Navigating New Features on SlimFast Together App

Excited to use the SlimFast Together App? This step by step tutorial explains how to use some of the exciting new features. App Versions 1.5.2 and beyond, boast enhanced features such as the ability to:

- View and track daily macros
- Add or swap out foods to enhance existing meal plans to include your favorite meals
- Add or swap out SlimFast recipes and packaged products to existing meal plans
- Create fully custom meal plans
- See your macros adjust in real time as foods are tracked and added to meal plans
- Search database of 1,000's of ingredients
- Instantly purchase ingredients and products from selected online retailers using the in-app shopping list

Keep reading to learn how to use these innovative tools on the app.

Feature #1: Custom Foods

Adding Packaged Products:

The SlimFast Together App allows you to customize the predefined daily menus by searching for your favorite products to add to your meal plan.

Step 1: First, make sure you have a daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan.

Simfest 🗘 🕀 🖻	Menu	⇔	← Your Plan ①
	🔡 Dashboard		Select 14 Daily Plans
N April 9, 2020	My Progress	ĺ.	APR 09 10 11 12
KETO PLAN	定 Meal Planner		< Plan 29 - Special >
Actual Macros	台 Shopping List		
© PROTEIN 😤 NET CARBS (a) FATS 0% 0% 0%	🖺 Keto Recipes	ATS	
▼ 15% under ▼ 5% under ▼ 60% under	📅 Blog	under	22.6% 6.8% 64.5%
CALORIES: 0 catories		nder	
Water Activity	About Keto & FAQ	~	CALORIES: 1250 calories In range
			MEAL 1 +
Plan 29 - Special			SlimFast Keto Creamy Milk
MEAL 1 +		+	SNACK 1 +
SlimFast Keto Creamy Milk			: 💏 Ricotta with Raspberries >
PULPIA L	Feedback Terms & Conditions Privacy Policy EULA		
PROGRESS TRACKER	Build number 1.5.1		SELECT PLAN DONE

Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Dashboard** on the menu.



Step 3: Scroll down on the screen until the meal plan for that day appears on the screen. Scroll left or right on the **white arrow icons**, to select the day you want to add a product to.

≡ Simfast KETO Ω ↔ @	≡ Simfast Ω ↔ @
(April 14, 2020	Plan 29 - Special
\smile	MEAL1 +
KETO PLAN	SlimFast Keto Creamy Milk
Actual Macros	SNACK 1 +
Emprotein All Net CARBS Image: Operation of the second s	: 🎇 Ricotta with Raspberries > 🗌
	MEAL 2 +
CALORIES: 0 calories V1200 cal. under	: SlimFast Keto Whipped Triple Chocolate Meal Bar >
Water Activity	SNACK 2 +
Plan 29 - Special	: See Baked Parmesan and Crab Dip
	MEAL 3 +
SlimFast Keto Creamy Milk	: Spicy Stuffed Salmon
	SNACK 3 +
PROGRESS TRACKER	PROGRESS TRACKER

Step 4: Choose the meal or snack you would like to customize (meal 1, snack 1, meal 2, snack 2, meal 3, snack 3).

=	Slimfast KETO	÷	0
	Plan 29 - Special		
	L	+	
: 8	SlimFast Keto Creamy Milk Chocolate Shake >		
SNACK	1	+	
:	Ricotta with Raspberries >		
	2	+	
:	SlimFast Keto Whipped Triple Chocolate Meal Bar >		
	2	+	
:	Baked Parmesan and Crab Dip		
	5	+	
: 🛸	Spicy Stuffed Salmon Florentine >		
SNACK	3	+	
	PROGRESS TRACKER		

Step 5: Click on the **+ icon** next to the meal or snack to customize.

=		Slimfast KETO	9	9
		Plan 29 - Special		
	MEAL 1		(+	
	: 🚦	SlimFast Keto Creamy Milk Chocolate Shake >		
	SNACK	1	+	
	: 🛐	Ricotta with Raspberries >		
	MEAL 2	1	+	
	:	SlimFast Keto Whipped Triple Chocolate Meal Bar >		
	SNACK	2	+	
	:	Baked Parmesan and Crab Dip		
	MEAL 3	i	+	
		Spicy Stuffed Salmon Florentine >		
	SNACK	3	+	
	P	PROGRESS TRACKER		

Step 6: Above the search bar, swipe left or right until you find the red box that says **Products** and select. In the search bar, type in the name of the product you wish to search for and click enter.

