

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[®]

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 NUTRITION

Stay Satisfied with 20 grams of Protein!

Rich, creamy, and delicious meal replacement shakes and smoothies make up the Advanced Nutrition line. SlimFast Advanced Nutrition specially formulated weight loss high protein drinks are gluten free and high in fiber with 20 grams of protein and 1 gram of sugar to curb your hunger. Shake up your day with three delicious flavors!



ADVANCED ENERGY

Energize Your Weight Loss!

Give your weight loss an energy boost with new SlimFast Advanced Energy meal replacement shakes and smoothie mix. Get energy for hours with 20 grams of protein, 5 grams of fiber, only 1 gram of sugar, and as much caffeine as a cup of coffee. With four rich flavors, motivate your metabolism and feel energized throughout your day.



ORIGINAL

Taste You'll Love Guarantee!

SlimFast Original has the taste you'll love with easy to make shake mixes and convenient meal replacement shakes. All your favorite flavors control hunger for up to 4 hours. Each serving contains 10 grams of protein, 5 grams of fiber and 24 vitamins and minerals, so you can stick to your weight loss goals.



SLIMFAST KETO

Keto Made Easy!

Introducing a new line of Keto approved essentials all with minimal carbs and plenty of fats to motivate your metabolism. Whether you're Keto curious or trying to rev up your results, this line of meal replacements, snacks, and more will help you to lose weight fast and keep it off.[†] This is Keto made easy.[™]



DIABETIC

Diabetic Weight Loss Formula

Finally, a weight management option for persons living with Type II Diabetes, from the brand that has been trusted for over 40 years! Backed by multiple clinical studies, the SlimFast Plan has been shown to be a suitable approach for diabetic weight loss. Now, our NEW line of delicious, indulgent, and nutritious meal replacement shake mixes perfectly complement The Plan, to help support weight loss for anyone ready to take control of sugar and glycemic balance.



BAKE SHOP

Have Your Cookie and Eat It Too!

This Bake Shop is not off limits when you're on the SlimFast Plan. Each soft, oven-baked cookie combines 10 grams of protein and 5 grams of fiber. Or indulge in a rich, chocolatey bar as a hunger buster that provides 15 grams of protein and 5 grams of fiber. These baked goods will satisfy your sweet tooth for up to 4 hours!



SNACKS

Snack Your Way Slim!

Snacking is now a low calorie part of your weight loss transformation. Curb your cravings between meals with flavorful, crunchy, nutritious 100-calorie snacks that taste guiltlessly delicious.



BOOSTERS

Perfect Complement to The Plan

Each SlimFast Boosters product is scientifically designed with a unique function to help support your weight loss plan. Whether you want Fat Cutter, Carb Cutter, Energy & Metabolism, or to get more Control, there's a SlimFast Booster to help. So ignite your healthy diet plan today!



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



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

LUNCH



Lunch on the go? Grab a rich, chocolate ready to drink shake, delicious baked cookie, 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. © 2019 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 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 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.
[SlimFast.com/SlimFastTogether](https://www.slimfast.com/SlimFastTogether)

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



MEAT LOVER OMELET



EGG & VEGETABLE BREAKFAST SANDWICH



BAKED SALMON WITH LEMON BUTTER AND STEAMED ASPARAGUS



FLANK STEAK WITH ARUGULA



PORK WITH BALSAMIC VEGGIES



CHEESEBURGER WITH PEPPERY COLESLAW



PESTO CHICKEN

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



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

FOR MEN*
200-calorie mini-meals



2 DELI ROLL-UPS



SWEET POTATO TOAST



FIRE ROASTED TOMATO AND BAKED GOAT CHEESE DIP



APPLES w/ PEANUT BUTTER



BACON AVOCADO MUFFINS



HARD BOILED EGG



HUMMUS & PITA CHIPS



4 STRIPS OF BACON



HOGS IN LOGS



SPINACH DIP & KALE CHIPS



GOLDEN ONION RINGS



TUNA SALAD w/CRACKERS



PITA PIZZA

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

*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.

