

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

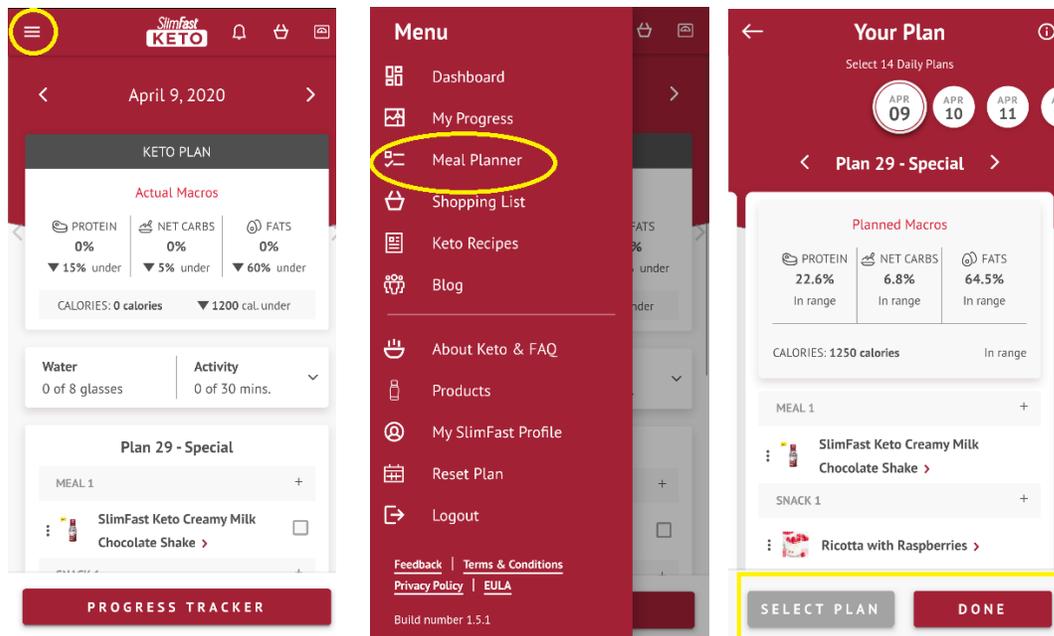
Keep reading to learn how to use these innovative tools on the app.

Feature #1: Custom Foods

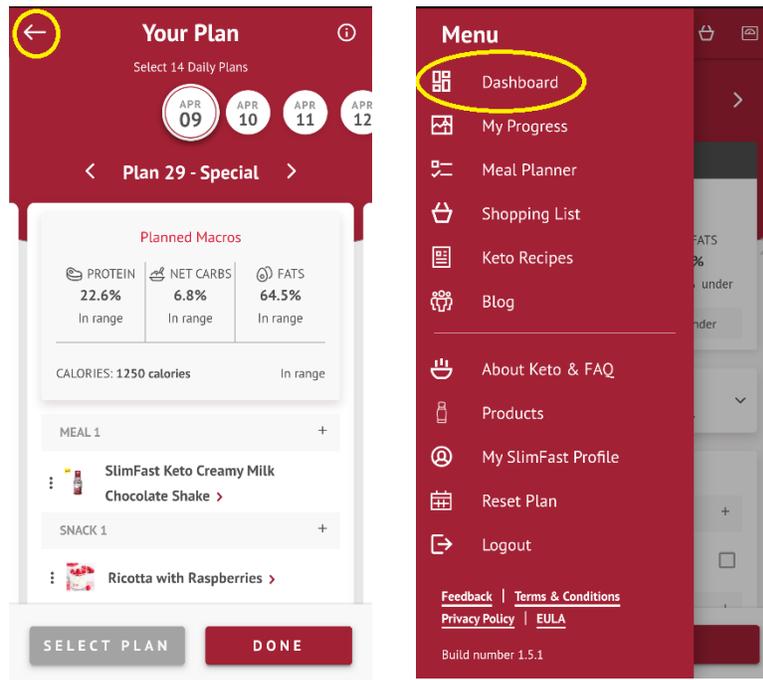
Adding Packaged Products:

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

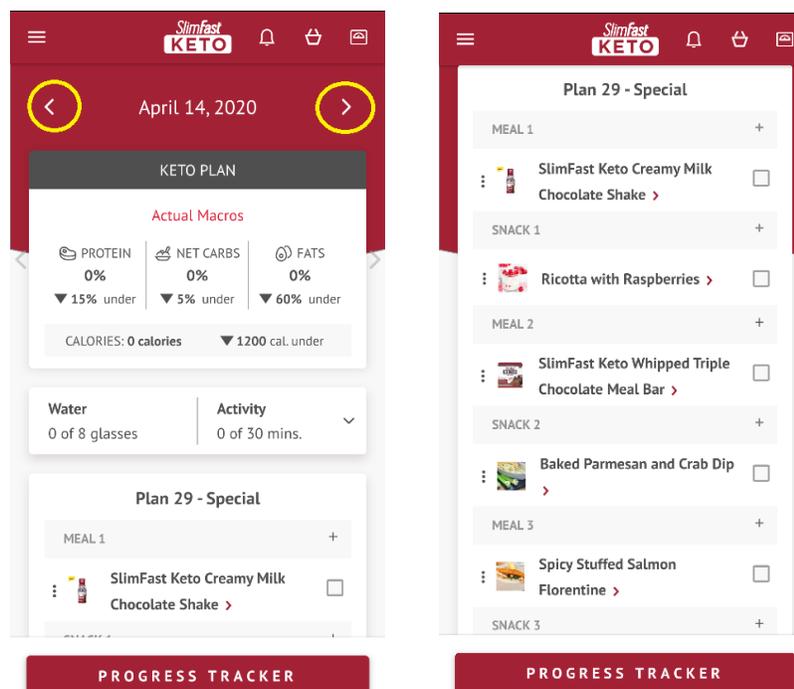
Step 1: First, make sure you have a daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan.



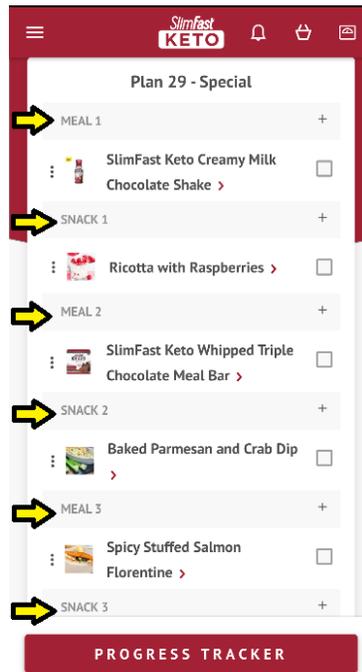
Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Dashboard** on the menu.



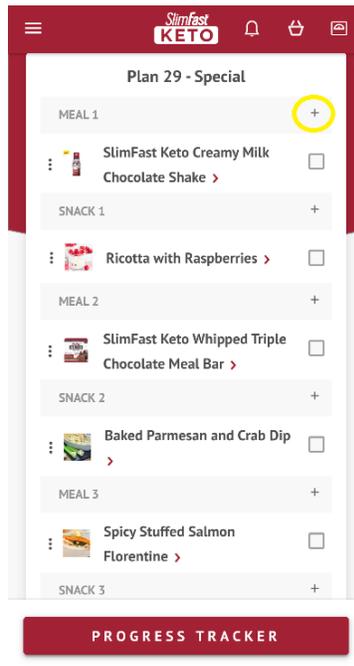
Step 3: Scroll down on the screen until the meal plan for that day appears on the screen. Scroll left or right on the **white arrow icons**, to select the day you want to add a product to.



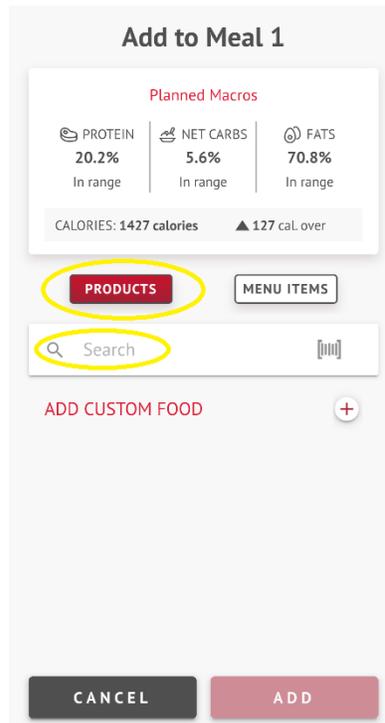
Step 4: Choose the meal or snack you would like to customize (**meal 1, snack 1, meal 2, snack 2, meal 3, snack 3**).



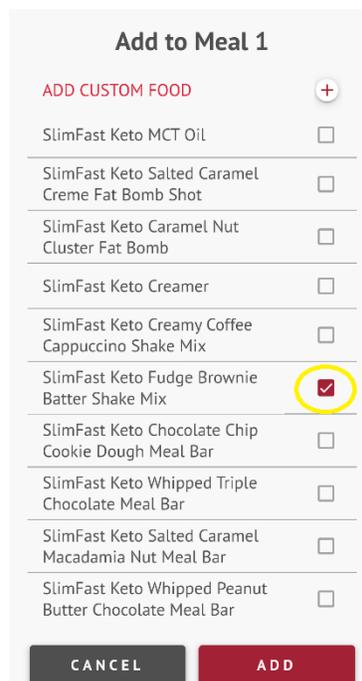
Step 5: Click on the + icon next to the meal or snack to customize.