Add to Meal 1						
	Planned Macros					
 PROTEIN ペ NET CARBS FATS 20.2% 5.6% 70.8% In range In range In range 						
CALORIES: 1427	calories	127 cal. over				
PRODUCT	s M	ENU ITEMS				
Q Search	>	[000]				
ADD CUSTOM	I FOOD	+				
CANCEL		A D D				

Step 7: Next, scroll down on the screen until there is a list of products. Once you find the product you want to add, click on the **grey box** next to the item until the box shows a **white check mark inside of a red box**.

Add to Meal 1	
ADD CUSTOM FOOD	+
SlimFast Keto MCT Oil	
SlimFast Keto Salted Caramel Creme Fat Bomb Shot	
SlimFast Keto Caramel Nut Cluster Fat Bomb	
SlimFast Keto Creamer	
SlimFast Keto Creamy Coffee Cappuccino Shake Mix	
SlimFast Keto Fudge Brownie Batter Shake Mix	
SlimFast Keto Chocolate Chip Cookie Dough Meal Bar	
SlimFast Keto Whipped Triple Chocolate Meal Bar	
SlimFast Keto Salted Caramel Macadamia Nut Meal Bar	
SlimFast Keto Whipped Peanut Butter Chocolate Meal Bar	
CANCEL AD	D



Step 8: Finally, click on the **red Add button**, at the bottom of the screen. This will add the product to your meal plan.

Adding Ingredients:

The SlimFast Together App allows you to add ingredients to your meal plans so you can input food items without having to know the macros and make your meal planning easy.

Step 1: First, make sure you have a daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan.



Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Dashboard** on the menu.



Step 3: Scroll down on the screen until the meal plan for that day appears on the screen. Scroll left or right on the **white arrow icons**, to select the day you want to add an ingredient to.



Step 4: Choose the meal or snack you would like to customize (meal 1, snack 1, meal 2, snack 2, meal 3, snack 3).

≡	Simfast KETO	8	
	Plan 29 - Special		
MEAL 1		+	
: .	SlimFast Keto Creamy Milk Chocolate Shake >		
	1	+	
:	Ricotta with Raspberries >		
	!	+	
:	SlimFast Keto Whipped Triple Chocolate Meal Bar >		
SNACK	2	+	
:	Baked Parmesan and Crab Dip	' 🗆	
	i	+	
: 🎬	Spicy Stuffed Salmon Florentine >		
SNACK	3	+	
F	ROGRESS TRACKER		

Step 5: Click on the + icon next to the meal or snack to customize.

=		Slimfast KETO	⟩ @
		Plan 29 - Special	
	MEAL :	L (+
	:	SlimFast Keto Creamy Milk Chocolate Shake >	
	SNACK	1	+
	:	Ricotta with Raspberries >	
	MEAL	2	+
	:	SlimFast Keto Whipped Triple Chocolate Meal Bar >	
	SNACK	2	+
	:	Baked Parmesan and Crab Dip	
	MEAL	3	+
		Spicy Stuffed Salmon Florentine >	
	SNACK	3	+
		PROGRESS TRACKER	

Step 6: Above the search bar, swipe left or right until you find the red box that says **Ingredients.** In search bar, type in the name of the ingredient you wish to add, and press enter.

Add to Meal 1				
Planned Macros				
 PROTEIN ペ NET CARBS (の) FATS 20.2% 5.6% 70.8% In range In range 				
CALORIES: 1427 calories				
INGREDIENTS PRODUCTS				
Q Search				
ADD CUSTOM FOOD +				
CANCEL ADD				

Step 7: Next, scroll down until there is a list of ingredients. Once you find the ingredient you're looking for, click on the **grey box** next to the item until the box shows a **white check mark inside of a red box** and confirm the quantity and unit of measure.

Add to Meal 1			
INGREDIENTS	PRO	DUCTS	
Q Bacon			
ADD CUSTOM FOC	D	+	
bacon			
Quantity	Unit	\sim	
1	g	-	
bacon fat			
bacon bits			
lean bacon			
slab bacon			
fried bacon			
turkey bacon			
bacon pieces			

Step 8: Finally, click on the **red Add button**, at the bottom of the list. This will add the ingredient to your meal plan.

