



SLIMFAST KETO QUICK-START GUIDE

A photograph of a white plate containing a piece of cooked salmon, several stalks of green asparagus, and a wedge of lemon. The salmon is garnished with fresh dill.

MOTIVATE YOUR METABOLISM
WITH THE EASY-TO-FOLLOW
SLIMFAST KETO PLAN!

SEE INSIDE FOR:

- ✓ GETTING STARTED
- ✓ TIPS FOR SUCCESS
- ✓ MEAL PLANS
- ✓ SHOPPING LISTS



WELCOME TO SLIMFAST KETO

Welcome to SlimFast Keto! Our NEW line of premium products is the perfect choice for making optimal low-carb, ketogenic nutrition as easy as 1-2-3.

Why Keto? The key to Keto is striking the right balance of nutrients for your body to shift its fuel source from carbs to fat and motivate your metabolism!

Why SlimFast Keto? SlimFast Keto makes Keto easy with a simple, clinically proven plan that includes decadent, indulgent and convenient products to enjoy at home and on-the-go. Plus, everything you need to know to get started can be found in this helpful guide, including a meal planner that eliminates the need to calculate macros while on the SlimFast Keto Plan.

See results in just one week* with SlimFast Keto, part of the clinically proven SlimFast Plan!



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

§ Not a low calorie food. See nutrition facts for saturated fat content.

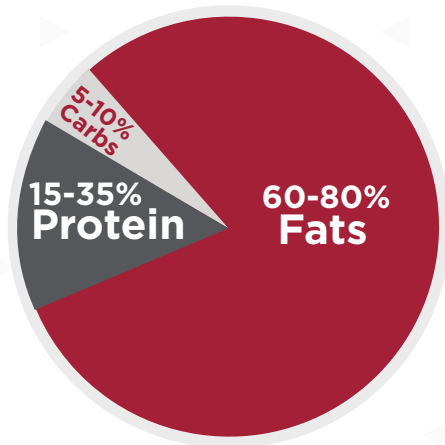
A Message from Maryann

"I have a few personal sayings when it comes to diet and lifestyle. One of them is that the best nutrition plan is the one that works best for you. If you are following a ketogenic lifestyle, you probably have noticed that there are LOTS of opinions out there on what's "right" and what's "wrong", and all sorts of proposed versions of Keto. Here's the good news: YOU get to choose which version of Keto works best for you! The reason why the SlimFast Plan has helped millions lose weight successfully for decades now, is because it has given people the ability to create a healthy lifestyle that works for them. The SlimFast Keto Plan holds true to this approach."



Maryann Walsh
Registered Dietitian
SlimFast Plan Consultant

Macro Recommendations for the SlimFast Keto Plan



Women

1,200-1,300 calories per day
30-58g total carbs per day
15-25g fiber per day
15-33g net carbs per day

Men

1,600-1,700 calories per day
40-77g total carbs per day
15-38g fiber per day
25-39g net carbs per day

HERE'S YOUR PLAN

1

ONE SENSIBLE KETO MEAL
enjoy satisfying foods

2

REPLACE TWO MEALS A DAY
with SlimFast Keto shakes or bars

3

ENJOY THREE KETO SNACKS
satisfy hunger between meals

- One (1) 500-calorie Keto meal
- Two (2) SlimFast Keto meal replacements
- Three (3) 100-calorie, Keto snacks
- Drink at least 64 oz of water daily
- Exercise (light to moderate) 30 minutes per day
- Men add a 200-calorie low-carb, high-fat mini meal to each meal replacement

* Based on the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet. © 2019 SlimFast®.

§ Not a low calorie food. See nutrition facts for saturated fat content.

KETO-FRIENDLY FOODS

The Keto diet incorporates a wide variety of foods. The list below offers examples of some Keto staples you can include in your meal plan.

