



SLIMFAST KETO QUICK-START GUIDE

A photograph of a white plate containing a piece of pan-seared salmon, several stalks of green asparagus, and a slice of lemon. A yellow sticky note is placed over the bottom right of the plate.

MOTIVATE YOUR METABOLISM
AND BURN FAT INSTEAD OF CARBS
WITH THE EASY-TO-FOLLOW
SLIMFAST KETO PLAN!

SEE INSIDE FOR:

- ✓ GETTING STARTED
- ✓ TIPS FOR SUCCESS
- ✓ MEAL PLANS
- ✓ SHOPPING LISTS

WELCOME TO SLIMFAST KETO

Welcome to SlimFast Keto! Our line of premium products is the perfect choice for making optimal low-carb, ketogenic nutrition as easy as 1-2-3.

Why Keto? Reaching a state of ketosis motivates your metabolism to become a fat-burning machine. The key to Keto is finding the right balance of nutrients for your body to shift its fuel source from carbs to fat.

Why SlimFast Keto? SlimFast Keto makes Keto easy with a simple and clinically proven plan that includes decadent, indulgent, and convenient products. Plus, everything you need to know to get started can be found in this helpful guide so you can lose weight and keep it off. You'll see results in just one week.*

Count on SlimFast Keto to help you become Keto confident!



KETO
made
EASY

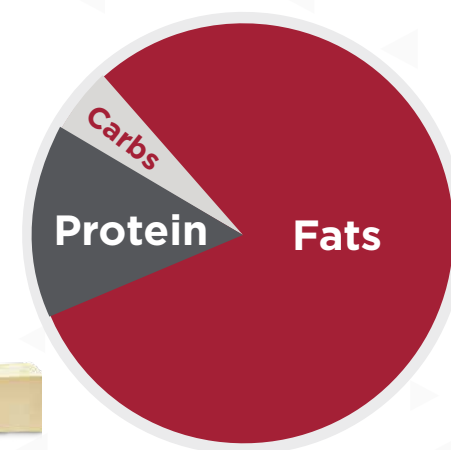
**CLINICALLY PROVEN
LOSE WEIGHT
& KEEP IT OFF!**

WHAT IS KETO?

The ketogenic diet is an extremely low-carb, high fat, moderate protein diet. The Keto diet requires significantly reducing carbohydrate intake and replacing it with fat in order for your body to enter a metabolic state called ketosis. When in ketosis, the body shifts from the use of carb-generated glucose to fat-generated ketones as its primary source of energy.

The body typically prioritizes carbohydrates as its fuel source by breaking them down and converting them into glucose. In the absence of carbs, the body looks for an alternative source and puts stored fat to use. The stored fat is broken down and produces ketones, which are also an effective source of energy for the body. This process is called ketosis and is the goal of a ketogenic diet.

The ketogenic diet is commonly praised for allowing more indulgent, higher fat foods. Steaks, cream sauces, bacon, butter - none of these are off limits on the Keto diet. Of course, these would be enjoyed in addition to leafy greens and other low-carb vegetables.



40 YEAR BRAND



SlimFast Keto

SlimFast Keto combines 40 years of clinically proven SlimFast success with optimal low-carb ketogenic nutrition to help people just like you reach their goals. With convenient and delicious meal replacement shakes and bars, and indulgent fat bombs, it's Keto made easy™.

Simply enjoy one sensible Keto-friendly meal with healthy fats and protein, replace two meals a day with SlimFast Keto shakes or bars, and indulge in three low-carb snacks to satisfy hunger between meals. Plus, add Keto-compatible SlimFast Boosters™ supplements to perfectly complement your plan.

SlimFast Keto provides the support you need to lose weight and keep it off!®* It really works!

With tools like a 7-day meal planner, Keto recipes, and a private group with others following the SlimFast Keto Plan - you are on the path to success.