Add to Meal 1				
bacon		\checkmark		
Quantity	Unit			
1	g	-		
bacon fat				
bacon bits				
lean bacon				
slab bacon				
fried bacon				
turkey bacon				
bacon pieces				
veggie bacon				
canadian bacon	_			
CANCEL	A	D D		

Adding SlimFast Recipes:

The SlimFast Together App allows you to add SlimFast recipes to the preset daily menus. Conveniently view the recipe within the app at the click of a button.

Step 1: First, make sure you have a daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan.



Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Dashboard** on the menu.

Your Plan	Ġ	Me	enu	() @
Select 14 Daily Plans	R APR APR	8	Dashboard	>
09 1	0 11 12	四	My Progress	
< Plan 29 - Specia	al >	辷	Meal Planner	
Planned Macros		÷	Shopping List	
SPROTEIN 🛃 NET CARBS) FATS		Keto Recipes	~AIS
22.6% 6.8% In range In range	64.5% In range	ល៊ីវ៉	Blog	nder
CALORIES: 1250 calories	In range	÷	About Keto & FAQ	
MEAL 1	+	Ô	Products	· · ·
SlimFast Keto Creamy I	Milk	8	My SlimFast Profile	
SNACK 1	+	Ē	Reset Plan	+
: 🎇 Ricotta with Raspberri	es >	Ð	Logout	
SELECT PLAN	DONE	Feed Priva	back Terms & Conditions cy Policy EULA	
		Build	number 1.5.1	

Step 3: Scroll down on the screen until the meal plan for that day appears on the screen. Scroll left or right on the **white arrow icons**, to select the day you want to add a SlimFast recipe to.



Step 4: Choose the meal or snack you would like to customize (meal 1, snack 1, meal 2, snack 2, meal 3, snack 3).

≡ ^{Slimfast} Ω ↔ @	E Simfast D 🖯 🗎
April 14, 2020	Plan 29 - Special
	MEAL 1 +
KETO PLAN	: SlimFast Keto Creamy Milk Chocolate Shake >
Actual Macros	SNACK 1 +
Image: PROTEIN American Netrona Image: Omega Image:	: 🌅 Ricotta with Raspberries > 🗌
	MEAL 2 +
CALURIES: 0 catories V 1200 cal. under	: SlimFast Keto Whipped Triple Chocolate Meal Bar >
Water Activity 0 of 8 glasses 0 of 30 mins.	SNACK 2 +
Plan 29 - Special	: Saked Parmesan and Crab Dip
MEAL 1 +	MEAL 3 +
SlimFast Keto Creamy Milk	: Spicy Stuffed Salmon Florentine >
	SNACK 3 +
PROGRESS TRACKER	PROGRESS TRACKER

Step 5: Click on the **+ icon** next to the meal or snack to customize with recipe.

≡		Simfast KETO	÷	٩
		Plan 29 - Special		
	MEAL 1		+	
:		SlimFast Keto Creamy Milk Chocolate Shake >		
	SNACK	1	+	
:	483	Ricotta with Raspberries >		
	MEAL 2		+	
:		SlimFast Keto Whipped Triple Chocolate Meal Bar >		
	SNACK	2	+	
:	*	Baked Parmesan and Crab Dip	,	
	MEAL 3		+	
:	Sole:	Spicy Stuffed Salmon Florentine >		
	SNACK	3	+	
	Р	ROGRESS TRACKER		

Step 6: Above the search bar, swipe left or right until you find the red box that says **Recipes.** In search bar, type in all or part of the name of the recipe you wish to add to your meal plan.

Add to Mea	Add to Meal 1		
Planned Macros			
 PROTEIN< ペ NET CARBS 20.2% 5.6% In range In range 	 FATS 70.8% In range 		
CALORIES: 1427 calories	.27 cal. over		
RECIPES F.	AVORITES		
Q Search			
ADD CUSTOM FOOD	+		
CANCEL	A D D		

Step 7: Next, scroll down until there is a list of SlimFast recipes. Once you find the recipe you want to add, click on the **grey box** next to the item until the box shows a **white check mark inside of a red box.**

Add to Meal 1				
Ρ	lanned Macros			
PROTEIN 18.7% In range	♂ NET CARBS 4.8% ▼ 0.3% under	 FATS 75% In range 		
CALORIES: 4663.24 3363.24 cal. over calories				
RECIPES	F	AVORITES		
Q Bacon				
ADD CUSTOM FOOD +				
Bacon Avocado Muffins				
Chicken Bacon Ranch Salad				
Creamy Shrimp and Bacon Skillet				
Bacon-Wrapped Chicken Bites				
Keto Bacon Sausage Meatballs				

Step 8: Finally, click on the **red Add button**, at the bottom of the list. This will add the SlimFast recipe to your daily preset menu.

