

# 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



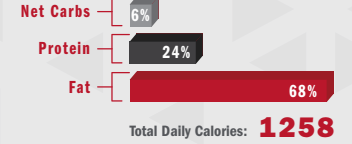
1/2 oz Pork Rinds



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



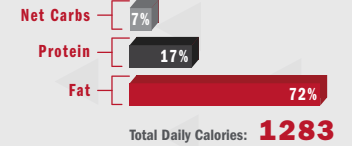
1 Large Celery Stalk with 2 Tbsp Cream Cheese



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



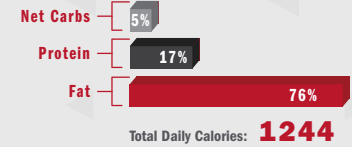
1 oz Block of Smoked Gouda Cheese



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\*



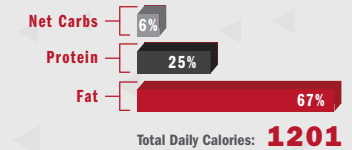
1 Hard Boiled Egg with 1 Slice of Bacon



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



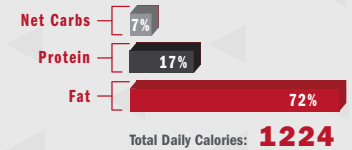
1/2 Medium Avocado



SlimFast Keto Meal Bar



100-Calorie Pack Nuts



DAY 6



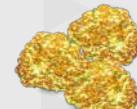
SlimFast Keto Shake



2 Tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Meal Bar



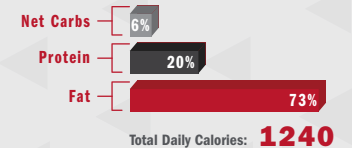
Baked Zucchini Fritters\*



Baked Salmon with Lemon Butter & Steamed Asparagus\*



SlimFast Keto Fat Bomb



DAY 7



SlimFast Keto Meal Bar



1/2 Medium Avocado



SlimFast Keto Shake



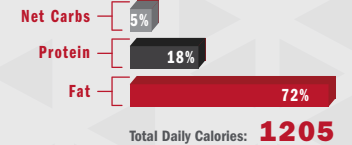
Mozzarella Cheese Stick



Parmesan Tilapia with Zucchini\*



100-Calorie Pack Nuts



\*Find these and other delicious, EASY recipes at [SLIMFAST.COM/RECIPES/KETO](http://SLIMFAST.COM/RECIPES/KETO)