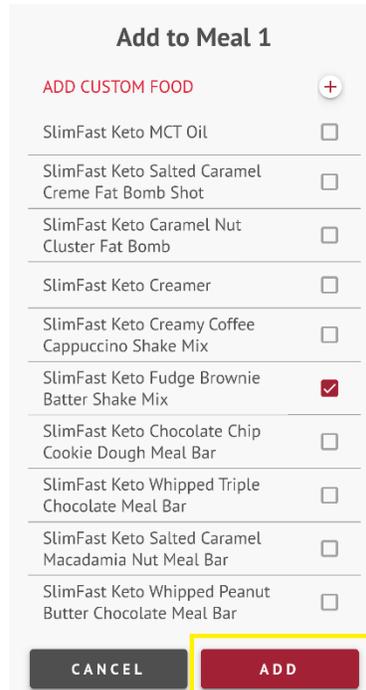
Step 6: Above the search bar, swipe left or right until you find the red box that says **Products** and select. In the search bar, type in the name of the product you wish to search for and click enter.



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**.



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



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

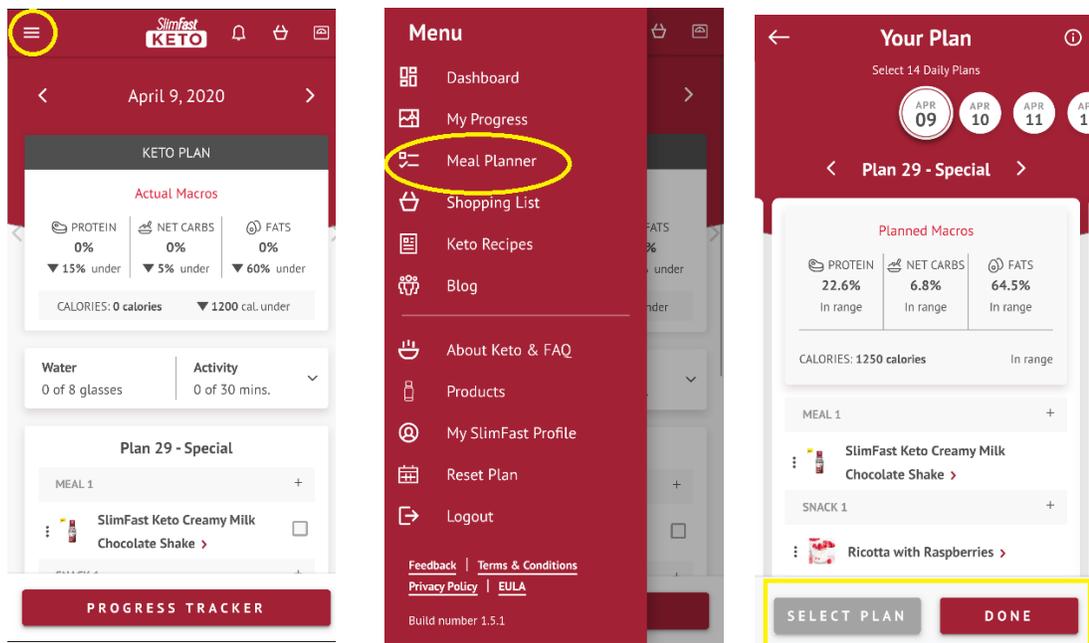
SlimFast Keto Whipped Peanut Butter Chocolate Meal Bar

CANCEL ADD

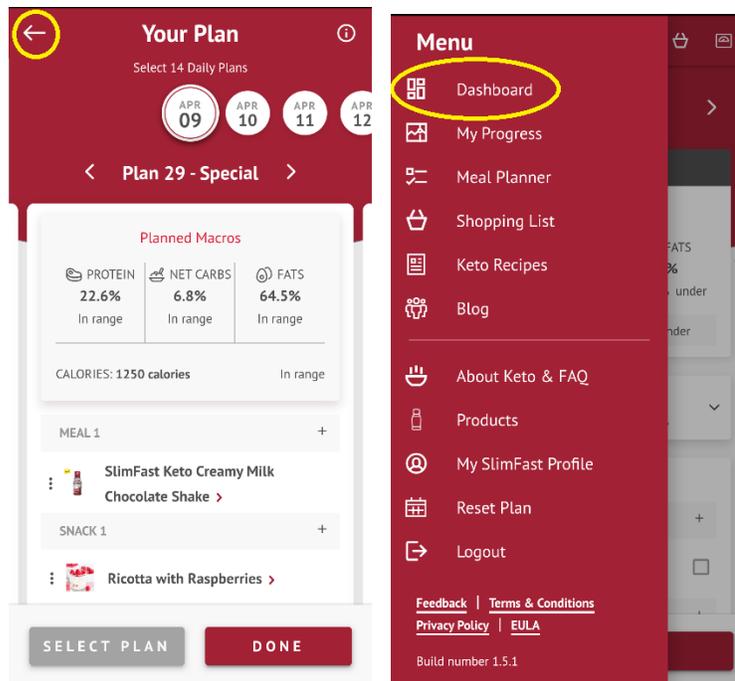
Adding Ingredients:

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.

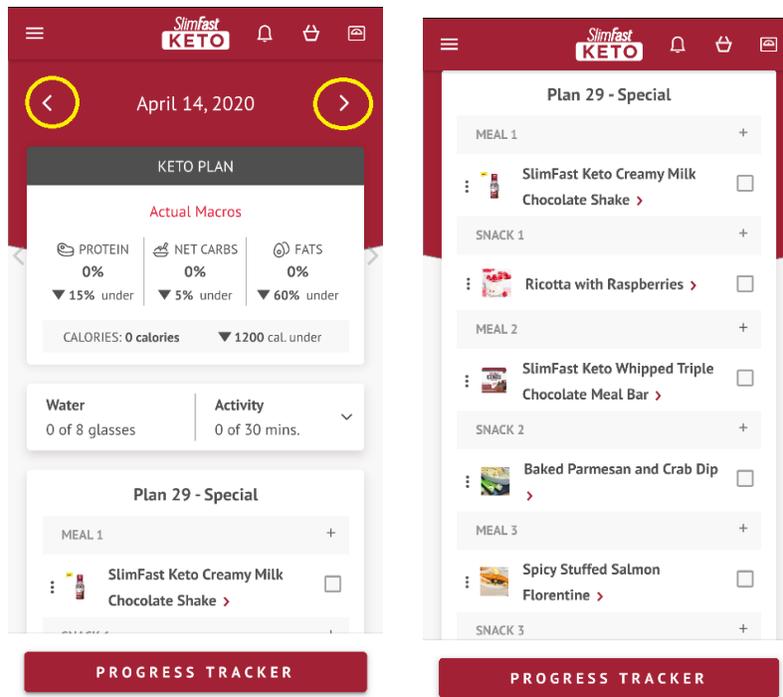
Step 1: First, make sure you have a daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan.



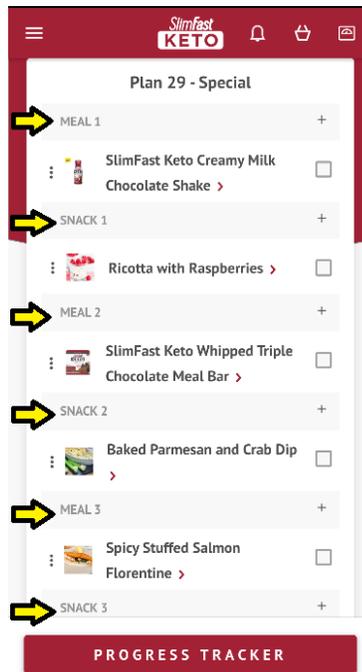
Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Dashboard** on the menu.



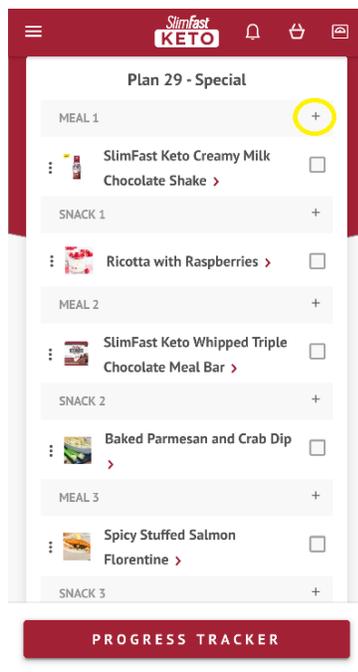
Step 3: Scroll down on the screen until the meal plan for that day appears on the screen. Scroll left or right on the **white arrow icons**, to select the day you want to add an ingredient to.



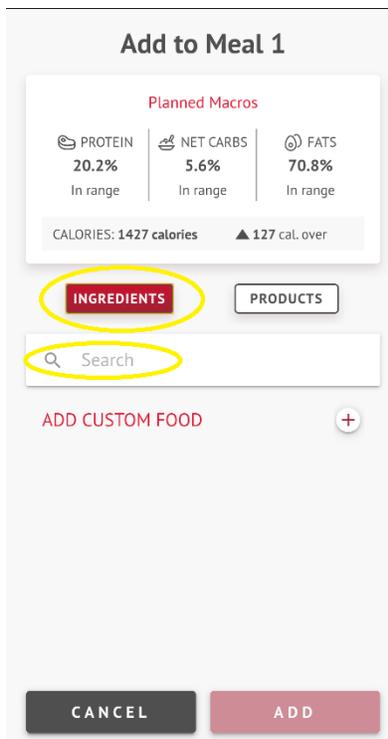
Step 4: Choose the meal or snack you would like to customize (**meal 1, snack 1, meal 2, snack 2, meal 3, snack 3**).