Protein

Beef, Poultry, Pork,
Bacon, Fish, Eggs

Veggies

Asparagus, Broccoli, Cauliflower,
Zucchini, Kale, Cucumber, Celery,
Spinach, Brussels Sprouts, Cabbage

Oils and Fats

MCT Oil, Ghee, Cacao Butter,
Avocado Oil, Coconut Oil,
Grass-fed butter, Egg Yolks

Nuts, Seeds, Legumes

Coconut, Almonds, Cashews, Chestnuts, Hazelnuts,
Macadamia Nuts, Walnuts, Pecans

Dairy

Cheese, Heavy Cream, Grass-fed Butter,
Half and Half, Cream Cheese, Sour Cream

Fruits

Avocado, Blueberries,
Raspberries, Strawberries,
Coconut, Lemon, Lime

Spices, Seasonings, Sweeteners

Xylitol, Erythritol, Stevia, Monk
Fruit, Apple Cider Vinegar,
Cilantro, Coffee, Ginger, Parsley,
Sea Salt, Oregano, Rosemary,
Thyme, Turmeric





KETO MADE EASY

SlimFast Keto Meal Shakes To Go

SlimFast Keto is making Keto easy with the help of these all-new ready-to-drink meal replacements. Decadent choices like Creamy Milk Chocolate, Vanilla Cream and Creamy Mocha Cappuccino ensure you'll keep all your favorite flavors on the menu, and be sipping your way to slim in no time. Designed for optimal low-carb ketogenic nutrition – they are carefully crafted to motivate your metabolism.



SlimFast Keto Meal Bars

Take your Keto on-the-go with SlimFast Keto Meal Replacement Bars packed full of flavor. No matter how hectic your life gets, you can grab one of five decadent flavors and satisfy your hunger with the low-carb ketogenic nutrition you need. These meal replacement bars are free from gluten, artificial sweeteners, flavors and colors and made with whey protein and coconut oil MCTs. Simply open the wrapper and take a bite of the creamy deliciousness while you motivate your metabolism. This is Keto made easy.



SlimFast Keto Snacks

SlimFast Keto Snacks are the perfect choice to calm your cravings. These delicious treats are crafted for optimal ketogenic nutrition. Made with coconut oil MCTs, they are free from gluten, artificial sweeteners, flavors and colors. With six deliciously satisfying options, weight loss has never been so indulgent.



SlimFast Keto Meal Shakes

Shake up your weight loss with our delicious Keto Shake Mixes. Mix it with water, or blend it just the way you like it. Our powdered meal replacement mixes are packed with the low-carb ketogenic nutrition you need to motivate your metabolism. Choose between the indulgent decadence of Fudge Brownie Batter, the rich and creamy Vanilla Cake Batter or the energy for hours you'll get from Creamy Coffee Cappuccino without sacrificing your weight loss goals. Plus, every shake is free from gluten, artificial sweeteners, and artificial flavors and colors. Who knew weight loss could taste so good?



SlimFast Keto Basics

Keep your Keto plan on track with SlimFast Keto Basics. Make sure you're on the path to ketosis with versatile SlimFast Keto MCT Oil*, bring some extra richness to your favorite hot beverage with SlimFast Keto Creamer, check your progress with SlimFast Keto Ketone Test Strips and support muscle health with the all NEW SlimFast Keto Ultra Hydration powder*. They're the perfect complements to help you crush your Keto weight loss goals.



* Not a low calorie food. See nutrition facts for saturated fat content.

