



# SLIMFAST DIABETIC WEIGHT LOSS QUICK-START GUIDE



HUNGRY FOR CHANGE? START  
THE SLIMFAST PLAN THAT HELPS  
MANAGE CARBS & SUGAR!  
SEE INSIDE FOR:

- ✓ **GETTING STARTED**
- ✓ **DAILY GUIDE**
- ✓ **7 MEAL PLANNER**
- ✓ **SHOPPING LISTS**

# SlimFast®

DIABETIC WEIGHT LOSS

## WELCOME TO SLIMFAST DIABETIC WEIGHT LOSS

### HELPS MANAGE CARBS & SUGAR!



### WELCOME TO SLIMFAST DIABETIC WEIGHT LOSS

Our NEW line of products includes delicious and satisfying meal replacement bars, shakes and snacks.

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

Follow the **SlimFast Plan**, using the Diabetic weight loss products, to help you lose weight fast and keep it off. See results in just one week!\*

### WHY SLIMFAST DIABETIC WEIGHT LOSS?

The SlimFast Plan\* is a simple, clinically proven plan that includes convenient & indulgently delicious products that help manage carbs and sugar. Everything you need to know to get started can be found in this helpful quick start guide, including a do-it-yourself meal planner that provides you with meal and snack ideas plus tips for success.

\*When used as part of the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). Read label prior to use. This product is intended to help manage blood sugar and not intended for the treatment or prevention of disease, including Diabetes Type I, Type II, or Gestational Diabetes. Check with your doctor if you have been diagnosed with Type I, Type II or Gestational Diabetes, are insulin dependent, nursing, pregnant, are under 18, or following a doctor-prescribed diet.

# SlimFast®

## DIABETIC WEIGHT LOSS

## LET'S GET STARTED

### A MESSAGE FROM MARYANN

I am confident in recommending our clinically proven SlimFast Plan\* for weight loss to persons living with Type II diabetes because it is based on the support of multiple clinical studies. The Plan allows you to eat foods you love along with delicious SlimFast Diabetic Weight Loss meal replacements and snacks! The enclosed 7-day do-it-yourself meal planner is based on a consistent carb approach that suggests a similar amount of carbs per day. The approach is based off 30-40% calories from carbohydrates, 30-40% calories from fat, and 20-30% from protein. As always, it is recommended to meet with your physician or diabetes educator prior to making any dietary changes or starting a weight loss plan.

### 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 64oz 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.



**Maryann Walsh**  
Registered Dietitian  
SlimFast Plan Consultant

The  
**SlimFast**  
PLAN

**ONE SENSIBLE  
MEAL**  
enjoy your  
favorite foods



**REPLACE TWO  
MEALS A DAY**  
with shakes,  
or bars



**INDULGE IN  
THREE SNACKS**  
satisfy hunger  
between meals



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# The SlimFast<sup>®</sup> PLAN

## EVENING SNACK

Go ahead! Indulge your evening sweet tooth. SlimFast Diabetic Weight Loss snacks let you enjoy delicious flavor and low carb nutrition all at the same time - all under 100 calories and zero added sugar.



## DINNER

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



## AFTERNOON SNACK

Stay full in the afternoon with a healthy 100-calorie snack! Try carrots and celery with non-fat dip.



## BREAKFAST

Start your day with a wonderfully creamy SlimFast Diabetic Weight Loss meal shake that satisfies cravings & hunger with 10g of protein.



## 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](http://slimfast.com/recipes).



## LUNCH

Indulge in a nutritious and delicious meal bar that satisfies hunger with 7g of protein and 9g of fiber.



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# SlimFast®

DIABETIC WEIGHT LOSS

## PRODUCT LINE

### HELPS MANAGE CARBS & SUGAR!



### SlimFast Diabetic Weight Loss Meal Replacement Shakes

Who knew weight loss could taste so good? Shake up your weight loss with our delicious Diabetic Meal Shake Mixes...just mix or blend it with fat-free milk. Our powdered meal replacement shakes easily fit the Plan and are packed with the nutrition you need to help reach your weight loss goals. Each delicious milkshake contains essential vitamins and minerals and 10g of protein (as prepared) for an optimal meal replacement.



