

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[®]

You've picked a date. Now let's get started!



Maryann Walsh
Registered Dietitian
SlimFast Plan Consultant

As a Registered Dietitian, I believe in the SlimFast Plan because I know that the best nutrition or weight loss plan is the one that works best for you. SlimFast has been around for over 40 years for a reason and has helped millions of men and women lose weight and keep it off.*

SlimFast is not a “liquid diet” or a “fad diet”, it is the framework for a healthy lifestyle. The products are tools that provide convenient and balanced nutrition to complement the sensible meals and snacks that you choose, based on the foods that you love. With SlimFast, you're able to enjoy meals with your family, and you can go out to your favorite restaurants with friends while practicing portion control and balance – key principals crucial to weight loss and long-term maintenance.

The SlimFast Plan



Enjoy one sensible meal per day including all your favorites.

Replace two meals per day with any SlimFast meal replacements, including delicious customizable smoothies made with SlimFast shake and smoothie mixes.

Enjoy three snacks in between meals to keep hunger at bay.

Drink at least 64 oz of water daily.

Add 30 minutes per day of **light to moderate exercise**.

Men, add a mini meal to each SlimFast meal replacement.

The
SlimFast
PLAN

* When used as part of the SlimFast Plan. Individual results may vary. Average weight loss is 1-2 lbs per week.

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, smoothies, meal bars and delicious low-carb snacks, 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 shakes and smoothies are gluten free and high in fiber, with as much as 20 grams of protein and as low as 1 gram of sugar. Shake up your day with four delicious flavors!



ADVANCED ENERGY

Energize Your Weight Loss!

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



ORIGINAL

Taste You'll Love!

SlimFast Original has the taste you'll love with easy to make shake mixes and convenient ready to drink 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.



8 STEPS TO SLIMFAST SUCCESS

**GIVE US A WEEK
& WE'LL TAKE OFF THE WEIGHT***

- 1** Pick a date to start the SlimFast Plan and set your weight loss goal.
 - 2** Take “before” pictures (Find tips for taking progress pictures within this guide!).
 - 3** Track your calories in a nutrition tracking app. Find sensible recipes at [SlimFast.com/Recipes](https://www.slimfast.com/Recipes) or use the handy 7-day meal planner found in this guide to really make it easy!
 - 4** Make a plan to add light activity, like a daily walk, into your routine.
 - 5** 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 fill up!
 - 6** Eating out doesn't have to be a challenge! Check the restaurant 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.
 - 7** Your scale is not the only way to measure your success. Many times, inches are coming off while our weight does not change. Use a tape measure 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!
- Join the SlimFast Together Facebook community to find tips
- 8** and support alongside other SlimFast users. Visit [SlimFast.com/SlimFastTogether](https://www.slimfast.com/SlimFastTogether) to join.

The
SlimFast
PLAN

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

1. Take well lit photographs against a white or blank wall for optimum results.
2. Use bright lighting to make sure your photos are brightly lit and your face and body can be seen clearly!
3. It's best to have someone else take the photo for you or use a tripod to hold your camera/smartphone upright.
4. If you have to take the photo yourself (like a mirror selfie), try not to block your face with the camera; hold it somewhere to the side or below so that your face can be seen.
5. Use highest-quality setting available on your phone. Make sure to lock the focus of your picture in your camera app for better exposure.
6. These should be full-body shots (head to toe) standing with your hands at your side or on your hips.



7 DAY MEAL PLANNER

**GIVE US A WEEK
& WE'LL TAKE OFF THE WEIGHT®**

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 or bars



SLIMFAST ORIGINAL
Rich Chocolate Royale
Creamy Milk Chocolate
French Vanilla
Strawberries & Cream
Cappuccino Delight



SLIMFAST ADVANCED NUTRITION
Creamy Chocolate
Vanilla Cream
Strawberries & Cream
Bananas & Cream



SLIMFAST ADVANCED ENERGY
Mocha Cappuccino
Caramel Latte
Rich Chocolate



SLIMFAST KETO
Creamy Milk Chocolate
Fudge Brownie Batter
Vanilla Cream
Vanilla Cake Batter
Creamy Mocha Latte
Creamy Coffee Cappuccino
Peanut Butter Chocolate
Whipped Triple Chocolate
Chocolate Chip Cookie Dough
Nuttty Caramel and Nougat
Salted Caramel
Macadamia Nut



SLIMFAST DIABETIC WEIGHT LOSS
Chocolate Milkshake
Vanilla Milkshake
Peanut Butter Chocolate Bar
Creamy Chocolate Mousse Bar
Double Chocolate Cookie Dough Bar

3

INDULGE IN THREE SNACKS
satisfy hunger between meals

Enjoy SlimFast Keto Snacks as Part of Any SlimFast Plan



Peanut Butter Cup Fat Bomb



Caramel Nut Cluster Fat Bomb



Caramel Cup Fat Bomb



Chocolate Mint Cup Fat Bomb



Salted Caramel Crème Fat Bomb Shot



Tangy Orange Crème Fat Bomb Shot

OTHER LOW-CALORIE SNACK OPTIONS

Nuts
Bananas & Peanut Butter
Hard Boiled Egg
Edamame & Soy Sauce

Greek Yogurt w/Fruit
Broccoli & Ranch
Cucumbers & Cream Cheese
Caprese Salad

Baby Carrots & Hummus
Grapefruit
String Cheese
Tomato Soup

Sweet Potato Fries
Half Baked Potato w/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*



ROASTED VEGETABLES*

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

†Men, add a 200-calorie mini meal to each SlimFast meal replacement.