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

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SlimFast

KETO

OPTIMAL LOW-CARB KETOGENIC NUTRITION

DAY
1



SlimFast Keto Meal Shake To Go



Ricotta Cheese with Raspberries*



Low Carb Cheeseburgers with Caramelized Onions*



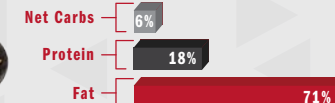
SlimFast Keto Fat Bomb



SlimFast Keto Meal Bar



Sautéed Garlic Mushrooms*



Total Daily Calories: **1207**

DAY
2



Spicy Egg Bake* with 1/2 Medium Avocado



Almonds (1/4 Cup, Sliced)



SlimFast Keto Shake



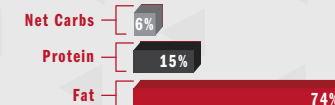
1 Large Celery Stalk with 2 tbsp Cream Cheese*



SlimFast Keto Meal Bar



SlimFast Keto Fat Bomb Shot



Total Daily Calories: **1200**

DAY
3



SlimFast Keto Meal Bar



1 Large Hard-Boiled Egg



SlimFast Keto Meal Shake To Go



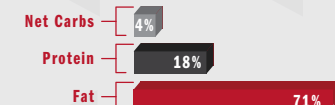
1/2 cup Edamame



Bacon-Wrapped Chicken Bites*



SlimFast Keto Fat Bomb



Total Daily Calories: **1264**

DAY
4



SlimFast Keto Shake



1 oz Smoked Gouda Cheese



Loaded Cobb Salad*



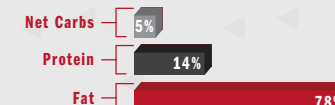
SlimFast Keto Fat Bomb



SlimFast Keto Meal Shake To Go



Keto Cheesecake Dip and Fruit*



Total Daily Calories: **1215**

DAY
5



SlimFast Keto Meal Bar



2 Large Celery Stalks with 1tbsp Peanut Butter



SlimFast Keto Shake



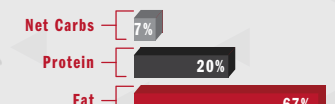
SlimFast Keto Fat Bomb Shot



Baked Salmon with Lemon Butter and Steamed Asparagus*



Protein Cheesecake Stuffed Strawberries*



Total Daily Calories: **1255**

DAY
6



SlimFast Keto Meal Shake To Go



1 Large Hard-Boiled Egg with 1 Slice Bacon



SlimFast Keto Meal Bar



Antipasto Kebobs*



Keto Margherita Pizza*



SlimFast Keto Fat Bomb



Total Daily Calories: **1242**

DAY
7



SlimFast Keto Meal Shake To Go



Egg Muffin Cups*



SlimFast Keto Meal Bar



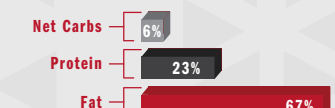
Baked Cheese Crisps*



Roasted Pork Tenderloin with Broccoli*



SlimFast Keto Fat Bomb



Total Daily Calories: **1241**

*Find these and other delicious, EASY recipes at [SLIMFAST.COM/RECIPES/KETO](https://slimfast.com/recipes/keto)

SlimFast KETO

OPTIMAL LOW-CARB KETOGENIC NUTRITION

DAY 1



SlimFast Keto Meal Shake To Go & 2 Hard-Boiled Eggs & 1 Slice Bacon



Ricotta with Raspberries*



Low Carb Cheeseburgers with Caramelized Onions*



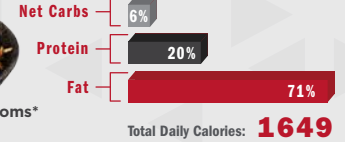
SlimFast Keto Fat Bomb



SlimFast Keto Meal Bar & Cauliflower Mac & Cheese*



Sautéed Garlic Mushrooms*



DAY 2



Spicy Egg Bake*



Almonds (1/4 Cup, Sliced)



SlimFast Keto Shake & Caesar Salad with Parmesan Crisps*



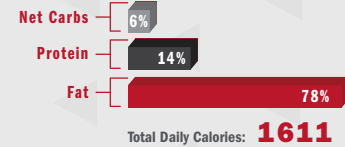
1 Large Stalk Celery with 2 Tbsp Cream Cheese