### SlimFast Diabetic Weight Loss Meal Replacement Bars

Take your meal replacement on-the-go with SlimFast Diabetic Meal Replacement Bars. No matter how hectic your life gets, you can grab one of three delicious flavors and satisfy your hunger with 7g of protein and 3g net carbs. These meal bars are free from artificial sweeteners, artificial flavors, and colors and made with 24 essential vitamins and minerals.



### SlimFast Diabetic Weight Loss Snacks

All the decadent, chocolatey taste you could want is packed into our Diabetic Weight Loss snacks. They are the perfect low-carb, snack with fiber to help calm cravings between meals while only containing less than 100 calories. These delicious treats are made with zero added sugar and are free from artificial sweeteners, flavors and colors.

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## 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 [SlimFast.com/Recipes/Consistent-Carb/](https://www.slimfast.com/Recipes/Consistent-Carb/) or on [Pinterest](https://www.pinterest.com/slimfast/) and other recipe websites.
9. Join the SlimFast DiaBe Together Facebook community for support and motivation from others on The Plan. [SlimFast.com/DiaBeTogether](https://www.slimfast.com/DiaBeTogether)
10. Have fun with your plan, take it one day at a time.

## FREQUENTLY ASKED QUESTIONS ABOUT DRINKING YOUR CALORIES:

### Can I drink coffee and tea while on The Plan?

Yes, you can still drink coffee and tea while you are on the SlimFast plan, you just need to consider the amount of calories they contribute and deduct them from your snack allowance for the day. While black coffee and tea have minimal calories, be mindful of added calories and sugar from whiteners like milk, cream or half and half and any sweeteners.

### Can I drink alcohol while on The Plan?

Alcohol can be enjoyed in moderation while following the SlimFast plan, just factor the calories into your calorie count for that day. Keep in mind that it is usually much easier to lose weight if you cut back on alcohol consumption. Please discuss alcohol consumption with your doctor if you have any medical conditions, family history of alcohol-related medical conditions or if you are on any medications.





***SlimFast®***

## FREQUENTLY ASKED QUESTIONS:

## How much weight can I expect to lose using SlimFast Diabetic Weight Loss products?

Everybody's weight loss experience is unique. As general guidance, when SlimFast Diabetic Weight Loss products are used as part of the SlimFast Plan, average recommended healthy weight loss is 1-2 lbs per week.

## If I add fruit to my SlimFast Diabetic smoothie can it cause elevated blood sugar levels?

SlimFast Diabetic Weight Loss meal replacement shakes contain 180 calories as prepared per package directions. Adding fruit to smoothies will adjust calorie content and nutritional values such as grams of carbohydrate and sugar. As every individual's dietary and health needs are different, including persons living with diabetes, please check with your doctor or health care provider prior to starting any weight loss plan or before making any dietary changes.

## Can water be used instead of milk when mixing SlimFast Diabetic Weight Loss Shakes?

The nutrition information provided on the label applies to the powder when mixed with fat free milk, if you choose an alternative to milk, be sure to account for the difference in calories and macronutrients (Carbs, Fat and Protein) toward your daily total.



## SUGGESTIONS & PLANNING AID FOR GETTING THE MOST OUT OF YOUR SLIMFAST PLAN

1

**ONE SENSIBLE MEAL**  
enjoy your favorite foods



STEAK AND POTATOES WITH BROCCOLI<sup>^</sup>



EGG & VEGETABLE BREAKFAST SANDWICH<sup>^</sup>



TUNA SALAD ON LIGHT WHEAT WRAP WITH BROCCOLI<sup>^</sup>



MANDARIN ORANGE STEAK SALAD<sup>^</sup>



CHICKEN WITH QUINOA AND VEGGIES<sup>^</sup>



CHIPOTLE TURKEY AND BLACK BEAN CHILI<sup>^</sup>



LEMON CHICKEN WITH POTATOES

2

**REPLACE TWO MEALS A DAY**  
with shakes, or bars



Chocolate Milkshake Shake Mix

Peanut Butter Chocolate Meal Replacement Bar



Vanilla Milkshake Shake Mix

Double Chocolate Cookie Dough Meal Replacement Bar

3

**INDULGE IN THREE SNACKS**  
satisfy hunger between meals

**100 calorie snack ideas**

- » Apple
- » Edamame
- » Hard-Boiled Egg with Turkey Bacon
- » Protein Cheesecake