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



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.



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
PRODUCTS

ADD CUSTOM FOOD +

bacon	<input checked="" type="checkbox"/>
Quantity	Unit
1	g

bacon fat	<input type="checkbox"/>
bacon bits	<input type="checkbox"/>
lean bacon	<input type="checkbox"/>
slab bacon	<input type="checkbox"/>
fried bacon	<input type="checkbox"/>
turkey bacon	<input type="checkbox"/>
bacon pieces	<input type="checkbox"/>

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

Quantity	Unit
1	g

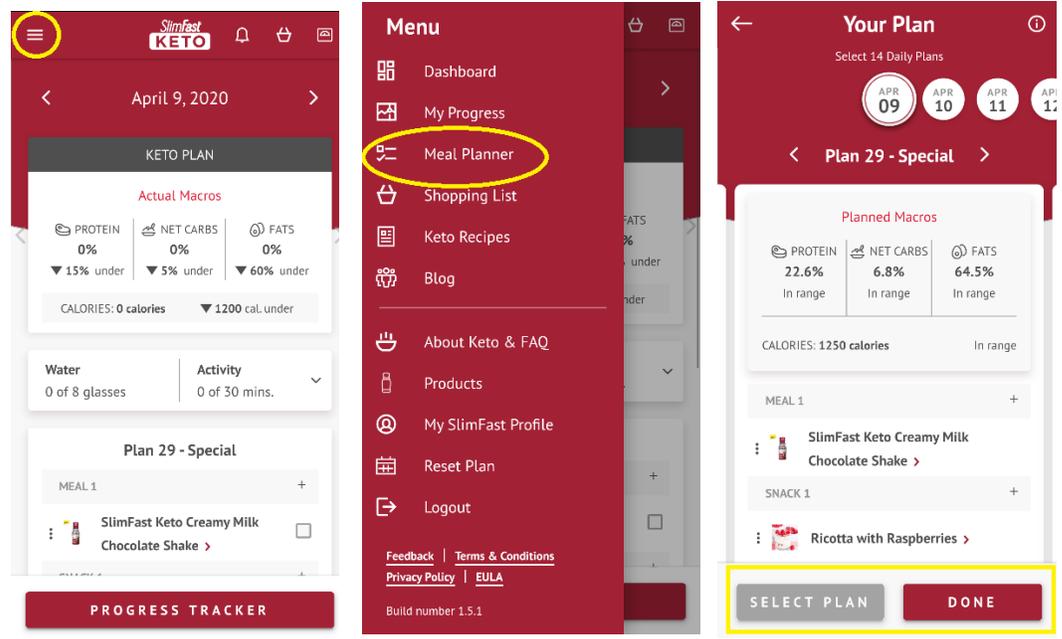
bacon fat	<input type="checkbox"/>
bacon bits	<input type="checkbox"/>
lean bacon	<input type="checkbox"/>
slab bacon	<input type="checkbox"/>
fried bacon	<input type="checkbox"/>
turkey bacon	<input type="checkbox"/>
bacon pieces	<input type="checkbox"/>
veggie bacon	<input type="checkbox"/>
canadian bacon	<input type="checkbox"/>

CANCEL
ADD

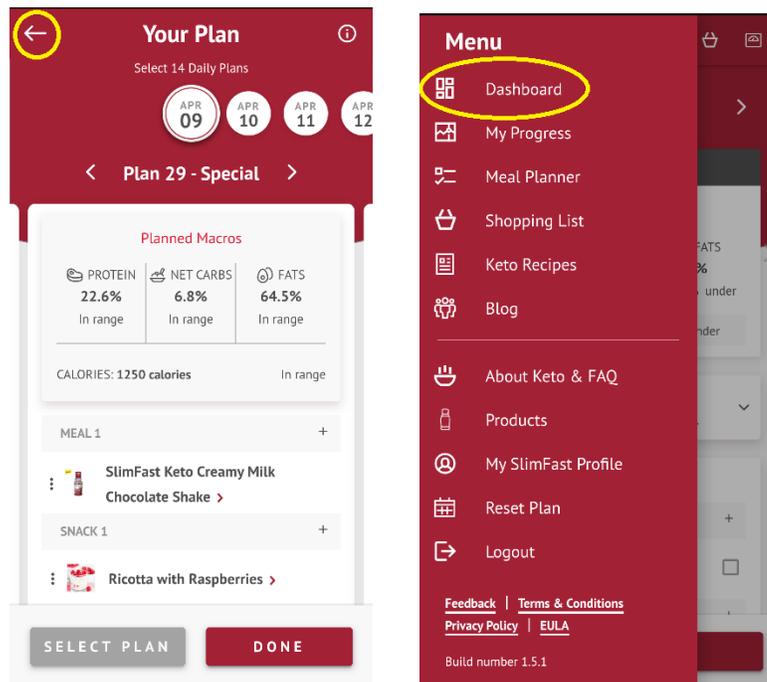
Adding SlimFast Recipes:

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.

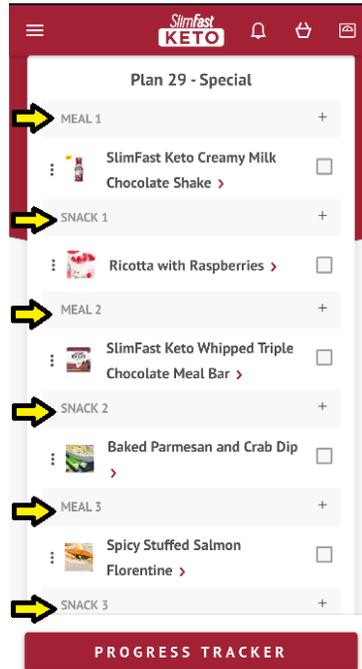
Step 1: First, make sure you have a daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan.



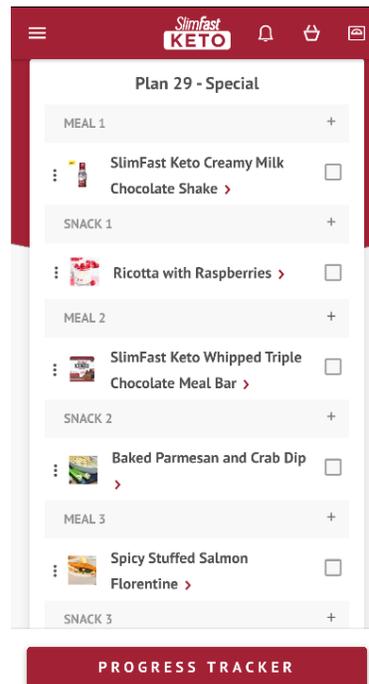
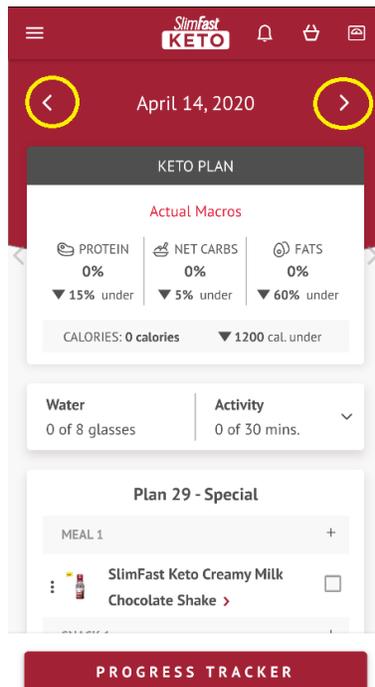
Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Dashboard** on the menu.



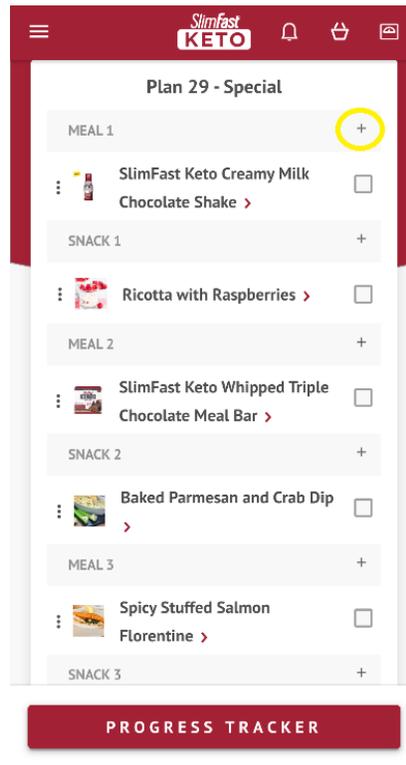
Step 3: Scroll down on the screen until the meal plan for that day appears on the screen. Scroll left or right on the **white arrow icons**, to select the day you want to add a SlimFast recipe to.