SlimFast Keto Meal Bar & Keto Vanilla Ice Cream*



SlimFast Keto Fat Bomb Shot



DAY 3



SlimFast Keto Meal Bar & Avocado Chicken Salad*



1 Large Hard-Boiled Egg



SlimFast Keto Meal Shake To Go & Asparagus Fries with Aioli*



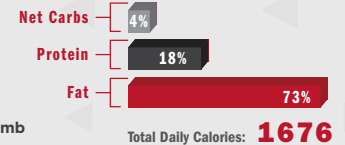
1/2 Cup Edamame



Bacon-Wrapped Chicken Bites*



SlimFast Keto Fat Bomb



DAY 4



SlimFast Keto Shake & 1 Medium Avocado



1 oz Smoked Gouda Cheese



Loaded Cobb Salad*



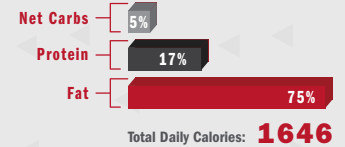
SlimFast Keto Fat Bomb



SlimFast Keto Meal Shake To Go & Prosciutto Wrapped Scallops*



Keto Cheesecake Dip and Fruit*



DAY 5



SlimFast Keto Meal Bar & Tuna Lettuce Wrap*



2 Large Celery Stalks with 1 tbsp Peanut Butter



SlimFast Keto Shake & 1/4 cup Walnuts



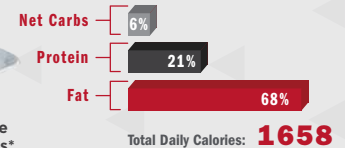
SlimFast Keto Fat Bomb Shot



Baked Salmon with Lemon Butter and Steamed Asparagus*



Protein Cheesecake Stuffed Strawberries*



DAY 6



SlimFast Keto Meal Shake To Go & Vanilla Avocado Pudding*



1 Large Hard-Boiled Egg with 1 Slice Bacon



SlimFast Keto Meal Bar & Smoked Salmon Roll-ups*



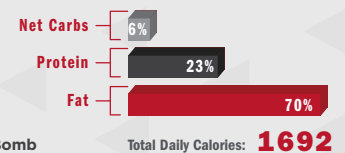
Antipasto Kebobs*



Keto Margherita Pizza*



SlimFast Keto Fat Bomb



DAY 7



SlimFast Keto Meal Shake To Go & Ham & Cheese Cucumber Sandwich*



Egg Muffin Cups*



SlimFast Keto Meal Bar & Fennel Salad with Goat Cheese*



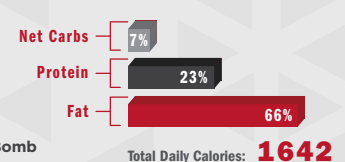
Baked Cheese Crisps*



Roasted Pork Tenderloin with Broccoli*



SlimFast Keto Fat Bomb



*Find these and other delicious, EASY recipes at [SLIMFAST.COM/RECIPES/KETO](https://slimfast.com/recipes/keto)

ONE WEEK SHOPPING LIST



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

SLIMFAST® KETO

14 MEAL REPLACEMENTS 21 SNACKS

- ☐ SlimFast Keto Meal Shakes To Go
- ☐ SlimFast Keto Meal Bars
- ☐ SlimFast Keto Meal Shake Mix
- ☐ SlimFast Keto Snacks

SLIMFAST KETO

BASICS

- ☐ SlimFast Keto Hydration Powder
- ☐ SlimFast Keto Ketone Test Strips
- ☐ SlimFast Keto MCT Oil
- ☐ SlimFast Keto Creamer

CANNED GOODS/ CONDIMENTS

- ☐ Basil Pesto
- ☐ Black Olives, Pitted
- ☐ Canned Tuna
- ☐ Creamy Caesar Dressing
- ☐ Dijon Mustard
- ☐ Hot Sauce
- ☐ Lemon Juice
- ☐ Lime Juice
- ☐ Mayonnaise
- ☐ Olive Oil
- ☐ Ranch Dressing
- ☐ Shredded Chicken Breast
- ☐ Sun-Dried Tomatoes
- ☐ White Wine Vinegar
- ☐ Worcestershire sauce

