

7 DAY IMMUNITY-BOOSTING MEAL PLAN

GIVE US A WEEK
& WE'LL TAKE OFF 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!

1

ONE SENSIBLE MEAL
enjoy your favorite foods



GRILLED VEGGIE OMELET*



AVOCADO & EGG SALAD SANDWICH*



HUMMUS, AVOCADO AND FETA TOAST*



LEMON KALE SALAD*



SPICY STUFFED SALMON FLORENTINE*



GARLIC BUTTER SHRIMP*



BAKED ASIAN CHICKEN THIGHS*

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

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

Dark Chocolate Squares
Baked Zucchini Fritters*
Hard Boiled Egg

Smoked Gouda Cheese
Celery with Cream Cheese
Baby Carrots with Spreadable Cheese

Crispy Parmesan Garlic Edamame*
Roasted Vegetables*
Keto Crab Cakes*

FOR MEN†
200-calorie mini meals



CELERY AND PEANUT BUTTER



SCRAMBLED EGGS WITH CHEDDAR CHEESE*



SMOKED SALMON AND LEEK TART*



APPLES WITH PEANUT BUTTER*



SALAMI AND PROVOLONE ROLL-UPS*



PUMPKIN AND SPINACH SALAD*



HAM AND CHEESE CUCUMBER SANDWICH*



FENNEL SALAD WITH GOAT CHEESE*



BACON AVOCADO MUFFINS*



DELI MEAT ROLL-UP



CAESAR SALAD WITH PARM CRISPS*

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

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

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	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

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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*
- Celery*
- Cherry Tomatoes
- Cubed Pumpkin*
- Cucumber*
- Edamame
- Fresh Flat Leaf Parsley
- Fresh Spinach*
- Garlic Bulb
- Green Beans
- Kale
- 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*

*This item is included in a mini meal recipe

PROGRESS TRACKER

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