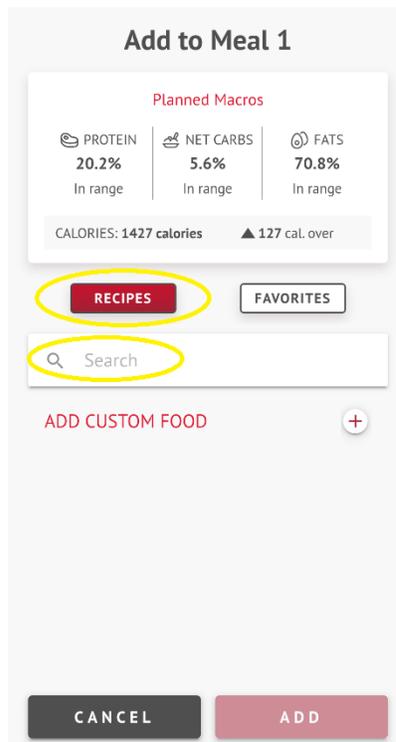
Step 4: Choose the meal or snack you would like to customize (**meal 1, snack 1, meal 2, snack 2, meal 3, snack 3**).



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



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.



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

Planned Macros

PROTEIN	NET CARBS	FATS
18.7%	4.8%	75%
In range	▼ 0.3% under	In range

CALORIES: 4663.24 ▲ 3363.24 cal. over calories

RECIPES FAVORITES

🔍 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

Planned Macros

PROTEIN	NET CARBS	FATS
18.7%	4.8%	75%
In range	▼ 0.3% under	In range

CALORIES: 4663.24 ▲ 3363.24 cal. over calories

RECIPES FAVORITES

🔍 Bacon

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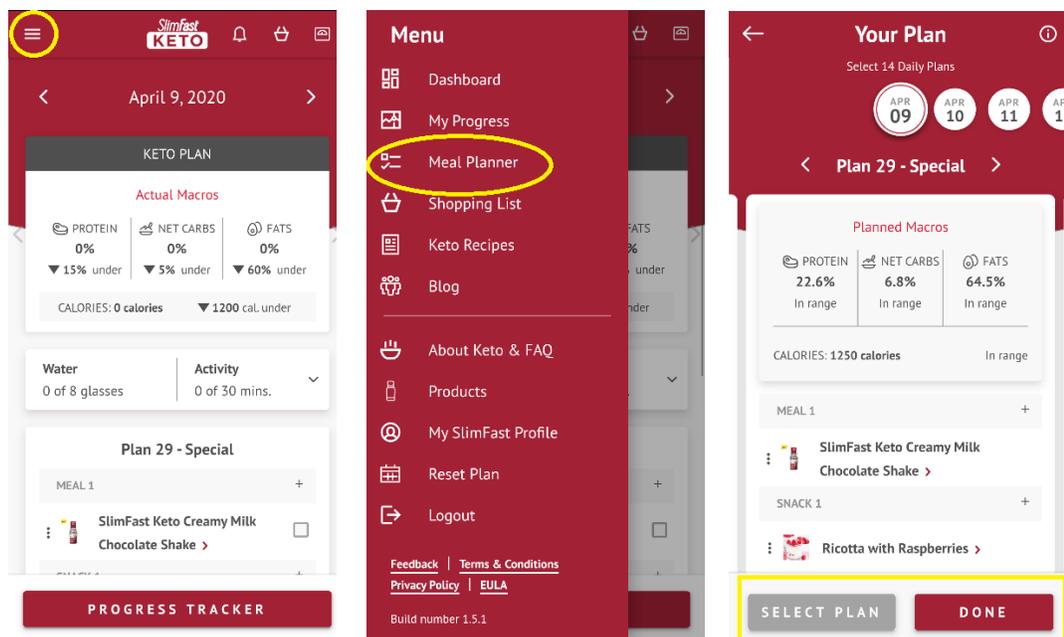
- Bacon Avocado Muffins
- Chicken Bacon Ranch Salad
- Creamy Shrimp and Bacon Skillet
- Bacon-Wrapped Chicken Bites
- Keto Bacon Sausage Meatballs

CANCEL **ADD**

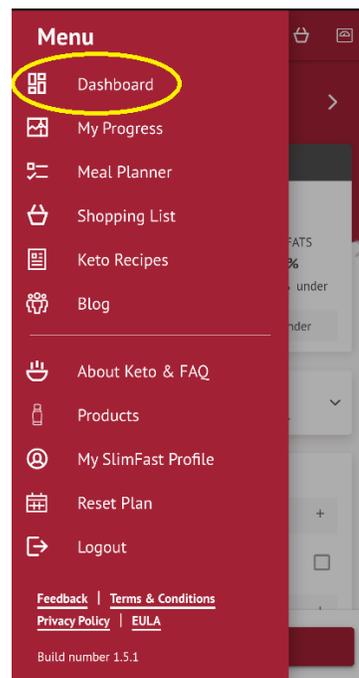
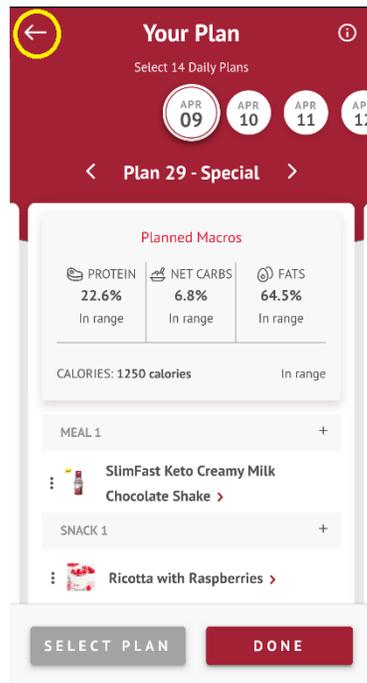
Adding custom foods to an existing meal plan:

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.

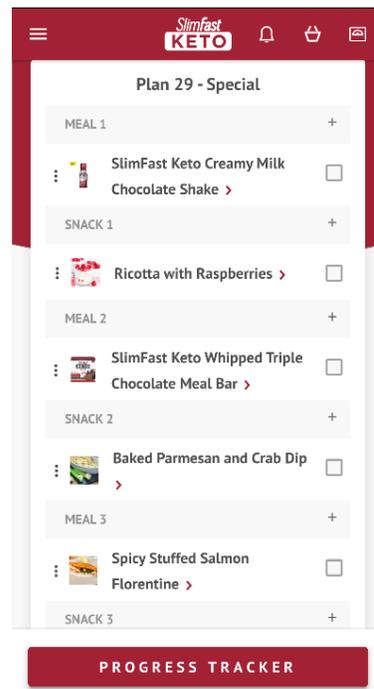
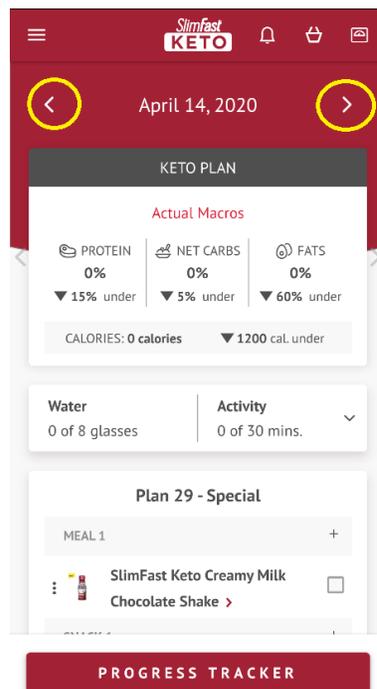
Step 1: First, make sure you have a predefined daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan



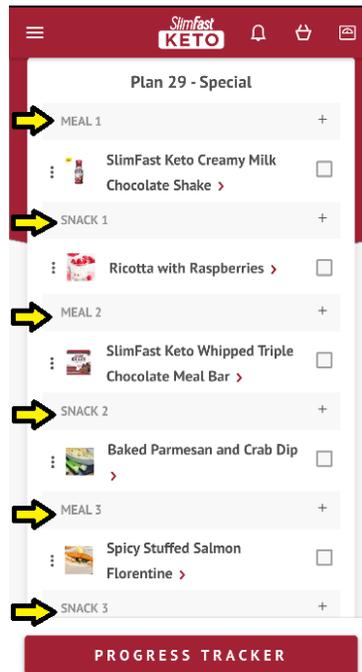
Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Dashboard** on the menu.



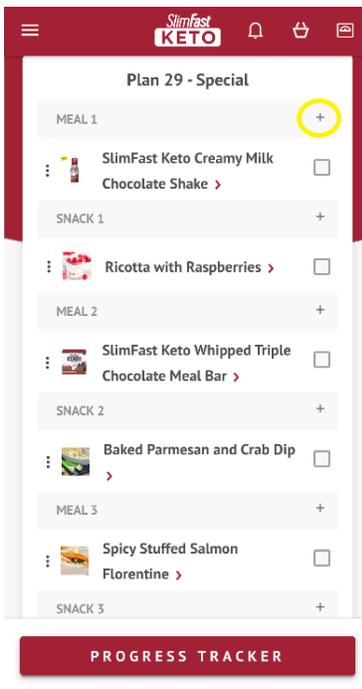
Step 3: Scroll down on the screen until the meal plan for that day appears on the screen. Scroll left or right on the **white arrow icons**, to select the day you want to add a custom food to.