DAIRY

- ☐ Butter
- ☐ Cheddar cheese, Shredded
- ☐ Cheddar Cheese, Sliced
- ☐ Cream Cheese
- ☐ Eggs
- ☐ Fresh Mozzarella Balls
- ☐ Goat Cheese
- ☐ Heavy Cream
- ☐ Mozzarella Cheese, Shredded
- ☐ Parmesan Cheese, Shredded
- ☐ Parmesan Cheese, Grated
- ☐ Ricotta Cheese
- ☐ Unsweetened Vanilla Almond Milk

MEAT

- ☐ Bacon
- ☐ Chicken Breast
- ☐ Deli Ham
- ☐ Ground Beef
- ☐ Medium Scallops
- ☐ Pork Sausage, Ground
- ☐ Pork Tenderloin
- ☐ Prosciutto, Sliced
- ☐ Salami
- ☐ Salmon
- ☐ Sliced Smoked Salmon
- ☐ Uncured Turkey bacon

PRODUCE

- ☐ Artichoke Hearts
- ☐ Asparagus Spears
- ☐ Avocado
- ☐ Baby Spinach
- ☐ Basil
- ☐ Blueberries
- ☐ Broccoli
- ☐ Cauliflower Florets
- ☐ Celery
- ☐ Cucumber
- ☐ Fennel Bulb
- ☐ Garlic Cloves
- ☐ Grape Tomatoes
- ☐ Green Beans
- ☐ Green Bell Pepper
- ☐ Green Onion
- ☐ Leaf Lettuce
- ☐ Lemon
- ☐ Parsley
- ☐ Raspberries
- ☐ Red Bell Pepper
- ☐ Red Onion
- ☐ Roasted Red Pepper
- ☐ Romaine Lettuce
- ☐ San Marzano Tomatoes
- ☐ Spinach
- ☐ Strawberries
- ☐ White Mushrooms
- ☐ Yellow onion

DRY/BAKED GOODS

- ☐ Almond Flour
- ☐ Coconut Milk
- ☐ Crushed Red Pepper
- ☐ Dill
- ☐ Kalamata Olives
- ☐ Onion Powder
- ☐ Paprika
- ☐ Pepperoncinis
- ☐ Pork Rinds
- ☐ Red Pepper Flakes
- ☐ Rosemary
- ☐ Spanish Queen Green Olives
- ☐ Stevia
- ☐ Sugar Substitute
- ☐ Thyme
- ☐ Vanilla Extract
- ☐ Walnuts
- ☐ Xanthan Gum

KETO
made
EASY™

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

* Based on the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). Individual results may vary. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet.

Hack your SlimFast Keto Shake!

Get creative with your SlimFast Keto shakes without changing your macros! These indulgent treats can be created by simply adding flavorful extracts to your shake mix and 8 ounces of water.

Pumpkin Spice Latte



SlimFast Keto Creamy Coffee Cappuccino Mix
1/8 tsp Caramel Extract
1/8 tsp Hazelnut Extract

Maple Glazed Donut Shake



SlimFast Keto Vanilla Cake Batter Mix
1/8 tsp Maple Extract
1/8 tsp Orange Extract

Peppermint Mocha Latte



SlimFast Keto Creamy Coffee Cappuccino Mix
1/8 tsp Peppermint Extract
1/4 tsp Cocoa Extract

Cinnamon Caramel Shake



SlimFast Keto Vanilla Cake Batter Mix
1/8 tsp Cinnamon Extract
1/8 tsp Caramel Extract

Raspberry Cheesecake Shake



SlimFast Keto Vanilla Cake Batter Mix
1/8 tsp Raspberry Extract
1/8 tsp Cream Cheese Extract