Add to Meal 1				
© PROTEIN ペ NET CARBS () 18.7% 4.8% In range ▼0.3% under In) FATS 75% 1 range			
CALORIES: 4663.24 3363.24 calories	al. over			
RECIPES	ITES			
Q Bacon				
ADD CUSTOM FOOD	+			
Bacon Avocado Muffins				
Chicken Bacon Ranch Salad				
Creamy Shrimp and Bacon				
Bacon-Wrapped Chicken Bites				
Keto Bacon Sausage Meatballs				
CANCEL AD	D			

Adding custom foods to an existing meal plan:

The SlimFast Together App makes Keto easy for beginners with predefined daily menus to aid in their ketogenic journey. For those who want more options, you can add your own custom foods to the predefined daily meal plans within the app. To use this feature, you will need to know the calories, protein, fat, carbohydrate, and fiber content of the item. If you don't know the macronutrient content, you can add ingredients or similar packaged products from the database within the app.

Step 1: First, make sure you have a predefined daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan



Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Dashboard** on the menu.



Step 3: Scroll down on the screen until the meal plan for that day appears on the screen. Scroll left or right on the **white arrow icons**, to select the day you want to add a custom food to.



Step 4: Choose the meal or snack you would like to customize (meal 1, snack 1, meal 2, snack 2, meal 3, snack 3).



Step 5: Click on the **+ icon** that corresponds with the meal or snack occasion you've chosen.



Step 6: Once the next screen appears, click on the **+ icon** next to the red **Add Custom Food** option.

Ad	Add to Meal 1			
	Planned Macro	s		
PROTEIN # NET CARBS O) FATS 22.6% 6.8% 64.5% In range In range In range				
CALORIES: 1250	calories	In range		
FAVORITE	s IN	IGREDIENTS		
ADD CUSTOM FOOD				
CANCEL		A D D		

Step 7: Add the food name, calories, protein, carbs, fat, and fiber content in the appropriate fields. You can select **Add to Favorites** if you wish to save for later, or you can just click the red **Add** button. After these steps are done, you will have successfully added a custom food to your daily menu, and favorites for selection again later if the box is checked.

Add Custom Food	Add Custom Food	Add Custom Food
Food Name	catorics	Food Name
Enter food name	20	bacon
Charles .	Protein (optional)	Calories
Enter calories	7	20
	Carbs (optional)	
Protein (optional)	90	Protein (optional)
Enter grams	20	7
The second se	Fat (optional)	Carta (anti-anti-
Carbs (optional)	5	Caros (optional)
Enter grams		90
Fat (antional)	Fiber (Used to calculate Net Carbs)	Fat (ontional)
Fat (optional)	2	Fat (optional)
Enter grams		5
Fiber (Used to calculate Net Carbs)	Add to favorites	Fiber (Used to calculate Net Carbs)
Enter grams	Macros pet entered here will not reflect all feed lossed on the	2
	dashboard	
CANCEL ADD	CANCEL ADD	CANCEL ADD

Removing Items from Predefined Days:

The SlimFast Together App allows you to remove meals/snacks from your predefined daily menu.

Step 1: First, make sure you have a predefined daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan.



Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Dashboard** on the menu.

🔶 Your Plan	(i)	Me	nu	⇔	0
Select 14 Daily Plans	APR APR	88	Dashboard		>
09 10	11 12	쩐	My Progress		Ĺ
< Plan 29 - Special	>	贮	Meal Planner		
Dispared Massas		⇔	Shopping List		
Planned Macros	FATS		Keto Recipes	FATS %	X
22.6% 6.8% 64 In range In range In r	.5% ange	ن ې	Blog	nder	er
CALORIES: 1250 calories	In range	÷	About Keto & FAQ	E	۲
MEAL 1	+	۵	Products		~
🔒 SlimFast Keto Creamy Milk		@	My SlimFast Profile		
: 📱 Chocolate Shake >		曲	Reset Plan		+
SNACK 1	+	⊳	Logout		_
ELECT PLAN	NE	Feed Priva Build	back Terms & Conditions cy Policy EULA number 1.5.1		

Step 3: Scroll down on the screen until the meal plan for that day appears on the screen.