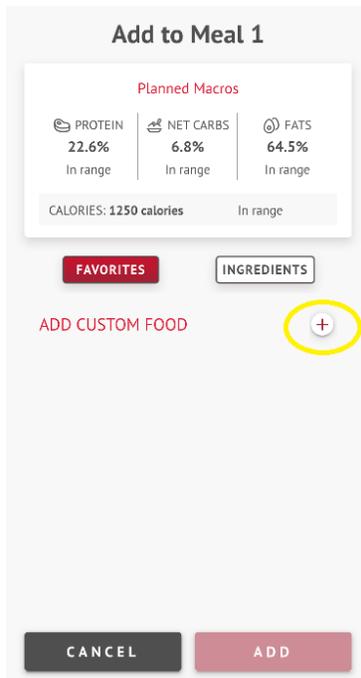
Step 4: Choose the meal or snack you would like to customize (**meal 1, snack 1, meal 2, snack 2, meal 3, snack 3**).



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.



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.

This screenshot shows the 'Add Custom Food' form with the following fields highlighted in yellow:

- Food Name
- Calories
- Protein (optional)
- Carbs (optional)
- Fat (optional)
- Fiber (Used to calculate Net Carbs)

The form includes 'CANCEL' and 'ADD' buttons at the bottom.

This screenshot shows the 'Add Custom Food' form with the following values entered:

- Calories: 20
- Protein (optional): 7
- Carbs (optional): 90
- Fat (optional): 5
- Fiber (Used to calculate Net Carbs): 2

The 'Add to favorites' checkbox is highlighted in yellow. Below the form, it says 'Macros not entered here will not reflect all food logged on the dashboard'. There are 'CANCEL' and 'ADD' buttons at the bottom.

This screenshot shows the 'Add Custom Food' form with the following values entered:

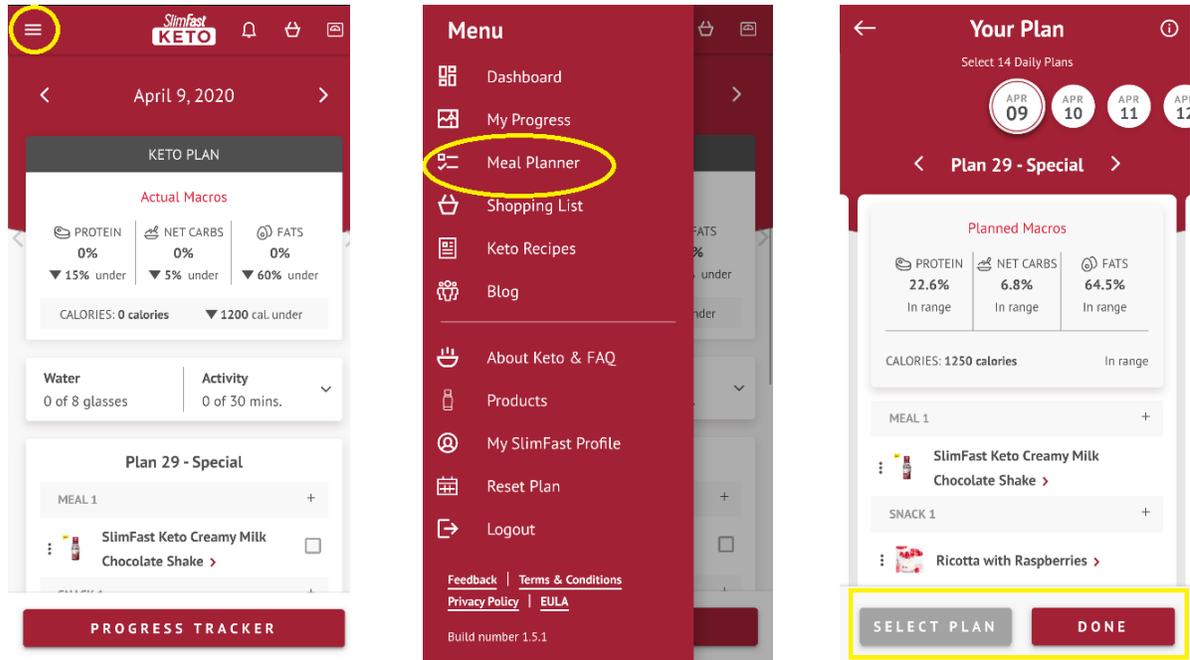
- Food Name: bacon
- Calories: 20
- Protein (optional): 7
- Carbs (optional): 90
- Fat (optional): 5
- Fiber (Used to calculate Net Carbs): 2

The 'ADD' button is highlighted in yellow. There are 'CANCEL' and 'ADD' buttons at the bottom.

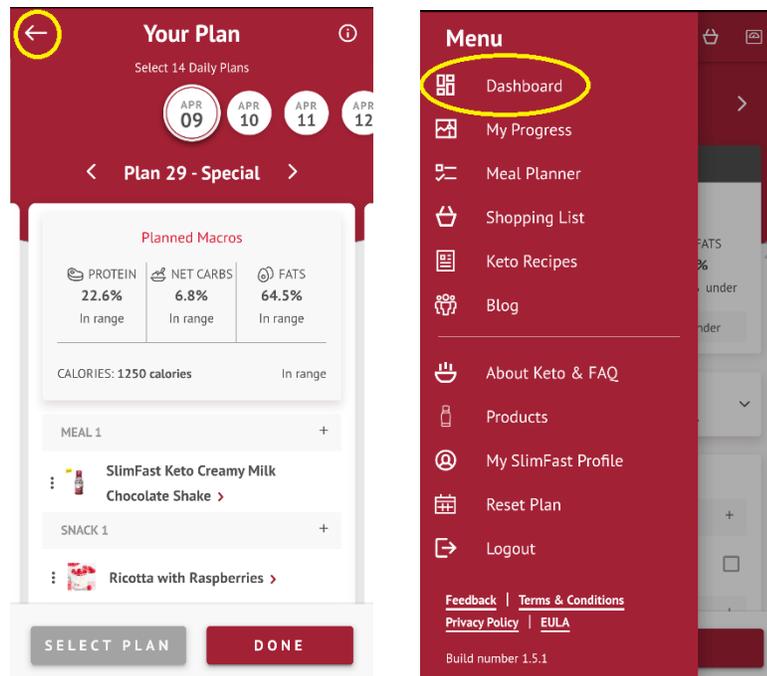
Removing Items from Predefined Days:

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.

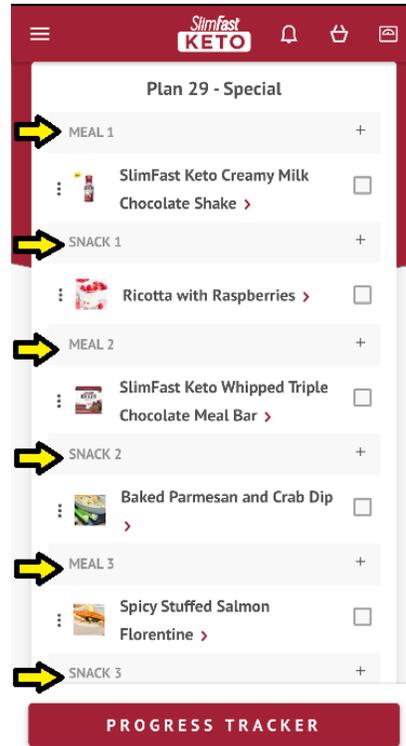


Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Dashboard** on the menu.

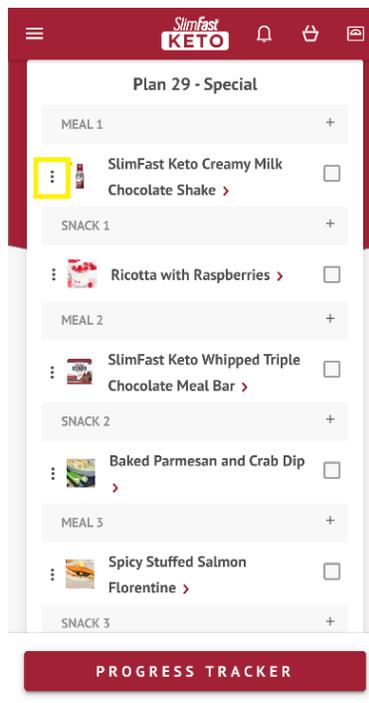


Step 3: Scroll down on the screen until the meal plan for that day appears on the screen.

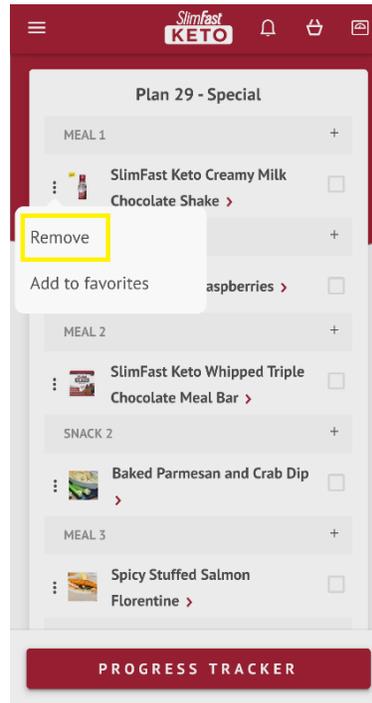
Step 4: Choose the meal or snack you would like to remove from your meal planner (meal 1, snack 1, meal 2, snack 2, meal 3, snack 3).