HERE'S YOUR PLAN

- One (1) 500-calorie low-carb, high-fat meal
- Two (2) SlimFast Keto meal replacements
- Three (3) 100-calorie, low-carb snacks
- Drink at least 64 oz of water daily
- Exercise (light to moderate) 30 minutes per day
- Men add a 200-calorie low-carb, high-fat mini meal to each meal replacement



TYPICAL DAY

BREAKFAST



MORNING SNACK



LUNCH



AFTERNOON SNACK



DINNER



EVENING SNACK



- **Breakfast** – Start your day right with a deliciously creamy SlimFast Keto meal replacement shake. And for the first time from SlimFast, mix with water. What could be easier when you're on the go?
- **Morning Snack** – Enjoy SlimFast Keto Creamer in your mid-morning coffee. This "snack" helps provide healthy fats for the energy to keep moving and to keep you feeling full!
- **Lunch** – Reach for a SlimFast Keto Whipped Triple Chocolate meal replacement bar. With balanced macronutrients, keeping carbs in check is a cinch.
- **Afternoon Snack** – Add some veggies or dark leafy greens to the mix and feel satisfied with 1 tbsp of SlimFast Keto MCT Oil, medium chain triglyceride formula made from 100% high-quality coconut oil.
- **Dinner** – Cheeseburgers are on the menu with the SlimFast Keto Plan! Dressed with caramelized onions on a bed of lettuce, all that's missing from these burgers is the bun.
- **Evening Snack** - What's better than a no-bake Keto-approved treat? A SlimFast Keto Chocolate Peanut Butter Cup Fat Bomb that tastes like it's made from "scratch".

KETO MADE EASY™

SlimFast Keto Meal Bars

Take your Keto on-the-go with SlimFast Keto Meal Replacement Bars packed full of flavor. No matter how hectic your life gets, you can grab a Whipped Peanut Butter Chocolate Bar or a Whipped Triple Chocolate Bar and satisfy your hunger with the low-carb ketogenic nutrition you need. These meal replacement bars are free from gluten, artificial sweeteners, flavors and colors and made with whey protein and coconut oil MCTs. Simply open the wrapper and take a bite of the creamy and chocolatey goodness while you motivate your metabolism and burn fat instead of carbs. This is Keto made easy™.



SlimFast Keto Meal Shakes

Shake up your weight loss with our delicious Keto Shake Mixes in Fudge Brownie Batter and Vanilla Cake Batter. Mix it with water, or blend it just the way you like it. Our powdered meal replacement mixes are packed with the low-carb ketogenic nutrition you need to motivate your metabolism and burn fat instead of carbs. Choose between the indulgent chocolatey goodness of Fudge Brownie Batter or the rich and creamy Vanilla Cake Batter without sacrificing your weight loss goals. Plus, every shake is free from gluten, artificial sweeteners, and artificial flavors and colors. Who knew weight loss could taste so good?



SlimFast Keto Creamer

Bring some extra richness to your favorite hot drinks with our Keto Creamer. A couple teaspoons is all it takes to add natural creamy flavor to coffee, tea, or cocoa. Grass-fed butter and coconut oil MCTs make this creamer the perfect blend of ketogenic ingredients.



SlimFast Keto MCT Oil

SlimFast Keto MCT Oil is a non-GMO, high-quality, 100% pure coconut oil providing C8 Caprylic Acid. It is free from gluten, lactose, artificial sweeteners, artificial flavors, and colors. Most commonly added to hot beverages, it can also be used for cooking or as an ingredient in salad dressings, sauces, and more.



SlimFast Keto Fat Bomb

All the creamy peanut butter and chocolatey goodness you could want is now packed into our Keto Peanut Butter Cup Fat Bomb. It's the perfect snack to calm your cravings. These delicious cups are crafted for optimal ketogenic nutrition. Made with coconut oil MCTs and zero sugar, they are free from gluten, artificial sweeteners, flavors and colors. Weight loss has never been so indulgent.



SlimFast Keto Test Strips

Make sure you're always hitting your ketosis goals with SlimFast Keto Ketone Test Strips for Urinalysis. Keep track of your ketone levels wherever you are with this easy, one-step test for quick and accurate results.



10 Steps to SlimFast Keto Success

- 1** Pick a date to start the SlimFast Keto Plan and set your weight loss goal.
- 2** Tell your family and friends, and maybe even a teammate, to enlist their support!
- 3** Take “before” pictures (front-facing, right and left profile).
- 4** Track your calories in a meal tracking app.
- 5** Make a plan to add light activity, like a daily walk, into your routine.
- 6** Drink tons of water! This will help you feel full, among all the other benefits of staying hydrated.
- 7** Prep your meals weekly.
- 8** Find keto-friendly recipes at slimfast.com/recipes/keto.
- 9** Join the SlimFast Together Keto Facebook community to find tips and support alongside other SlimFast Keto users. Visit slimfast.com/KetoTogether to request access.
- 10** Have fun trying new recipes and activities to help reach your goals!