Step 4: Choose the meal or snack you would like to remove from your meal planner (meal 1, snack 1, meal 2, snack 2, meal 3, snack 3).

≡	Simfast KETO	⇔	0
	Plan 29 - Special		
	1	+	F
: 3	SlimFast Keto Creamy Mill Chocolate Shake >	' [
	1	4	F
: 🎦	Ricotta with Raspberries	•	
	2	-	F
: -	SlimFast Keto Whipped Tri Chocolate Meal Bar >	iple	
	2	-	÷
:	Baked Parmesan and Crab	Dip	
	3	H	F
: 🛸	Spicy Stuffed Salmon Florentine >		
	3	H	F
	PROGRESS TRACKE	R	

Step 5: Click on the three vertical dots next to the meal/snack to remove the item.

=		Simfast KETO	3	0
		Plan 29 - Special		
	MEAL 1		+	
	:	SlimFast Keto Creamy Milk Chocolate Shake >		
	SNACK	1	+	
	: 🎦	Ricotta with Raspberries >		
	MEAL 2		+	
		SlimFast Keto Whipped Triple Chocolate Meal Bar >		
	SNACK	2	+	
	:	Baked Parmesan and Crab Dip		
	MEAL 3		+	
	Se	Spicy Stuffed Salmon Florentine >		
	SNACK	3	+	
	F	PROGRESS TRACKER		

Step 6: A pop-up should appear with two options: **Remove** and **Add to Favorites.** By selecting the **Remove** option, the meal/snack selected will be removed from your daily meal plan.



Adding Foods to your Favorites:

The SlimFast Together App makes it easy to add custom foods and packaged products to your **Favorites** list for easy access in the future.

Step 1: Choose the meal or snack you would like to add to your favorites (meal 1, snack 1, meal 2, snack 2, meal 3, snack 3).



Step 2: Click on the **three vertical dots** next to the meal/snack you'd like to add to your favorites.



Step 3: A pop-up should appear with two options: **Remove** and **Add to Favorites.** By selecting the **Add to Favorites** option. This will add a yellow star next to item and save the item to the **Favorites** section of the custom food(s) option.

≡ <u>Slimfast</u> Ω ↔		≡		Slimfast KETO	Q	⇔	0
Plan 29 - Special				Plan 29 - Spe	cial		
MEAL 1	+		MEAL 1			+	Э
SlimFast Keto Creamy Milk Chocolate Shake >		-		SlimFast Keto Crea Chocolate Shake >	my Milk		
Remove	+		SNACK :	L		+	-
Add to favorites aspberries >		:	-	Ricotta with Raspb	erries >		
MEAL 2	+		MEAL 2			+	-
SlimFast Keto Whipped Triple Chocolate Meal Bar >		:		SlimFast Keto Whip Chocolate Meal Bai	ped Triple		
SNACK 2	+	:	SNACK :	2		+	
: Saked Parmesan and Crab Dip		:	*	Baked Parmesan ar	ıd Crab Di	P	
MEAL 3	+		MEAL 3			+	-
: Spicy Stuffed Salmon Florentine >		:	-	Spicy Stuffed Salmo	on		
PROGRESS TRACKER			Р	ROGRESS TR	A C K E R		

Step 4: To access your Favorites later, click on the + icon next to the meal or snack you wish to add it too (meal 1, snack 1, meal 2, snack 2, meal 3, snack 3)



Step 5: Under your **Favorites** section, select the box next to the food item you'd like to add. A red box with a white check mark will appear.

