
Edamame
Hard-Boiled Egg with Turkey Bacon
Protein Cheesecake Stuffed Strawberries[^]

Healthy Egg Muffin Cups[^]
Sliced Cucumbers with Hummus
Plain Low-Fat Greek Yogurt
Garden Salad

Lite Peanut Butter Toast
Avocado
Banana
Popcorn

Baby Carrots with Cheese Spread
Ricotta with Raspberries[^]
100 Calorie Pack Nuts
Carrot Sticks with Hummus

Dark Chocolate Covered Espresso Beans
Clementines
Quinoa
Pistachios

FOR MEN* 200-calorie mini-meals



1/2 SLIMFAST BAKE SHOP COOKIE WITH TURKEY ROLL-UPS



GUILTLESS SWEET POTATO FRIES[^]



BEEF JERKY



BOWL OF CHILI



APPLES w/ PEANUT BUTTER



BAGEL THIN WITH CHEESE AND TOMATO



SMOKED SALMON ROLL UPS[^]



HUMMUS & PITA CHIPS



CINNAMON BUN SWIRL CEREAL[^]



SWEET POTATO AVOCADO TOAST[^]



GUILTLESS MAC AND CHEESE[^]



SMOKED SALMON AND AVOCADO BRUSCHETTA[^]



TUNA SALAD w/ CRACKERS



PITA PIZZA[^]

*Men add an additional 200-calories to each SlimFast® meal replacement. For example, use 2 scoops of shake mix or enjoy a mini-meal.

[^]Find these and other delicious recipes on SlimFast.com/Recipes

7 DAY MEAL PLANNER



GIVE US A WEEK
& WE'LL TAKE OFF THE WEIGHT®

	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

SLIMFAST®

14 MEAL REPLACEMENTS NEEDED

21 SNACKS NEEDED

- ☐ Slimfast Diabetic Weight Loss Shakes
- ☐ SlimFast Baked Chips
- ☐ SlimFast Drizzled Crisps
- ☐ SlimFast Snack Bites

DRY/BAKED GOODS

- ☐ Almond Flour*
- ☐ Crostini Toasts*
- ☐ Croutons
- ☐ Gluten Free Fusilli Pasta*
- ☐ Long Grain Brown Rice
- ☐ Low Fat Wheat Thin
- ☐ Seasoned Bread Crumbs*
- ☐ Unsalted Peanuts
- ☐ Whole Wheat Bread
- ☐ Whole Wheat Dinner Rolls
- ☐ Whole Wheat Thin Bagels*
- ☐ Whole Wheat Wrap
- ☐ Whole Wheat Pita*
- ☐ Quinoa
- ☐ Pistachios

CANNED GOODS/ CONDIMENTS

- ☐ Light Asian-Style Dressing
- ☐ Rosemary
- ☐ Paprika
- ☐ Chipotle Peppers in Adobo Sauce
- ☐ No Salt Added Black Beans
- ☐ No Salt Added Diced Tomatoes
- ☐ Butter Substitute Spray
- ☐ Lemon Juice
- ☐ Dill
- ☐ Everything Bagel Seasoning
- ☐ Seasoned Salt*
- ☐ Cornstarch*
- ☐ Reduced Fat Peanut Butter*
- ☐ Chili Powder*
- ☐ Kosher Salt
- ☐ Ground Black Pepper*
- ☐ Light Mayonnaise
- ☐ Low Sodium Chicken Broth*
- ☐ Olive Oil*
- ☐ Packet of Wild Albacore Tuna Salad
- ☐ Tomato Sauce

PRODUCE

- ☐ Garden Salad
- ☐ Mandarin Orange
- ☐ Clementines
- ☐ Raspberries
- ☐ Zucchini
- ☐ Edamame
- ☐ Strawberries
- ☐ Cucumber
- ☐ Tomatoes
- ☐ Squash
- ☐ Spinach
- ☐ Romaine Lettuce Leaves
- ☐ Red Onion
- ☐ Mushrooms
- ☐ Yellow Bell Peppers
- ☐ Parsley Leaves
- ☐ Apples*
- ☐ Avocado*
- ☐ Broccoli Florets*
- ☐ Garlic*
- ☐ Yellow Onion
- ☐ Potatoes
- ☐ Snow Peas
- ☐ Lemon
- ☐ Sweet Potatoes*

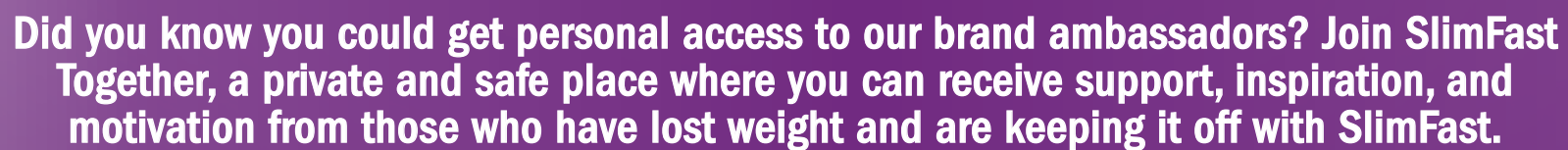
DAIRY/DELI

- ☐ Hummus
- ☐ Ricotta Cheese
- ☐ Light Butter Substitute Spread*
- ☐ Unsweetened Almond Milk*
- ☐ Reduced Fat Shredded Cheddar Cheese*
- ☐ Non-Fat Cream Cheese
- ☐ Garlic & Herb Spreadable Cheese
- ☐ Shredded Mozzarella Cheese*
- ☐ Grated Parmesan Cheese*
- ☐ Cream Cheese*

PROTEIN

- ☐ Boneless, Skinless Chicken Breast
- ☐ Lean Steak
- ☐ Peppered Beef Jerky*
- ☐ Ground Turkey
- ☐ Shrimp
- ☐ Sirloin Steak
- ☐ Smoked Salmon*

*This item is included in a mini-meal recipe



Visit SlimFast.com/SlimFastTogether and click to join!