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



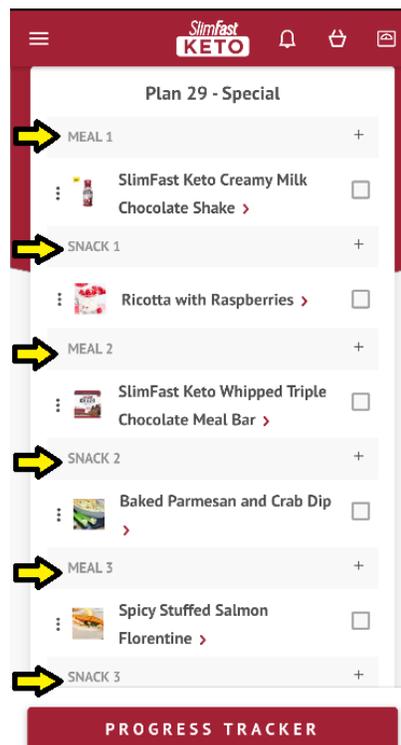
Step 6: A pop-up should appear with two options: **Remove** and **Add to Favorites**. By selecting the **Remove** option, the meal/snack selected will be removed from your daily meal plan.



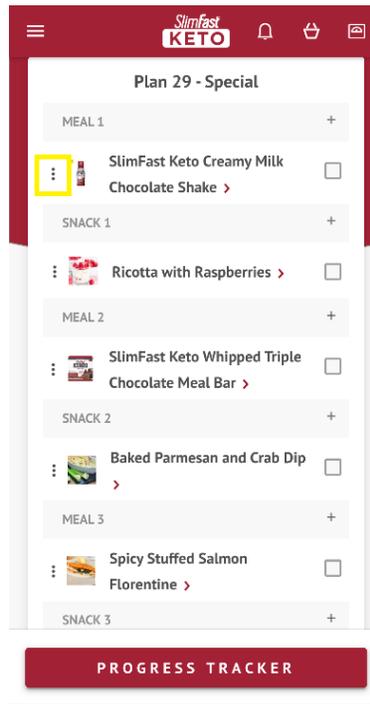
Adding Foods to your Favorites:

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

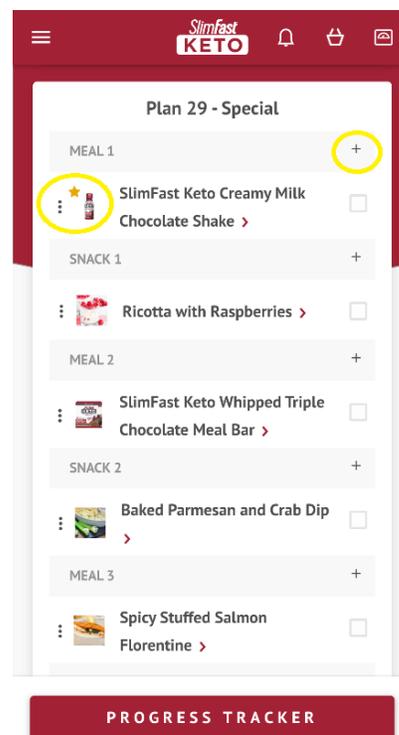
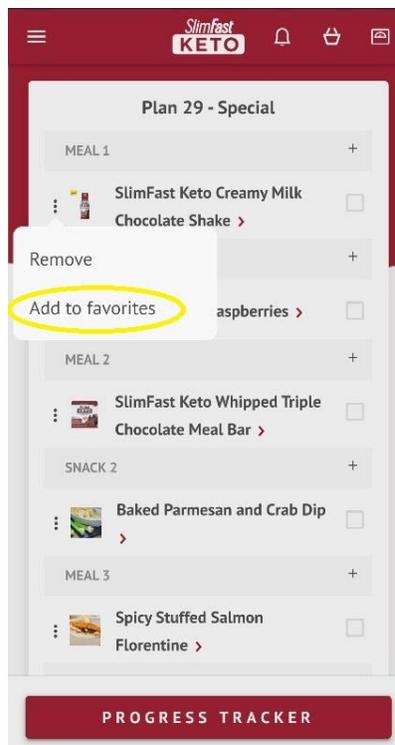
Step 1: Choose the meal or snack you would like to add to your favorites (**meal 1, snack 1, meal 2, snack 2, meal 3, snack 3**).



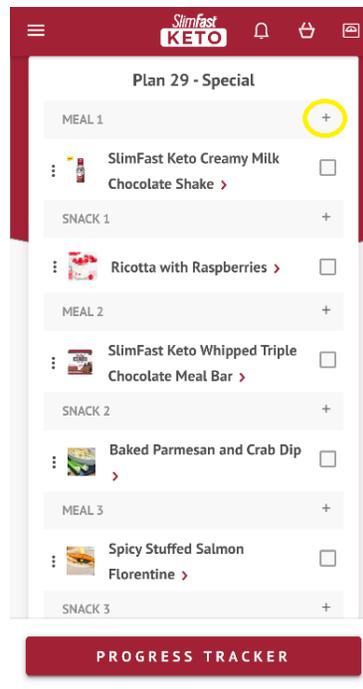
Step 2: Click on the **three vertical dots** next to the meal/snack you'd like to add to your favorites.



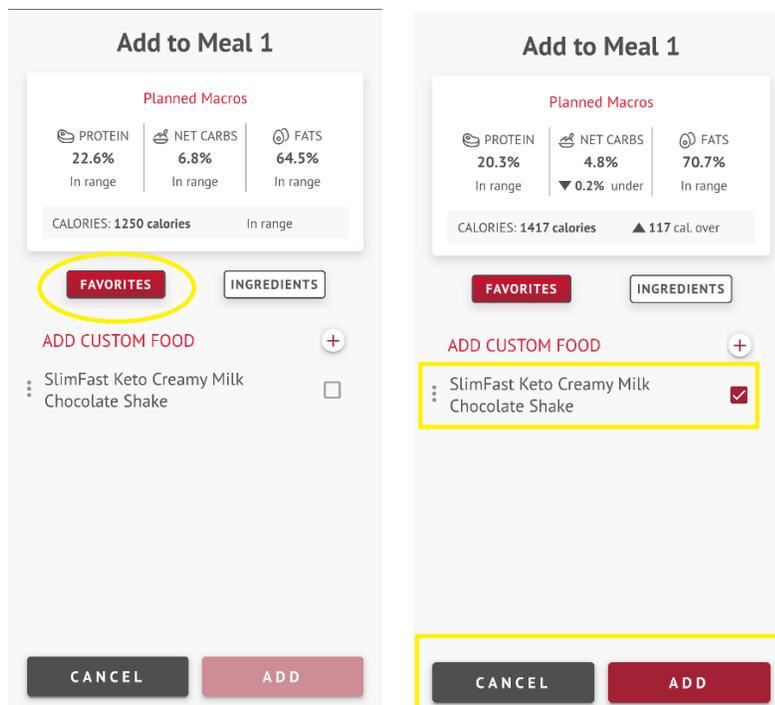
Step 3: A pop-up should appear with two options: **Remove** and **Add to Favorites**. By selecting the **Add to Favorites** option. This will add a yellow star next to item and save the item to the **Favorites** section of the custom food(s) option.



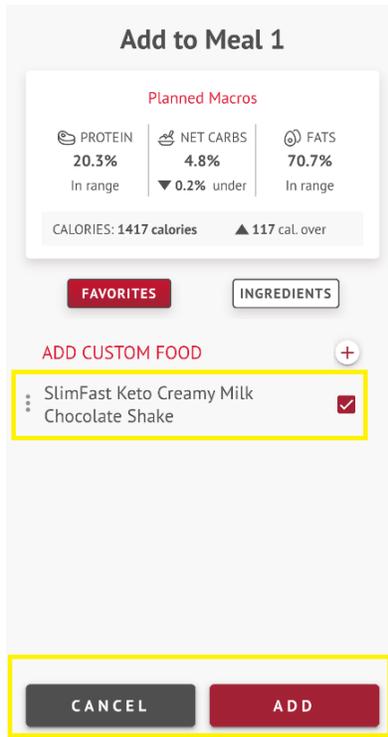
Step 4: To access your **Favorites** later, click on the + icon next to the meal or snack you wish to add it too (**meal 1, snack 1, meal 2, snack 2, meal 3, snack 3**)



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.