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 Bake Shop Bars
- SlimFast Baked Chips
- SlimFast Bake Shop Cookies
- SlimFast Drizzled Crisps
- SlimFast Ready To Drink Shakes
- SlimFast Smoothie Mix
- SlimFast Snack Bites
- SlimFast Shake Mix

DRY/BAKED GOODS

- Apple Cider Vinegar
- Almond Meal*
- Baked Wheat Crackers*
- Batter Mix*
- Black Beans
- Crostini Toast*
- Flaxseed
- Granulated Sugar
- Ground Cinnamon
- Honey
- Japanese Bread Crumbs*
- Long Grain Brown Rice
- Low-Fat Popcorn
- Low Fat Wheat Thin Crackers*
- Mini Pretzels
- Old Fashioned Oats
- Sliced Almonds
- Stevia Packets
- Sweet Potato Toast*
- Whole Wheat Hamburger Buns
- Whole Wheat Pitas*
- Whole Wheat Thin Bagels
- Whole Wheat Tortillas

**CANNED GOODS/
CONDIMENTS**

- Baking Powder*
- Balsamic Glaze*
- Balsamic Vinaigrette Dressing
- Black Olives
- Dry Basil*
- Cajun Seasoning*
- Canned Chili
- Chili Powder
- Crushed Red Peppers*
- Dry Cilantro*
- Fire Roasted Diced Tomatoes*
- Fresh Salsa*
- Garlic Powder*
- Garlic Salt*
- Ground Black Pepper*
- Ground Ginger
- Kosher Salt*
- Lemon Juice
- Light Mayonnaise
- Low Sodium Chicken Broth
- Olive Oil
- Onion Powder
- Dry Oregano*
- Dry Parsley
- Peanut Butter*
- Pepper*
- Pesto*
- Puff Pastry*
- Rice Wine Vinegar
- Reduced Sodium Soy Sauce
- Reduced Fat Peanut Butter*
- Tomato Sauce*
- Vegetable Oil*
- Wild Albacore Tuna Salad*

PRODUCE

- 50/50 Spring Mix and Half
- Baby Spinach Salad
- Apples*
- Artichoke Hearts*
- Asparagus Spears
- Avocado*
- Banana
- Blueberries
- Broccoli Florets
- Button Mushrooms
- Coleslaw Mix
- Cubed Watermelon
- Garlic
- Green or Red Bell pepper
- Honeydew
- Kale*
- Lemon
- Lime
- Medium Sweet Potato
- Medium Yellow Onions
- Mixed Arugula*
- Orange
- Red-Skinned Potatoes
- Snow Peas
- Strawberries
- String Beans
- Spinach*
- Tomatoes

MEAT

- Bacon*
- Beef Sausage*
- Boneless, Skinless Chicken Breast
- Ground Beef
- Lean Steak
- Peppered Beef Jerky
- Pork Tenderloin
- Skinless Chicken Thighs and Legs

DELI

- Hummus*
- Puff Pastry*
- Sliced Prosciutto
- Sliced Turkey*
- Swiss Cheese*

DAIRY

- Eggs*
- Feta*
- Cheddar Cheese*
- Garlic & Herb Spreadable Cheese
- Grated Parmesan Cheese*
- Margarine
- Light Sour Cream*
- Low Fat Goat Cheese*
- Non Fat Cream Cheese*
- Non Fat Greek Yogurt
- Reduced Fat Shredded Cheddar Cheese
- Shredded Mozzarella Cheese*
- Skim Mozzarella Cheese Stick
- Unsweetened Coconut Milk

*This item is included in a mini-meal recipe

TINA M.
LOST **28 lbs & 10"**
in 29 weeks[†]

DEBORAH L.
LOST **63 lbs & 36"**
in 26 weeks[†]

HAZELY L.
LOST **30 lbs & 16"**
in 26 weeks[†]

AMANDA H.
LOST **30 lbs & 20"**
in 28 weeks[†]

ELISSA N.
LOST **36 lbs & 23"**
in 28 weeks[†]

Then lost another
8 lbs
in 11 weeks[†]
with SlimFast Keto

Then lost another
17 lbs
in 13 weeks[†]
with SlimFast Keto

Then lost another
12 lbs
in 13 weeks[†]
with SlimFast Keto

SlimFast Together

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 [SlimFast.com/SlimFastTogether](https://www.slimfast.com/SlimFastTogether) and click to join!

[†] Tina, Deborah, Hazely, Amanda and Ellisa follow the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). All are remunerated. Results not typical. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet.* Message and data rates may apply. For the SlimFast privacy policy go to [SlimFast.com/privacy-policy](https://www.slimfast.com/privacy-policy). For terms and conditions go to [SlimFast.com/legal](https://www.slimfast.com/legal). © SlimFast® 2019