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KETO-FRIENDLY FOODS

The Keto diet incorporates a wide variety of foods. The list below offers examples of some Keto staples you can include in your meal plan.

Protein

Beef, Poultry, Pork,
Bacon, Fish, Eggs

Veggies

Asparagus, Broccoli, Cauliflower,
Zucchini, Kale, Cucumber, Olives,
Spinach

Oils and Fats

MCT Oil, Ghee, Cacao Butter,
Avocado Oil, Coconut Oil, Grass-
fed-butter, Egg Yolks

Nuts, Seeds, Legumes

Coconut, Almonds, Cashews, Chestnuts, Hazelnuts,
Macadamia Nuts, Walnuts, Pecans

Dairy

Grass-fed Butter,
Cheese, Heavy Cream

Fruits

Avocado, Blueberries,
Raspberries, Cranberries,
Coconut, Lemon, Lime

Spices, Seasonings, Sweeteners

Xylitol, Erythritol, Stevia, Monk
Fruit, Apple Cider Vinegar,
Cilantro, Coffee, Ginger, Parsley,
Sea Salt, Oregano, Rosemary,
Thyme, Turmeric



WOMEN

SlimFast KETO

OPTIMAL LOW-CARB KETOGENIC NUTRITION

DAY 1



3 Scrambled Eggs with Cheddar Cheese*



1 oz Beef Jerky



SlimFast Keto Shake with 2 Tbsp Powdered Peanut Butter



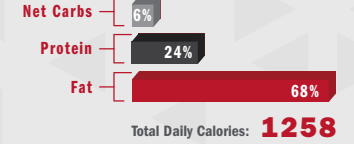
1/2 oz Pork Rinds



SlimFast Keto Shake



SlimFast Keto Fat Bomb



DAY 2



SlimFast Keto Shake with 2 Tbsp Powdered Peanut Butter



2 Tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Shake



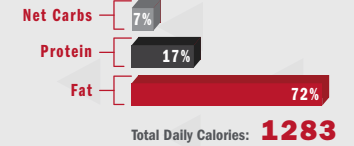
1 Large Celery Stalk with 2 Tbsp Cream Cheese