Nutty Caramel & Chocolate Cluster Snack

- » Healthy Egg Muffin Cups<sup>^</sup>
- » Sliced Cucumbers with Hummus
- » Plain Low-Fat Greek Yogurt
- » Garden Salad



Peanut Butter Cup Snack

- » Lite Peanut Butter Toast
- » Avocado
- » Banana
- » Popcorn
- » Baby Carrots with Cheese Spread
- » Ricotta with Raspberries<sup>^</sup>
- » 100 Calorie Pack Nuts
- » Carrot Sticks with Hummus
- » Dark Chocolate Covered Espresso Beans
- » Clementines
- » Quinoa
- » Pistachios

**FOR MEN\***  
200-calorie mini-meals



VEGGIE SCRAMBLE



SWEET POTATO FRIES<sup>^</sup>



BEEF JERKY



BOWL OF CHILI



APPLES w/ PEANUT BUTTER



BAGEL THIN w/ CHEESE & TOMATO



SMOKED SALMON ROLL UPS<sup>^</sup>



HUMMUS & PITA CHIPS



SWEET POTATO AVOCADO TOAST<sup>^</sup>



MAC & CHEESE<sup>^</sup>



SMOKED SALMON & AVOCADO BRUSCHETTA<sup>^</sup>



TUNA SALAD w/ CRACKERS



PITA PIZZA<sup>^</sup>

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

<sup>^</sup>Find these and other delicious recipes on [SlimFast.com/Recipes](http://SlimFast.com/Recipes)



**7 DAY**  
MEAL PLANNER

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
SNACK							

This SlimFast Mix & Match Meal Planner is designed to help you achieve your goals. Please be sure to review your diet plan with your dietitian or diet specialist. This is not intended to replace your doctor prescribed diet. We are a resource to help provide tools that you can review with your health care provider to adapt this meal planner to your specific needs to make it work for you.

**FOR THE MEN FOLLOWING THE PLAN:** ADD A 200-CALORIE MINI-MEAL WHEN YOU HAVE YOUR SLIMFAST MEAL REPLACEMENT

# SHOPPING LIST

## SLIMFAST DIABETIC WEIGHT LOSS PRODUCTS

### DRY & BAKED GOODS

- ☐ 32 oz Quinoa
- ☐ 8 ct Bagel Thins
- ☐ Crostini Toasts
- ☐ Croutons
- ☐ 12 oz Lentils
- ☐ 1 Pack Light Wheat Wraps

### DAIRY

- ☐ 42 oz Low-Fat Greek Yogurt
- ☐ 12 oz Fat Free Cream Cheese
- ☐ Unsweetened Vanilla Almond Milk
- ☐ 1 Dozen Eggs
- ☐ 16 oz Shredded Cheddar Cheese
- ☐ Swiss Cheese

### MEAT

- ☐ 8 oz Tuna Salad
- ☐ 8 oz Smoked Nova Salmon
- ☐ 20 oz Salmon
- ☐ 2.85 oz Peppered Beef Jerky

### PRODUCE

- ☐ 3 Medium Bananas
- ☐ 1 lb Edamame
- ☐ 2 lbs Baby Carrots
- ☐ 1 Small Apple
- ☐ 2 Small Tomatoes
- ☐ 1 Container Strawberries
- ☐ 2 lbs Fresh Mixed Veggies

### CANNED GOODS

- ☐ 16 oz Peanut Butter
- ☐ 16 oz Powder Peanut Butter
- ☐ 15 oz Chili with Beans
- ☐ 1 Can Tuna

- ☐ 1 Box Peanut Butter Cup Snacks
- ☐ 1 Canister SlimFast Diabetic Weight Loss Chocolate Milkshake
- ☐ 1 Canister SlimFast Diabetic Weight Loss Vanilla Milkshake
- ☐ 2 Boxes Peanut Butter Chocolate Bars

- ☐ Whole Wheat Bread
- ☐ Gluten Free Fusilli Pasta
- ☐ 8 oz Almond Flour
- ☐ 32 oz Reduced Sodium Veg. Broth
- ☐ 15 oz Seasoned Bread Crumbs
- ☐ 8 oz Peanuts