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

SHOPPING LIST

GIVE US A WEEK
& WE'LL TAKE OFF THE WEIGHT®

SLIMFAST

14 MEAL REPLACEMENTS NEEDED

21 SNACKS NEEDED

- SlimFast Ready To Drink Shakes
- SlimFast Shake or Smoothie Mixes
- SlimFast Keto Meal Bars
- SlimFast Keto Snacks

DRY/BAKED GOODS

- Almond Meal*
- Crostini Toast*
- Japanese Bread Crumbs*
- Low-Fat Wheat Thin Crackers*
- Pita Chips
- Tempura Batter Mix*
- Whole Wheat Bread
- Whole Wheat Hamburger Buns
- Whole Wheat Pasta
- Whole Wheat Pitas*

CANNED GOODS/ CONDIMENTS

- Artichoke Hearts*
- Baking Powder*
- Balsamic Vinaigrette Dressing
- Black Olives, Sliced
- Cajun Seasoning*
- Crushed Red Pepper*
- Dry Basil*
- Dry Chives*
- Dry Cilantro*
- Dry Oregano*
- Fire Roasted Diced Tomatoes*
- Garlic Powder*
- Garlic Salt*
- Light Mayonnaise
- Low-Fat Peanut Butter*
- Olive Oil
- Onion Powder*
- Pesto Sauce Mix*
- Puff Pastry*
- Red Chili Flakes*
- Tomato Sauce*
- Vegetable Oil*
- Wild Albacore Tuna Salad*
- Worcestershire Sauce

PRODUCE

- Apples*
- Arugula, Mixed
- Asparagus Spears
- Avocado
- Broccoli Florets*
- Button Mushrooms
- Cauliflower Florets*
- Coleslaw Mix
- Fresh Green Beans
- Fresh Spinach*
- Garlic*
- Green Bell Pepper
- Kale*
- Lemon
- Lettuce
- Lime Juice
- Medium Sweet Potato
- Onion, Red
- Onion, Yellow
- Red Bell Pepper
- Spring Onions
- Tomatoes
- Zucchini*

MEAT

- Bacon
- Beef Sausage Links*
- Chicken Breast, Boneless, Skinless
- Flank Steak
- Ground Beef, Lean
- Pork Tenderloin
- Salmon Fillets
- Sausage, Ground

DELI

- Ham, Sliced
- Hummus*
- Swiss Cheese, Sliced*
- Turkey, Sliced*

DAIRY

- Almond Milk, Unsweetened*
- Butter
- Cheddar Cheese, Shredded
- Cheddar Cheese, Sliced*
- Coconut Milk, Unsweetened
- Eggs
- Fat-Free Cream Cheese*
- Garlic & Herb Spreadable Cheese
- Light Sour Cream*
- Low-Fat Goat Cheese*
- Mozzarella Cheese, Shredded*
- Parmesan Cheese, Grated*

*This item is included in a mini-meal recipe

- **How long is it safe to follow the SlimFast Plan?**

Everybody's weight loss experience is unique. The SlimFast Plan follows the guidelines for healthy and safe weight loss. This is generally considered to be an average of 1-2 lbs per week over the total duration of your weight loss journey. It is safe to follow the SlimFast Plan until you reach your goal weight.

- **Can I use water or a milk alternative with my powder?**

SlimFast shake and smoothie mixes can be mixed with many alternatives besides fat-free milk. Make them your own and customize them with your favorite mix-ins (just be mindful of how this may impact the nutritional content)! For lots of creative smoothie ideas, go to [SlimFast.com/Recipes/Smoothies](https://www.slimfast.com/Recipes/Smoothies)

- **Can men follow the SlimFast Plan?**

Yes, absolutely! Men have been losing weight with SlimFast for over 40 years. And, since men generally need more calories than women, we recommend adding a 200-calorie mini-meal with each of your meal replacements. Learn more about the SlimFast Plan for men at [SlimFast.com/How-It-Works](https://www.slimfast.com/How-It-Works).

- **Can I drink alcohol on the SlimFast 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 the calories as part of your snack allowance.

SlimFast Smoothies



Blend up decadent smoothies like these as part of the SlimFast Plan and see results in just one week.*



Vanilla Pomegranate Smoothie



Chocolate Mint Slushy



Lemon Blueberry Smoothie



Peppermint Patty Smoothie

Find these recipes and more at [SlimFast.com/Recipes/Smoothies](https://www.slimfast.com/Recipes/Smoothies)

* Based on the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). Results not typical. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet.

PROGRESS TRACKER

GIVE US A WEEK
& WE'LL TAKE OFF THE WEIGHT®

	Weight (Pounds)	Difference vs. Last Week	Chest (Inches)	Waist (Inches)	Hips (Inches)
Week 1					
Week 2					
Week 3					
Week 4					

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
21 lbs
in 20 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 Elissa followed 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. © SlimFast® 2019