Low-Carb Cheeseburger with Caramelized Onions*



SlimFast Keto Fat Bomb



DAY 3



SlimFast Keto Meal Bar



2 Tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Shake



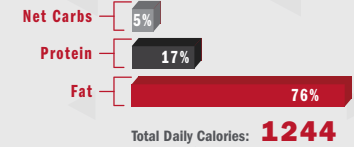
1 oz Block of Smoked Gouda Cheese



Crispy Baked Garlic Parmesan Wings*



SlimFast Keto Fat Bomb



DAY 4



SlimFast Keto Meal Bar



2 Tsp SlimFast Keto Creamer with Black Coffee



Flank Steak with Arugula Salad*



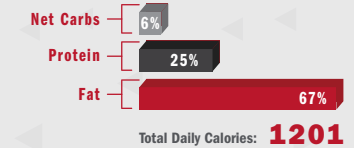
1 Hard Boiled Egg with 1 Slice of Bacon



SlimFast Keto Shake



Cucumbers and 1 oz Cream Cheese



DAY 5



2 Cheese Shell Tacos*



2 Tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Shake with 2 Tbsp Powdered Peanut Butter



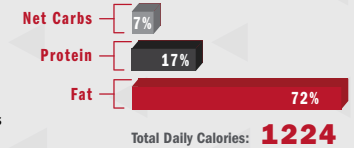
1/2 Medium Avocado



SlimFast Keto Meal Bar



100-Calorie Pack Nuts



DAY 6



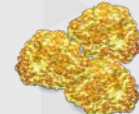
SlimFast Keto Shake



2 Tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Meal Bar



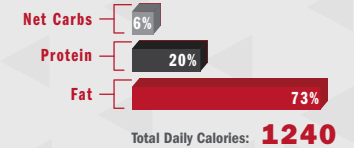
Baked Zucchini Fritters*



Baked Salmon with Lemon Butter & Steamed Asparagus*



SlimFast Keto Fat Bomb



DAY 7



SlimFast Keto Meal Bar



1/2 Medium Avocado



SlimFast Keto Shake



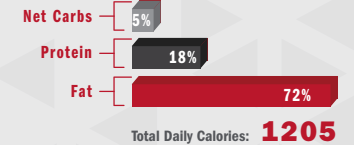
Mozzarella Cheese Stick



Parmesan Tilapia with Zucchini*



100-Calorie Pack Nuts



*Find these and other delicious, EASY recipes at SLIMFAST.COM/RECIPES/KETO

MEN

SlimFast KETO

OPTIMAL LOW-CARB KETOGENIC NUTRITION

DAY 1



2 Scrambled Eggs with 1 oz Cheddar Cheese & 2 Strips Bacon



1 oz Beef Jerky



2 Scoops SlimFast Keto Shake with 2 Tbsp Powdered Peanut Butter



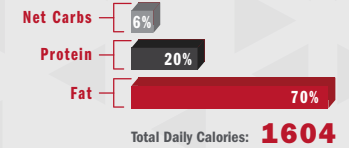
1/2 Can Tuna with 1 Tbsp Mayo on Lettuce Wrap



SlimFast Keto Shake & 1 Medium Avocado



SlimFast Keto Fat Bomb



DAY 2



2 SlimFast Keto Meal Bars



2 Tsp SlimFast Keto Creamer with Black Coffee



Chicken Thighs, Arugula & Herbed Tomato Salad*



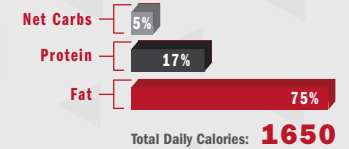
1 Hard Boiled Egg with 1 Slice of Bacon



SlimFast Keto Shake & 1 Medium Avocado



SlimFast Keto Fat Bomb



DAY 3



SlimFast Keto Shake with 2 Tbsp Powdered Peanut Butter & 2 Hard Boiled Eggs



2 Tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Meal Bar & 2 oz Cheeze Chips



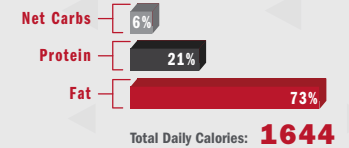
1/2 Medium Avocado



Baked Salmon with Lemon Butter & Steamed Asparagus*



SlimFast Keto Fat Bomb



DAY 4



2 Scoops SlimFast Keto Shake



2 Tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Shake with 2 oz Cheeze Chips



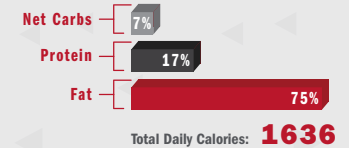
2 Large Stalks Celery with 2 Tbsp Cream Cheese



Low-Carb Cheeseburger with Caramelized Onions*



SlimFast Keto Fat Bomb



DAY 5



2 SlimFast Keto Meal Bars



2 Tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Shake & 3 Hard Boiled Eggs



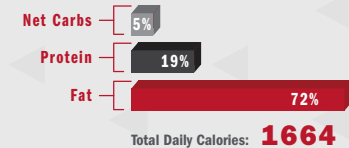
1 oz Block of Smoked Gouda Cheese



Crispy Baked Garlic Parmesan Wings*



SlimFast Keto Fat Bomb



DAY 6



SlimFast Keto Meal Bar & 2 Hard Boiled Eggs



1/2 Medium Avocado



SlimFast Keto Shake & Deli Meat Roll Up



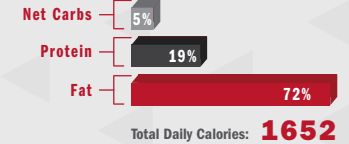
Mozzarella Cheese Stick



Parmesan Tilapia with Zucchini*



SlimFast Keto Fat Bomb



DAY 7



Sausage & Broccoli Rabe Frittata*



2 Tsp SlimFast Keto Creamer with Black Coffee



2 Scoops SlimFast Keto Shake with 2 Tbsp Powdered Peanut Butter



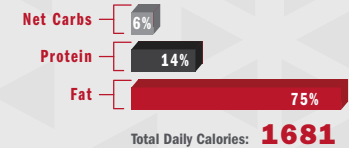
1 Large Hard Boiled Egg



SlimFast Keto Meal Bar & 1 Medium Avocado



100-Calorie Pack Nuts



*Find these and other delicious, EASY recipes at SLIMFAST.COM/RECIPES/KETO

SLIMFAST® KETO
14 MEAL REPLACEMENTS 21 SNACKS

- SlimFast Keto Meal Shake Mix
- SlimFast Keto Meal Bars
- SlimFast Keto Fat Bombs (Snack)
- SlimFast Keto Creamer (Snack)