Chocolate Almond Coconut Shake



SlimFast Keto Fudge Brownie Batter Mix
1/8 tsp Almond Extract
1/8 tsp Coconut Extract

Lemon Meringue Pie Shake



SlimFast Keto Vanilla Cake Batter Mix
1/8 tsp Lemon Extract
1/8 tsp Coconut Extract

Chocolate Banana Shake



SlimFast Keto Fudge Brownie Batter Mix
1/8 tsp Banana Extract

Find these and many others at [SlimFast.com/Keto-Shake-Hacks](https://slimfast.com/keto-shake-hacks)

8 Steps to SlimFast Keto Success

- 1** Pick a date to start the SlimFast Keto Plan and set your weight loss goal.
- 2** Take “before” pictures (find tips for taking progress pictures within this guide!).
- 3** Use a nutrition-tracking app to verify your macros. Try mapping out your meals in the app ahead of time so you can calculate your macros and make adjustments before you go shopping. Find Keto-friendly recipes at [SlimFast.com/Recipes/Keto](https://www.slimfast.com/Recipes/Keto) 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 your weight may 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!
- 8** Join the SlimFast Keto Together Facebook community to find tips and support alongside other SlimFast Keto users. Visit [SlimFast.com/KetoTogether](https://www.slimfast.com/KetoTogether) to join.

* Based on the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). Individual results may vary. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet.

KETO
made
EASY™

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

Taking your Progress Pictures

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.



Frequently Asked Questions

What sweeteners are OK to use?

On the ketogenic diet, two of the main macronutrients to avoid are sugar and carbs. Our Keto line is sweetened with sucralose, a non-nutritive sweetener, as well as natural sweeteners like Monk Fruit, Stevia and Erythritol.

How should I track my carb intake?

If you would like to track your carbs, calories & meals, we recommend downloading one of the various fitness/nutrition apps available.

How long will it take me to get into ketosis?

Every single body is unique and so will your individual response be to 'going Keto'. You can check your progress by using the SlimFast Keto Ketone Test Strips.

What are net carbs?

Net carbs are the carbohydrates remaining after you subtract dietary fiber and sugar alcohols from the total carbs in a food, as fiber and sugar alcohols have a minimal effect on blood sugar. We provide a handy carb calculator on our SlimFast Keto product packages to help you easily see net carbs on the go!

Once I lose weight, how do I keep it off?

The SlimFast Keto Maintenance Plan consists of one SlimFast Keto meal replacement (for either breakfast, lunch, or dinner), two sensible Keto meals and three 100-calorie Keto snacks throughout the day.

Find more questions and answers at SlimFastKeto.com

PROGRESS TRACKER

	WEIGHT (POUNDS)	DIFFERENCE vs. LAST WEEK	CHEST (INCHES)	WAIST (INCHES)	HIPS (INCHES)
WEEK <u>1</u>					
WEEK <u>2</u>					
WEEK <u>3</u>					
WEEK <u>4</u>					



Danielle lost
25 lbs and 14"
in 26 weeks*

Rachael lost
37 lbs and 20"
in 26 weeks*

Joann lost
40 lbs and 20"
in 26 weeks*

Hazely lost
30 lbs and 16"
in 26 weeks*

Elissa lost
36 lbs and 23"
in 28 weeks*

Deborah lost
63 lbs and 36"
in 26 weeks*

Amanda lost
30 lbs and 20"
in 28 weeks*

Congratulations! You are taking the first steps to becoming SlimFast Keto Confident! Visit our private Facebook community to find tips and support alongside other SlimFast Keto users. Remember that every single body is unique and so will be your individual response to "going Keto".

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

*Danielle, Rachael, Joann, Hazely, Elissa, Deborah and Amanda are remunerated Brand Ambassadors and used the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). Average weight loss is 1-2 lbs per week. Results not typical. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet.