



# INTERMITTENT FASTING WITH SLIMFAST KETO



ADD INTERMITTENT FASTING TO THE EASY-TO-FOLLOW SLIMFAST KETO PLAN!

SEE INSIDE FOR:

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



# MARYANN'S TAKE ON INTERMITTENT FASTING WITH SLIMFAST KETO

*It is absolutely possible to incorporate an Intermittent Fasting plan into the SlimFast Keto Plan. Here's how:*

**How it works.** Intermittent Fasting (IF) is an eating pattern that cycles between periods of fasting and eating, with a focus on when you should eat. From a behavioral standpoint, restricting eating to a time window may naturally decrease your overall calorie intake and cut down on night-time snacking, which can aid in weight loss.



**Maryann Walsh**  
Registered Dietitian  
SlimFast Plan Consultant

**What is 16:8?** One of the most popular ways to intermittent fast is the 16:8 pattern. This involves eating within an 8-hour time frame, while fasting for the remaining 16. During your fasting period, there are several things you can consume to stay hydrated: water, black coffee, tea, and sugar-free drink mixes. Because MCT oil is converted to ketones efficiently without affecting blood sugar, it can also be used to help hold you over until your fasting window is complete.

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.

## HERE'S YOUR PLAN



### During your Fasting Window:

- Get your electrolytes, adaptogens and B-vitamins with SlimFast Keto Ultra Hydration drink mix
- Mix a SlimFast Keto Fat Bomb Shot with a hot beverage or freeze it for a treat
- Add SlimFast Keto MCT Oil to a hot beverage and blend for an even smoother drink

### During your Eating Window:

- One (1) 500-calorie Keto meal
- Two (2) SlimFast Keto meal replacements
- Three (3) 100-calorie, Keto snacks
- Men add a 200-calorie low-carb, high-fat mini meal to each meal replacement

Remember to drink at least 60 oz of water daily & exercise (light to moderate) 30 minutes per day.

# Women's Meal Planner



Stay hydrated during your fast and enjoy a variety of SlimFast Keto products



Get your electrolytes, adaptogens and B-vitamins with SlimFast Keto Ultra Hydration drink mix!



Get a shot of flavor by mixing a SlimFast Keto MCT Oil Fat Bomb Shot with a hot beverage or just freeze it for a satisfying treat!



Add 1 tbsp of MCT Oil to a hot beverage. Mix vigorously or blend for an even smoother drink.



16-Hour Fasting Period

8-Hour Eating Period

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Meal 1</b>	SlimFast Keto Meal Shake to Go	Spicy Egg Bake*	SlimFast Keto Meal Bar	SlimFast Keto Meal Shake	SlimFast Keto Meal Bar	SlimFast Keto Meal Shake to Go	SlimFast Keto Meal Shake to Go
<b>Snack</b>	Ricotta Cheese with Raspberries*	Almonds (1/4 Cup, Sliced)	1 Large Hard-Boiled Egg*	1 oz Smoked Gouda Cheese	Smoked Salmon Roll-Ups*	1 Large Hard-Boiled Egg with 1 Slice Bacon	Egg Muffin Cups*
<b>Meal 2</b>	Lemon Kale Salad*	SlimFast Keto Shake	SlimFast Keto Meal Shake to Go	Low-Carb Lasagna*	SlimFast Keto Shake	SlimFast Keto Meal Bar	SlimFast Keto Meal Bar
<b>Snack</b>	SlimFast Keto Fat Bomb	Celery with Cream Cheese*	Crispy Parmesan Garlic Edamame*	SlimFast Keto Fat Bomb	SlimFast Keto Fat Bomb	Chef Salad Skewers*	Baked Cheese Crisps*
<b>Meal 3</b>	SlimFast Keto Meal Bar	SlimFast Keto Meal Bar	Bacon-Wrapped Chicken Bites*	SlimFast Keto Meal Shake to Go	Baked Salmon with Lemon Butter and Steamed Asparagus*	Chicken Caprese Salad*	Roasted Pork Tenderloin with Broccoli*
<b>Snack</b>	Sauteed Garlic Mushrooms*	SlimFast Keto Fat Bomb	SlimFast Keto Fat Bomb	Keto Cheesecake Dip and Fruit*	Mini Berry Pavlova*	SlimFast Keto Fat Bomb	SlimFast Keto Fat Bomb
<b>Net Carbs</b>	7%	6%	5%	6%	7%	6%	6%
<b>Protein</b>	19%	16%	20%	19%	23%	28%	23%
<b>Fat</b>	69%	74%	70%	70%	66%	61%	65%
<b>Total Daily Calories</b>	1,215	1,265	1,255	1,295	1,260	1,275	1,240

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

# Men's Meal Planner



Stay hydrated during your fast and enjoy a variety of SlimFast Keto products



Get your electrolytes, adaptogens and B-vitamins with SlimFast Keto Ultra Hydration drink mix!



Get a shot of flavor by mixing a SlimFast Keto MCT Oil Fat Bomb Shot with a hot beverage or just freeze it for a satisfying treat!



Add 1 tbsp of MCT Oil to a hot beverage. Mix vigorously or blend for an even smoother drink.