SLIMFAST KETO
BASICS

- SlimFast Keto Ketone Test Strips
- SlimFast Keto MCT Oil

DRY/BAKED GOODS

- 100-Calorie Pack Nuts
- Beef Jerky
- Powdered Peanut Butter
- Pork Rinds

**CANNED GOODS/
CONDIMENTS**

- Baking Powder
- Canned Tuna
- Garlic Powder
- Grated Parmesan Cheese
- Ground Black Pepper
- Mayonnaise
- Onion Powder
- Olive Oil
- Paprika
- Salt
- Worcestershire sauce

MEAT

- Bacon
- Chicken Thighs
- Chicken Wings
- Flank Steak
- Ground Beef
- Ground Turkey
- Salmon
- Spanish Chorizo
- Tilapia

PRODUCE

- Asparagus
- Avocado
- Baby Arugula
- Broccoli Rabe
- Celery
- Cucumbers
- Fresh Parsley
- Fresh Spinach
- Garlic
- Grape Tomatoes
- Green Leaf Lettuce
- Lemon
- Onion
- Red Bell Pepper
- Shallots
- Squash
- Zucchini

DAIRY

- Butter
- Cheddar Cheese, Shredded
- Cheddar Cheese, Sliced
- Cream Cheese
- Eggs
- Goat Cheese
- Mozzarella Cheese Sticks
- Smoked Gouda Cheese, Cubed
- Whole Milk

Tips for Keto Success

- 1** Getting started on Keto means getting organized. Try mapping out your meals for a full week before you make your shopping list. Calculate the macros for each day and adjust as needed. We've made it easy with the 7-day meal planner found in this guide! Once you've set yourself up for success, go shopping!
- 2** One of the best things about the SlimFast Keto products is that they're convenient. Stay prepared, no matter where you are, by stashing SlimFast Keto bars and snacks in your drawer at work, in your gym bag, in your tote bag, practically anywhere that makes sense for you! *(Note: For best results, keep bars and bombs in cool locations)*
- 3** Pair the foods you eat with added fats to keep you feeling full and try to limit your intake of grains and sugar. Items like heavy cream, cheese, and MCT oil are versatile fats that can be used in many dishes.
- 4** Many people start seeing results quickly but be patient if you don't. Every body is unique and your response to Keto will be too!
- 5** Watch out for trace sugars and carbs in the foods you eat. Pay attention to nutrition facts and ingredients panels and make sure to calculate your macros to stay on track. A meal tracking app can really help here!
- 6** Water is vital to keeping yourself healthy and active! Fill up a large water bottle and carry it around with you so it is always readily available. Keep a count of how many times you are filling it up!
- 7** You can still maintain your workout routine even though you are restricting carbs. Steady cardio, short duration and high intensity workouts, as well as activities like yoga, are perfect for a Keto diet! Make sure to consult your doctor before making any changes to your physical activity.
- 8** Eating out doesn't have to be a challenge! Check the restaurant's website for nutritional information and ingredients, if available, so you can easily plan your meal ahead of time. Don't be afraid to make special requests or ask for an ingredient list of what is used to make your meal.
- 9** Your scale is not the only way to measure your success. Use a tape measure to see if you are losing inches, or just pay attention to how your clothes fit. If you think you've hit a plateau, try switching up your fitness routine or take a look at your daily meal plan. A small change could make all the difference!



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Congratulations! You are taking the first steps to becoming SlimFast Keto Confident! Visit our private Facebook community to find tips and support alongside other SlimFast Keto users. There are many benefits to a ketogenic diet, in addition to weight loss. Remember that every single body is unique and so will be your individual response to "going keto".

Visit slimfast.com/KetoTogether and click to join!