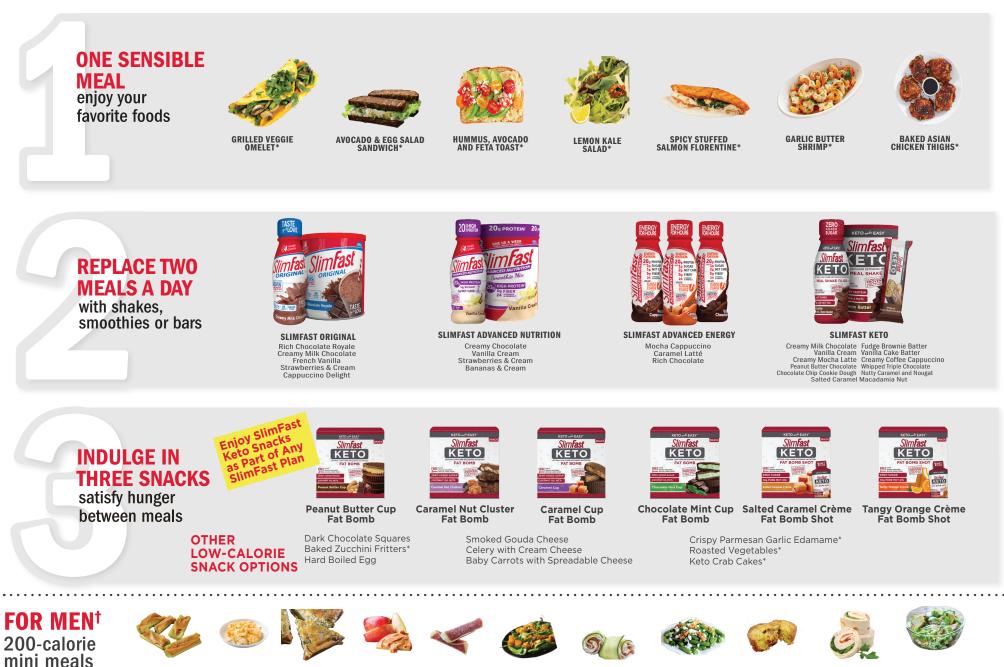
7 DAY IMMUNITY-BOOSTING MEAL PLAN

GIVE US A WEEK & WE'LL TAKE OFE THE WEIGHT

This exclusive new 7-day meal plan places an emphasis on immunity-supporting nutrients such as Vitamins C, D and Zinc to support your health and well-being!



CELERY AND PEANUT BUTTER

SCRAMBLED EGGS SMOKED SALMON WITH CHEDDAR AND LEEK TART* CHEESE*

APPLES WITH SALAMI AND APPLES WITH SALAMI AND PUMPKIN AND PEANUT BUTTER* PROVOLONE ROLL-UPS* SPINACH SALAD*

HAM AND CHEESE **CUCUMBER SANDWICH***

FENNEL SALAD WITH **GOAT CHEESE***

BACON AVOCADO MUFFINS*

CAESAR SALAD WITH PARM CRISPS*

v2

*Find these and other delicious, EASY recipes at SLIMFAST.COM/RECIPES [†]Men, add a 200-calorie mini meal to each SlimFast meal replacement.

ROLL-UP

DELI MEAT

7 DAY IMMUNITY-BOOSTING MEAL PLAN

	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

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
- SlimFast Keto MCT Oil

DRY/BAKED GOODS

- ☐ Almond Meal*
- Baking Powder*
- Brown Rice
- Coconut Flour*
- Dark Chocolate Squares
- Italian Bread
- Low Carb 7-Grain Bread
- Multi-grain Sandwich Bread
- Peanut Butter*
- **Pumpkin Seeds**
- Walnuts*

CANNED GOODS/ CONDIMENTS

Black Pepper* **Cayenne Pepper*** Chives* Creamy Caesar Dressing* **Dijon Mustard*** **Dried Cilantro** □ Dried Thyme* Dry White Cooking Wine **Five Spice** Garlic and Herb Spice Garlic Powder* Ground Ginger Ground Mustard* Hot Sauce* Maple Syrup **Mayonnaise** □ Olive Oil* Paprika* **Red Chili Flakes Roasted Red Peppers** Salt* Seafood Seasoning Sesame Oil Soy Sauce Sundried Tomatoes **Vegetable Oil** □ White Wine Vinegar

Whole Grain Mustard*

PRODUCE □ Apple* ☐ Asparagus Baby Carrots **Banana Bell Peppers Blueberries** Broccoli* Cauliflower* Celerv* **Cherry Tomatoes** Cubed Pumpkin* Cucumber* **Edamame** Fresh Flat Leaf Parsley **Fresh Spinach*** Garlic Bulb Green Beans Large Leek* Lemon Lime Juice Medium Avocados* Mushrooms* **Red Onion*** □ Romaine Lettuce* □ Shallot* □ Small Fennel Bulb* **Snap Peas** □ Spring Onions* □ Tomato

Zucchini*

MEAT

Bacon* **Jumbo Lump Blue Crab** Medium Shrimp **Salmon Fillets** Skinless Chicken Thighs Smoked Salmon* DELI Deli Ham*

Deli Turkey* Genoa Salami* Hummus DAIRY

Butter* **Cheddar Cheese* Coconut Milk, Unsweetened Cream Cheese*** Eggs* **Fat Free Feta Cheese* Fontina Cheese Goat Cheese* Heavy Cream** □ Parmesan Cheese* **Pepper Jack Cheese* Provolone Cheese* Ricotta Cheese* Smoked Gouda Cheese Spreadable Cheese Wedges*** Swiss Cheese, Shredded*

PROGRESS TRACKER

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