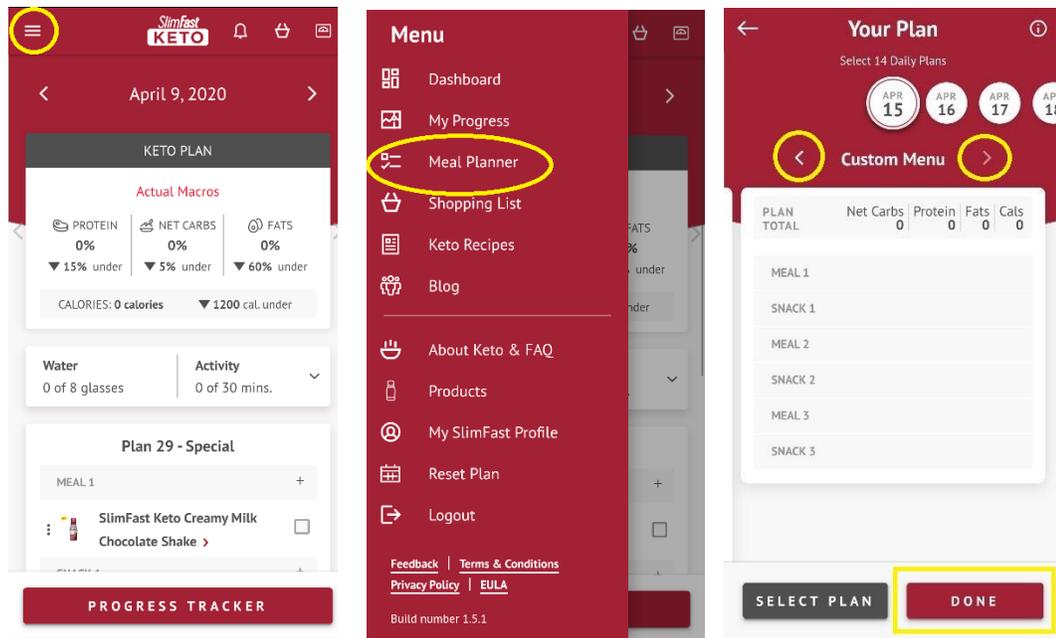
Step 6: Click on the **red Add button** to add it to your meal plan.



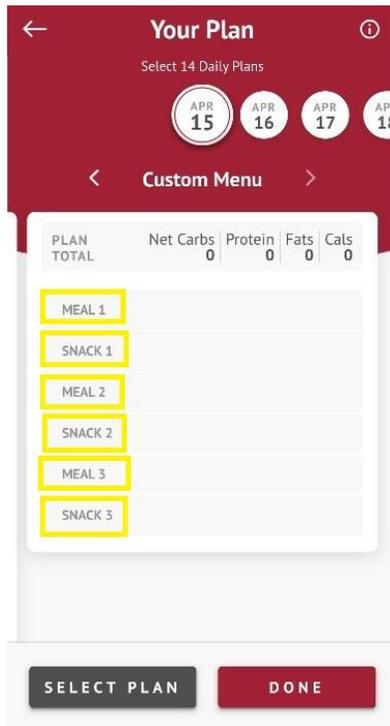
Creating A Custom Meal Plan:

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.

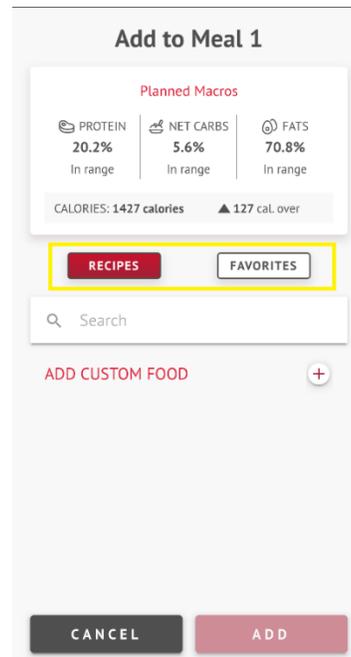
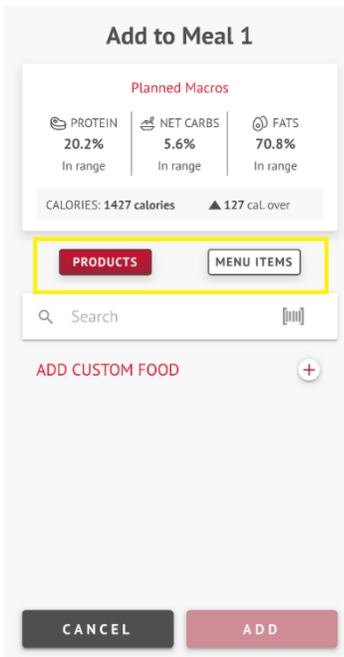
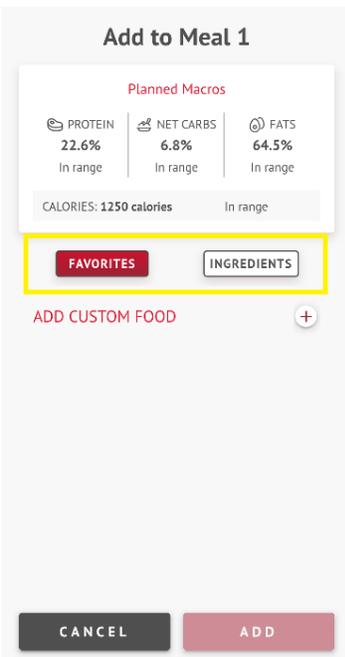
Step 1: Start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, use the **white arrows** to scroll through the predefined plans until you reach the **Custom Menu** and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



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.



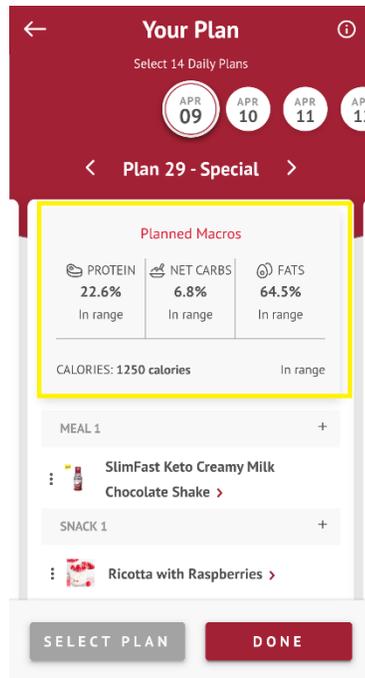
Step 3: On the next screen, scroll to choose among the options to add an item from **Favorites, Ingredients, Products or Recipes**.



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.

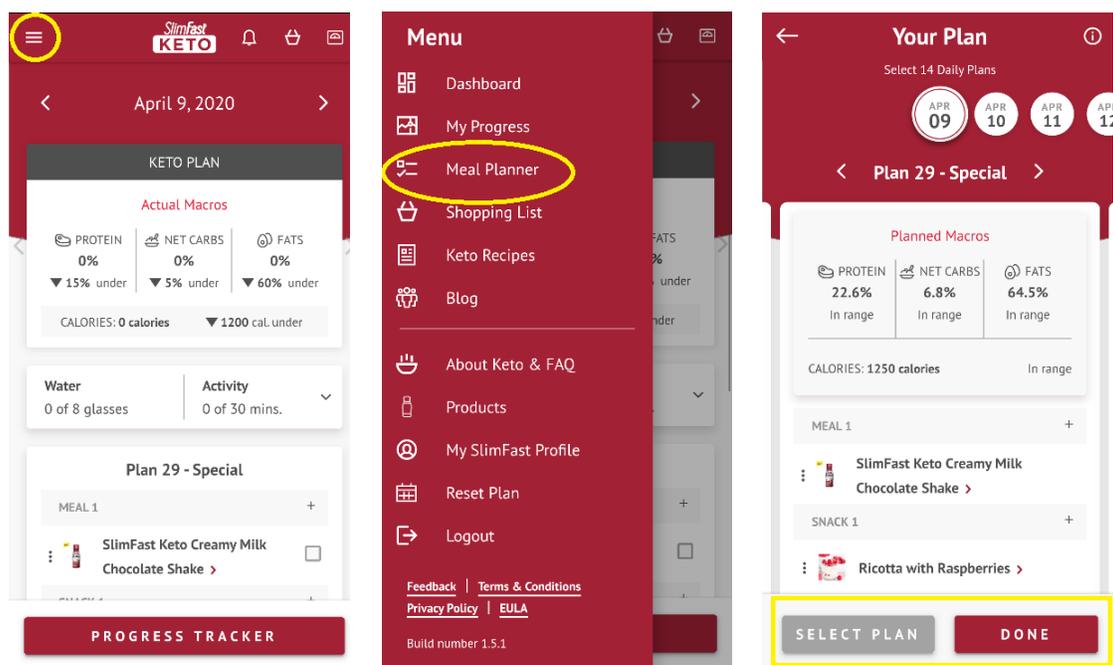


Feature #2: UPC Scanner:

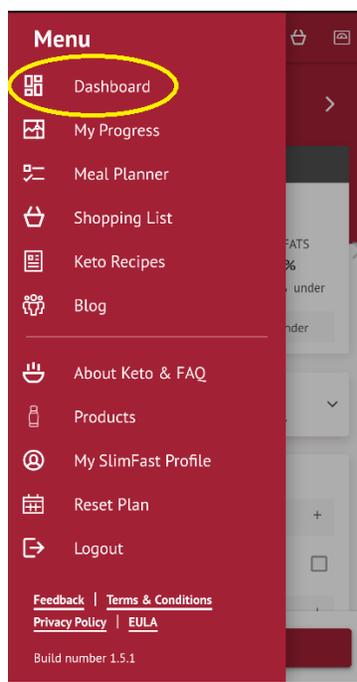
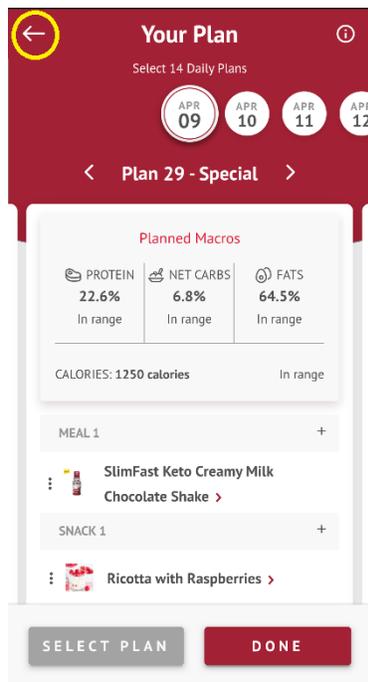
Adding Products with UPC Scanner:

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.