Add to Meal 1	Add to Meal 1
Planned Macros PROTEIN Image 2.6% 6.8% 64.5% In range In range In range CALORIES: 1250 calories In range	Planned Macros PROTEIN Image 20.3% Image in range 0.2% under CALORIES: 1417 calories 117 cal. over
ADD CUSTOM FOOD + SlimFast Keto Creamy Milk Chocolate Shake	ADD CUSTOM FOOD + SlimFast Keto Creamy Milk Chocolate Shake
CANCEL ADD	CANCEL ADD

Add to Meal 1				
Planned Macros				
 PROTEIN				
CALORIES: 1417 calories 117 cal. over				
FAVORITES				
ADD CUSTOM FOOD +				
SlimFast Keto Creamy Milk Chocolate Shake				
CANCEL ADD				

Step 6: Click on the red Add button to add it to your meal plan.

Creating A Custom Meal Plan:

The SlimFast Together App makes Keto easy for beginners with predefined daily menus to aid in their ketogenic journey. For those who want more options, you can create completely customized daily menus within the app. This feature provides a blank slate for you to populate each eating occasion with your own combination of packaged products, SlimFast recipes, ingredients and/or custom foods.

Step 1: Start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, use the **white arrows** to scroll through the predefined plans until you reach the **Custom Menu** and click the **red Select Plan button**.

Simfast 🗘 🕁 🖻	Menu	() ()	← Your Plan ⓒ
April 9 2020 >	맘 Dashboard		Select 14 Daily Plans
	My Progress	Í Í	15 16 17 1
KETO PLAN	定 Meal Planner		Custom Menu
	台 Shopping List		PLAN Net Carbs Protein Fats Cals
	🖺 Keto Recipes	%	IT I I I I I
▼ 15% under ▼ 5% under ▼ 60% under	ញ្ញ្រិ Blog	under	MEAL 1
CALORIES: 0 calories V 1200 cal. under		- nder	SNACK 1
Water Activity	💾 🛛 About Keto & FAQ		MEAL 2
0 of 8 glasses 0 of 30 mins.	Deroducts		SNACK 2
Plan 29 - Special	O My SlimFast Profile		MEAL 3
MEAL1 +	🛱 Reset Plan	+	SNALK 3
SlimFast Keto Creamy Milk	[→ Logout		
	Feedback Terms & Conditions Privacy Policy EULA		
PROGRESS TRACKER	Build number 1.5.1		SELECT PLAN DONE

Step 2: Choose the meal or snack you would like to customize (meal 1, snack 1, meal 2, snack 2, meal 3, snack 3) and click on the + icon.

<	Custo	om Menu	
PLAN TOTAL	Net Ca	arbs Protein 0 0	Fats Cals
MEAL 1			
SNACK	1		
MEAL 2			
SNACK	2		
MEAL 3	5		
SNACK	3		

Step 3: On the next screen, scroll to choose among the options to add an item from **Favorites, Ingredients, Products or Recipes**.

Add to Meal 1	Add to Meal 1	Add to Meal 1
Planned Macros POTEIN MET CARBS Ø) FATS 22.6% 6.8% 64.5% In range In range In range CALORIES: 1250 calories In range FAVORITES INGREDIENTS ADD CUSTOM FOOD +	PROTEIN NET CARBS 20.2% 5.6% In range In range CALORIES: 1427 calories 127 cal. over PRODUCTS MENU ITEMS Q Search MDD CUSTOM FOOD	Planned Macros PROTEIN S. NET CARBS S. FATS 20.2% S. 6% 70.8% In range In range In range CALORIES: 1427 calories A 127 cal. over RECIPES FAVORITES Q Search ADD CUSTOM FOOD +
CANCEL ADD	CANCEL ADD	CANCEL ADD

Step 4: Complete the appropriate steps to add the type of item you selected.

Step 5: Repeat these steps for each meal or snack you wish to plan until the menu for the day is complete.

Step 6: Refer to the **Planned Macros** guide above your meal plan to ensure your selected menu is in range for the SlimFast Keto Plan.

÷	✓ Your Plan ③ Setect 14 Daily Plans \$				
I		Planned Macros	;	T	
	PROTEIN 22.6% In range	♂ NET CARBS 6.8% In range	 (a) FATS 64.5% In range 		
	CALORIES: 1250) calories	In range		
	MEAL 1		+		
	: SlimF	ast Keto Creamy olate Shake >	y Milk		
	SNACK 1		+		
L	: 禶 Ricot	ta with Raspber	ries >		
	SELECT PL	A N	DONE		

Feature #2: UPC Scanner:

Adding Products with UPC Scanner:

The SlimFast Together App allows you to customize your meal plans by adding packaged products by scanning the UPC. This makes it easy to add products to your daily meal plan without manually searching for an item.