16-Hour Fasting Period

8-Hour Eating Period

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Meal 1</b>	SlimFast Keto Meal Shake to Go, 2 Hard-Boiled Eggs and 1 Slice Bacon	Spicy Egg Bake*	SlimFast Keto Meal Bar & Avocado Sweet Potato Toast*	SlimFast Keto Shake & 2 Hard-Boiled Eggs with 1 Slice Bacon	SlimFast Keto Meal Bar & Deli Meat Roll-Up*	SlimFast Keto Meal Shake to Go & Salami and Provolone Roll-Up	SlimFast Keto Meal Shake to Go & Avocado Chicken Salad*
<b>Snack</b>	Ricotta Cheese with Raspberries*	Almonds (1/4 Cup, Sliced)	Hard-Boiled Egg*	Prosciutto Wrapped Scallops*	Smoked Salmon Roll-Ups*	Baked Zucchini Fritters*	Egg Muffin Cups*
<b>Meal 2</b>	Lemon Kale Salad*	SlimFast Keto Shake & Bacon Avocado Muffins*	SlimFast Keto Meal Shake to Go & Cauliflower Mac & Cheese*	Low-Carb Lasagna*	SlimFast Keto Shake & Asparagus Fries with Pepper Aioli*	SlimFast Keto Meal Bar & Keto Herbed Biscuits*	SlimFast Keto Meal Bar & Keto Bacon Sausage Meatballs*
<b>Snack</b>	Sauteed Garlic Mushrooms*	Celery with Cream Cheese*	Crispy Parmesan Garlic Edamame*	SlimFast Keto Fat Bomb	SlimFast Keto Fat Bomb	Chef Salad Skewers*	Cucumbers & Cream Cheese
<b>Meal 3</b>	SlimFast Keto Meal Bar & Keto Avocado Pudding	SlimFast Keto Meal Bar & Tuna Lettuce Wrap*	Bacon-Wrapped Chicken Bites*	SlimFast Keto Meal Shake to Go & Caesar Salad with Parmesan Crisps*	Baked Salmon with Lemon Butter and Steamed Asparagus*	Chicken Caprese Salad*	Roasted Pork Tenderloin with Broccoli*
<b>Snack</b>	SlimFast Keto Fat Bomb	SlimFast Keto Fat Bomb	SlimFast Keto Fat Bomb	Keto Cheesecake Dip and Fruit*	Mini Berry Pavlova*	SlimFast Keto Fat Bomb	SlimFast Keto Fat Bomb
<b>Net Carbs</b>	6%	6%	6%	4%	7%	5%	6%
<b>Protein</b>	14%	13%	17%	24%	24%	27%	20%
<b>Fat</b>	77%	77%	72%	70%	64%	65%	70%
<b>Total Daily Calories</b>	1,675	1,605	1,705	1,705	1,650	1,695	1,685

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

## 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

## MEAT

- Bacon
- Chicken Breast
- Chicken Breast, Canned
- Chicken Thighs
- Chicken Wings
- Ground Beef
- Ground Pork Sausage
- Ground Spicy Italian Sausage
- Pork Tenderloin
- Salami, Sliced
- Salmon Fillets
- Smoked Ham, Sliced
- Smoked Salmon
- Turkey Bacon, Uncured
- Turkey, Sliced

## DAIRY

- Cheddar Cheese, Shredded
- Cheddar Cheese, Sliced
- Cream Cheese
- Eggs
- Fontina Cheese
- Fresh Mozzarella Ball
- Heavy Cream
- Mozzarella Cheese, Shredded
- Parmesan Cheese, Grated
- Parmesan Cheese, Shredded
- Provolone Cheese
- Ricotta Cheese
- Salted Butter
- Smoked Gouda Cheese
- Sour Cream

## DRY/BAKED GOODS

- Almond Meal
- Baking Powder
- Coconut Oil
- Corn Starch
- Dried Dill
- Gluten-Free Xanthan Gum
- Pork Rinds
- Stevia
- Sugar Substitute
- Vanilla Extract

## PRODUCE

- Asparagus
- Avocado
- Basil, Fresh
- Bell Pepper
- Berries, Mixed
- Broccoli
- Cauliflower
- Celery
- Edamame
- Garlic, Bulb
- Guacamole
- Jalapeno
- Kale
- Leaf Lettuce
- Lemon
- Lime Juice
- Mushrooms
- Onion
- Parsley, Fresh
- Raspberries
- Romaine Lettuce
- Spinach
- Spring Onions
- Strawberries
- Sweet Potato
- Thyme, Dried
- Tomato
- Zucchini

## CANNED GOODS/ CONDIMENTS

- Basil Pesto
- Canned Tuna
- Coconut Milk
- Creamy Caesar Dressing
- Dried Chives
- Dried Cilantro
- Dried Oregano
- Dried Rosemary
- Garlic Powder
- Hot Sauce
- Marinara Sauce
- Mayonnaise
- Olive Oil
- Onion Powder
- Paprika
- Pumpkin Seeds
- Red Chili Flakes
- Sun Dried Tomatoes

**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.

## Frequently Asked Questions

### **Do I have to fast for exactly 16 hours?**

Feel free to experiment with an eating and fasting time frame that make sense for your schedule. We've provided an example for you with a 16:8 fasting plan for the purposes of this guide, to demonstrate how it can work.

### **What is Dry Fasting?**

Dry fasting is when you refrain from consuming anything during the fasting period. Please check with your doctor or health care provider prior to starting this or any weight loss plan or before making any dietary changes.

### **Can I have a "Cheat Day"?**

While we don't recommend it, one of the great benefits of the SlimFast Plan is that you can easily jump back on plan the next day!

### **Will I still need to count calories to lose weight while fasting?**

Intermittent Fasting with SlimFast Keto is based on the clinically proven SlimFast Plan. As part of The Plan the daily calorie recommendation for Women is 1,200-1,300 and 1,600-1,700 for Men.

### **What items will break my fast?**

While everyone is different and fasting goals can vary, items containing calories in the form of carbohydrates, protein and most fats would be considered items that break a fast.

# 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.