

# WOMEN

# SlimFast KETO

OPTIMAL LOW-CARB KETOGENIC NUTRITION

DAY 1



SlimFast Keto Shake with 2 tbsp Powdered Peanut Butter



Cucumbers and 1 oz Cream Cheese\*



SlimFast Keto Meal Bar



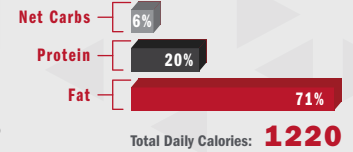
1/2 Medium Avocado



Low-Carb Steak Fajitas\*



SlimFast Keto Fat Bomb



DAY 2



SlimFast Keto Meal Bar



2 tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Shake



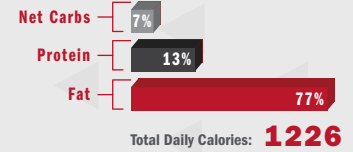
2 Large Celery Stalks with 1 tbsp Peanut Butter



Bacon Sausage Meatballs\* with Roasted Vegetables\*



1 oz Smoked Gouda Cheese



DAY 3



Bacon Avocado Muffins\*



Cucumbers and 1 oz Cream Cheese\*



SlimFast Keto Meal Bar



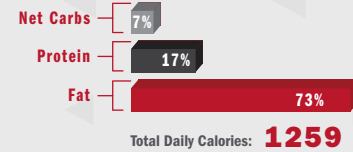
Baked Cheese Crisps\*



SlimFast Keto Shake



Ricotta Cheese with Raspberries\*



DAY 4



SlimFast Keto Shake



2 tsp SlimFast Keto Creamer with Black Coffee



Buffalo Chicken Salad with Blue Cheese\*



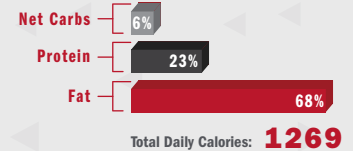
Cucumbers and 1 oz Cream Cheese\*



SlimFast Keto Meal Bar



Keto Cheesecake Dip and Fruit



DAY 5



SlimFast Keto Meal Bar



2 tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Shake



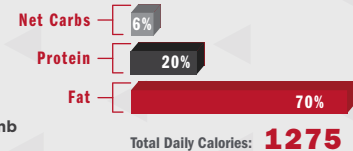
1/2 cup Edamame



Crispy Baked Chicken Thighs\* with Cauliflower Mac & Cheese\*



SlimFast Keto Fat Bomb



DAY 6



Ham Cheddar and Chive Souffle\*



1 Large Celery Stalk with 2 tbsp Cream Cheese\*



SlimFast Keto Meal Bar



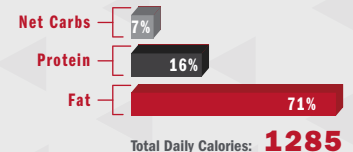
22 Black Olives



SlimFast Keto Meal Bar



Protein Cheesecake Stuffed Strawberries\*



DAY 7



SlimFast Keto Meal Bar



2 Slices Bacon



Low-Carb Lasagna\*



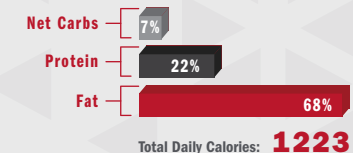
1/2 Medium Avocado



SlimFast Keto Shake with 2 tbsp Powdered Peanut Butter



10 Pepperoni Slices



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