Step 1: First, make sure you have a daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan.



Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Dashboard** on the menu.



Step 3: Scroll down on the screen until the meal plan for that day appears on the screen. Scroll left or right on the **white arrow icons**, to select the day you want to add an

ingredient to.				
≡ ^{Simfast} Ω ↔ @	≡ Simfast KETO Ω ↔ @			
(April 14, 2020)	Plan 29 - Special			
\smile	MEAL1 +			
KETO PLAN	SlimFast Keto Creamy Milk			
Actual Macros	SNACK 1 +			
Image: Constraint of the state of	: 💓 Ricotta with Raspberries > 🗌			
CALORIES: 0 calories 1200 cal under	MEAL 2 +			
	: SlimFast Keto Whipped Triple			
0 of 8 glasses 0 of 30 mins.	SNACK 2 +			
Plan 29 - Special	: Saked Parmesan and Crab Dip			
MEAL1 +	MEAL 3 +			
SlimFast Keto Creamy Milk	: Spicy Stuffed Salmon			
	SNACK 3 +			
PROGRESS TRACKER	PROGRESS TRACKER			

Step 4: Choose the meal or snack you would like to customize (meal 1, snack 1, meal 2, snack 2, meal 3, snack 3).



Step 5: Click on the + **icon** next to the meal or snack to customize.



Step 6: Next, once screen appears, scroll through the options under your planned macros box, until the red **Products** button is displayed.

Ad	Add to Meal 1				
	Planned Macros				
C PROTEIN 20.2% In range	관 NET CARBS 5.6% In range	 FATS 70.8% In range 			
CALORIES: 1427	CALORIES: 1427 calories				
PRODUCTS	s MI	ENU ITEMS			
Q Search	>	[00]			
ADD CUSTOM	FOOD	÷			
CANCEL		A D D			

Step 7: Click on the **gray barcode** within the search box. You will need to allow the app access to your camera in order to use this feature.

Ac	Add to Meal 1			
	Planned Macros			
PROTEIN 23.4% In range	NET CARBS 7.1% In range	 FATS 63.6% In range 		
CALORIES: 1070	CALORIES: 1070 calories V130 cal. under			
PRODUCT	S MI	ENU ITEMS		
Q Search				
ADD CUSTON	1 FOOD	+		
CANCEL		A D D		

Step 8: Next, place the barcode of the product inside the viewfinder rectangle to scan it. Once the barcode is scanned, the product name will pop-up on your screen. Please note, when adding an individually packaged item, please scan the UPC code on the individual product and not the larger package it came in. For example, if you scan a UPC code on a single Keto Meal Bar the scanner will assign you 1 serving correctly, if you scan the box of multiple bars the scanner will not recognize it. For multi-serve packages (shake mix for example), the UPC scanner will recognize the UPC and assign 1 serving.



Step 9: Next, select the box next to the product. A **white check mark inside of a red box** will appear.

	Add to Meal 1
Add to Meal 1	Planned Macros
Planned Macros PROTEIN Set NET CARBS D FATS 23.4% 7.1% 63.6% In range In range In range	PROTEIN Add NET CARBS O) FATS O) FATS O) FATS O) FATS O O FATS O
PRODUCTS MENU ITEMS	PRODUCTS MENU ITEMS Q. Search [JIII]
ADD CUSTOM FOOD + SlimFast Keto Caramel Cup Fat Bomb (Individual)	ADD CUSTOM FOOD + SlimFast Keto Caramel Cup Fat Bomb (Individual)
CANCEL ADD	CANCEL ADD

Step 10: Once the item is checked, click on the **red Add button,** at the bottom of the list. This will add their products to your daily menu.

=	Sim. KE	fast ГО Д	() @
	Water 0 of 8 glasses	Activity 0 of 30 mins.	~
Γ	Plan 29 -	Special	
	MEAL 1		+
	SlimFast Keto	Caramel Cup lividual)	
	SNACK 1		+
	: 📑 Ricotta with F	Raspberries >	
	MEAL 2		+
	SlimFast Keto	Whipped Triple al Bar >	
	SNACK 2		+
	: Saked Parmes	an and Crab Dip) 🗆
	MEAL 3		+
	P R O G R E S S	TRACKER	

Feature #3: Shopping Cart

Creating Shopping Cart

The SlimFast Together App offers the ability to push items from the virtual shopping list to online retailers, making shopping easy.