- ☐ 3 Wheels of Spreadable Cheese Wedges
- ☐ 15 oz Ricotta Cheese
- ☐ 8 oz Light Butter Substitute
- ☐ 8 oz Grated Parmesan Cheese
- ☐ 16 oz Cottage Cheese

- ☐ 2 lbs Sirloin Steak
- ☐ 4 lbs Boneless Skinless Chicken Breast
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 1 lb Bacon

- ☐ 3 Heads of Broccoli
- ☐ 1 Sweet Potato
- ☐ 3 Avocados
- ☐ 2 Bags Garden Salad Mix
- ☐ 1 Naval Orange
- ☐ 2 Red Onions
- ☐ 8 oz Orange Juice

- ☐ 2-11 oz cans Mandarin Oranges
- ☐ 1-15 oz Can of Cannellini Beans
- ☐ 1 8 oz Can of Black Olives

- ☐ 8 Whole Wheat Dinner Rolls
- ☐ 1 Pack Whole Wheat Flour Tortillas
- ☐ 6.7 oz Air Popped Popcorn
- ☐ 9.7 oz Crispbread
- ☐ 1 Box Wheat Thin Crackers
- ☐ 7 oz Bag of Pita Chips

- ☐ 8 oz Raspberries
- ☐ 8 oz Fresh Spinach
- ☐ 2 Yellow Onion
- ☐ 18 oz Bag of Romaine Lettuce
- ☐ 8 oz Snow Peas
- ☐ 8 oz Grape Tomatoes
- ☐ 1 Cucumber

## SEASONINGS

- ☐ Vanilla Extract
- ☐ Raw Sugar
- ☐ Ground Cumin
- ☐ Garlic Powder
- ☐ 1.5 oz Crushed Red Pepper
- ☐ Everything Bagel Seasoning
- ☐ 0.6 oz Dill

## CONDIMENTS

- ☐ 8 oz Olive Oil
- ☐ 12 oz Light Mayonnaise
- ☐ Low Fat Balsamic Vinaigrette
- ☐ Salad Dressing
- ☐ Light Asian Style Salad Dressing
- ☐ Light Zesty Italian Dressing
- ☐ 8 oz Enchilada Sauce

- ☐ 16 oz Bag of Mesclun Greens
- ☐ 10 oz Frozen Chopped Spinach
- ☐ 1 Lemon
- ☐ 16 oz Bag of Mixed Green Salad
- ☐ 8 oz Container Cherry Tomatoes
- ☐ 2 Bell Peppers
- ☐ 10 oz Container of Hummus

# DIABE TOGETHER COMMUNITY

Did you know you could get personal access to our Brand Ambassadors, Diabetic Educators, and Registered Dietitians? Join SlimFast DiaBe Together, a private and safe place designed to help persons living with Type II Diabetes lose weight. You can receive support, inspiration, and motivation from those who have lost weight and are keeping it off with SlimFast.



SlimFast DiaBe Together



About

Discussion

Announcements

Members

Events

Videos

Photos



## About This Group:

Welcome to SlimFast DiaBe Together (USA), a safe place to share your weight loss journey on SlimFast with other like-minded members. This group caters specifically to the United States Market, with the clinically proven approach that is suitable to manage blood sugar while losing weight and keeping it off.



**Slimfast**

Welcome to our new members! We're so glad you've found us!

Your admins are: [Naomi Cohen Cody](#), [Chelsea Cohen](#), [Dori Burrell](#), [Hazely Lopez-Alvarez](#) & [Maryann Walsh](#).

If you see post/comments from us, we are on the brand team and official voice of the SlimFast brand.

If you see post and responses from [Danielle Sydnor](#), [Deborah Lucas](#), [Joann Erica Rice](#), [Staci Cleveland](#), [Rachael Levi](#), [Hazely Lopez-Alvarez](#), [Amanda Havard](#), [Elissa Nieves](#)...they are SlimFast Ambassadors.

Like

Comment

**Visit [SlimFast.com/DiaBeTogether](https://SlimFast.com/DiaBeTogether) and click to join!**





**SlimFast**  
DIABETIC WEIGHT LOSS

FIND IN THE DIABETIC CARE SECTION OF YOUR LOCAL STORE