Step 1: First, make sure you have a daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan.



Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Shopping List** on the menu.



Step 3: Once the shopping list appears, click on **Edit Days** in the upper right-hand corner of the screen to get started.

×	Shopping List	DIT DAYS
CATEGORY	EXPAN	ID ALL 🗸
Canned Goods	s/Condiments	~
Dairy		~
Meat		~
Others		~
Produce		~
SlimFast Keto		~
Got It		~
SEND T	O SHOPPING CART	(48)

Step 4: On the **Edit Items** screen. If you are shopping for specific days on your meal plan, but not all, be sure to deselect the days that you do not want to add to your shopping list. Then, click the **Done button** in the upper right-hand corner.

	Edit Items	DONE
DAY	Select all days	
Apr 13, 2020	Select al	
Apr 14, 2020	Select al	Z > -
Apr 15, 2020	Select al	Z > -
Apr 16, 2020	Select all	
Apr 17, 2020	Select all	
Apr 18, 2020	Select all	> ·
Apr 19, 2020	Select all	>
Apr 20, 2020	Select all	>
Apr 21, 2020	Select all	> ·
Apr 22, 2020	Select all	· · ·
Apr 23, 2020	Select all	
Apr 24, 2020	Select all	>

Step 5: On the next screen, make sure to click **expand all** to view the items within each category. If you have any of these items already, be sure to click the **Got It** button. This will take it off your shopping list.

× Shopping I	L ist edit days
CATEGORY	EXPAND ALL ~
Canned Goods/Condiments	^
INGREDIENT	QTY GOT IT
kosher salt (tsp)	0.5
lemon juice (tbsp)	1
marinara sauce (cup)	0.5
olive oil (tbsp)	3
parmesan cheese (cup)	0.75
red pepper flakes (tsp)	1
SEND TO SHOPPING	5 CART (48)

Step 6: Once you have all the items in your shopping list that you'd like to purchase, click on the **red Send to Shopping Cart button**.

×	Shopping List	EDIT DAYS
CATEGORY	EX	PAND ALL 🗸
Canned Goods	/Condiments	~
Dairy		~
Meat		~
Others		~
Produce		~
SlimFast Keto		~
Got It		~
SEND TO	O SHOPPING CA	RT (48)

Step 7: You will then be redirected to different options of online retailers available to you. Make sure to click through to your preferred retailer.



Step 8: On the next screen you will be able to review the items added to your cart and confirm you want to continue with your purchase. At the bottom of the screen will be a button asking you to either confirm and add the items to the retailer shopping cart, or to push through to the retailer website to complete the purchase.



Step 9: Sign in to your online account with the retailer or create an account if you don't already have one. Once you sign in, make sure to indicate which retailer location you would like to pick-up your groceries from. Next you will be prompted to choose your **pick-up timeslot** or select the **delivery option** and pay for your groceries.

Sign in to your Walmart account	Walmart 🔆 Grocery	🥕 instacart
	Reserve a time	Oelivery address
Email address (required)	Pickup Delivery	🕒 Delivery time
Password (required) Show	Walmart Lake Park Store #3348 Change 101 N Congress Ave 33403	🗞 Mobile number
Forgot password?		
Keep me <u>signed in</u>	Today Tomorrow Wed, May 6 Thu, May 7 Not Available Free pickup Free pickup Free pickup	Payment
oneneok n aong a paone aonee.		10 items
Sign in	There is no availability for today. The next opening is on $\underline{Tue},\underline{May}\underline{5}$.	🖾 🛔 🎒 🎯 🛓 🛔 🛔
Don't have an account?	More about pickup and delivery	
	······································	
Create account	Continue	Place order
	Help Privacy & Security Terms of Lise	Please enter a valid birthday.
	Do not sell my personal information	Subtotal \$103.03
	Request my personal information	Service fee Change > \$5.61
	© 2020 Walmart. All Rights Reserved.	Est. Sales tax \$6.78
		Delivery Tip (5.0%) \$5.15