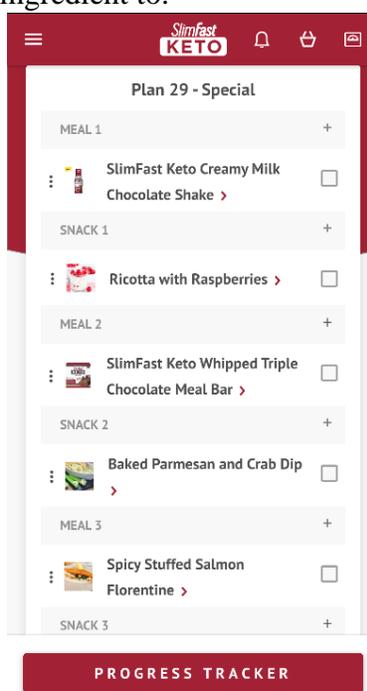
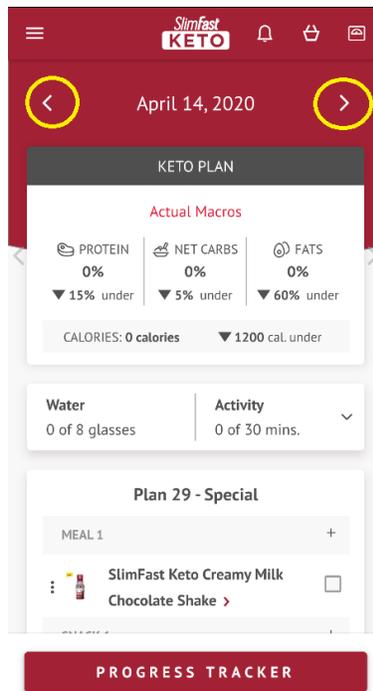
Step 1: First, make sure you have a daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan.



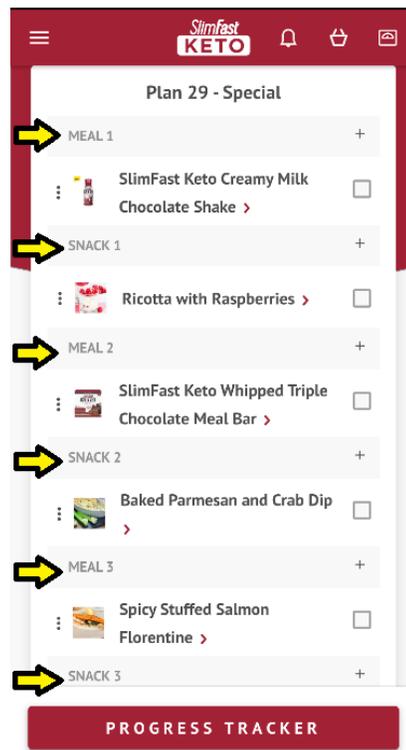
Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Dashboard** on the menu.



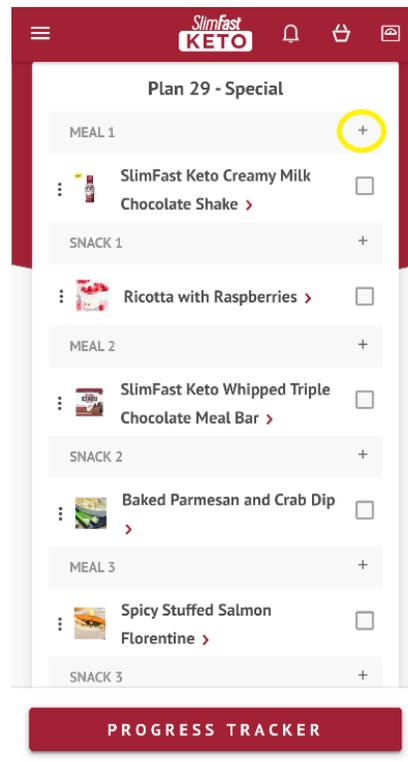
Step 3: Scroll down on the screen until the meal plan for that day appears on the screen. Scroll left or right on the **white arrow icons**, to select the day you want to add an ingredient to.



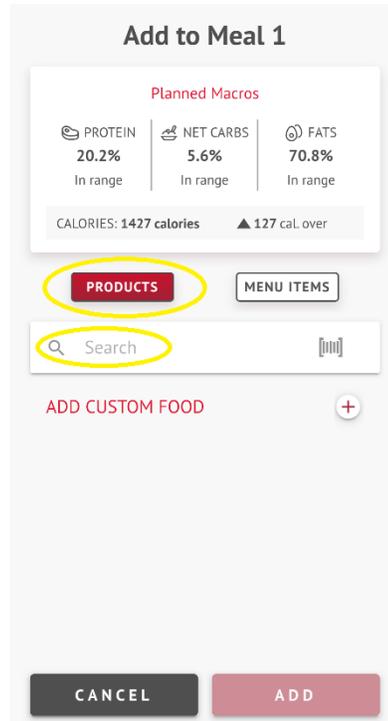
Step 4: Choose the meal or snack you would like to customize (**meal 1, snack 1, meal 2, snack 2, meal 3, snack 3**).



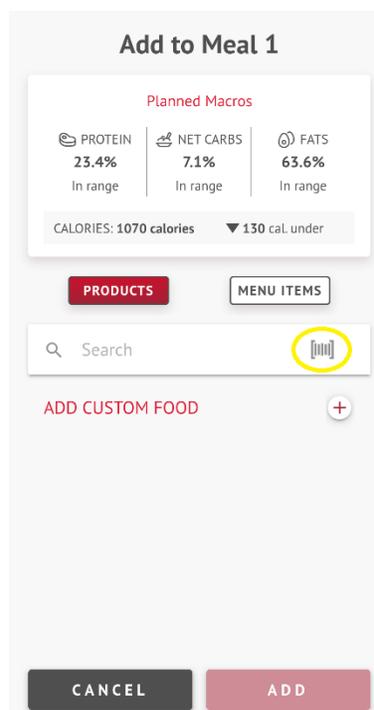
Step 5: Click on the + icon next to the meal or snack to customize.



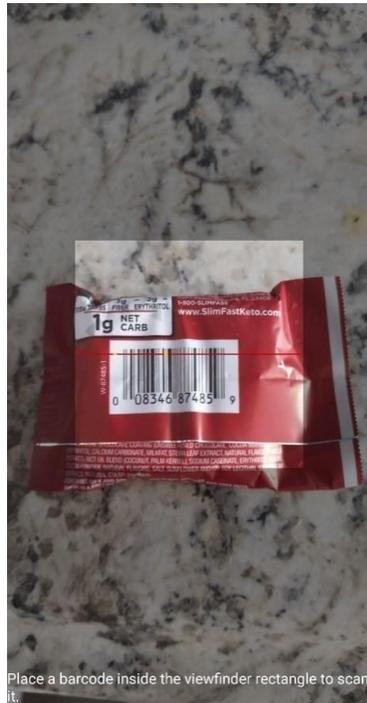
Step 6: Next, once screen appears, scroll through the options under your planned macros box, until the red **Products** button is displayed.



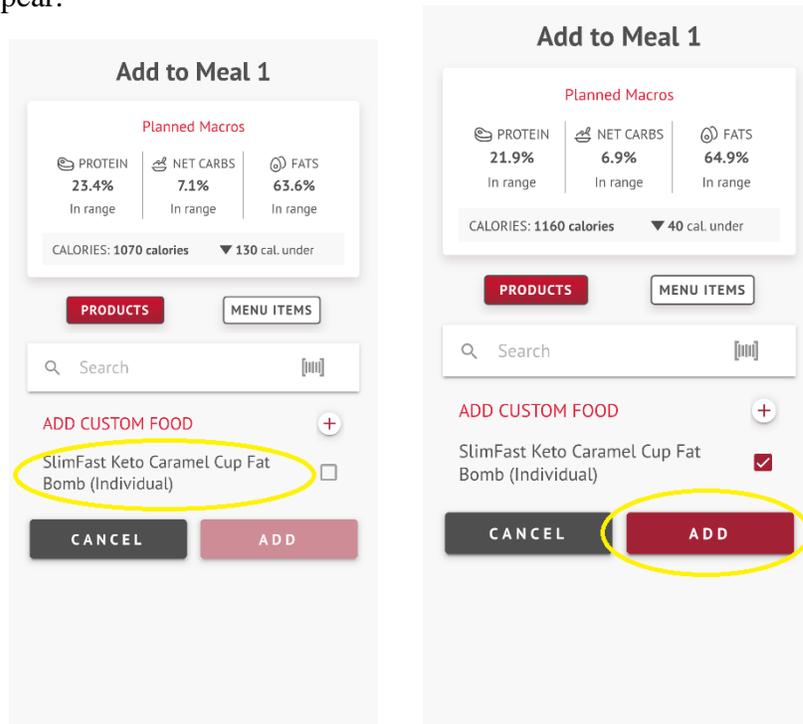
Step 7: Click on the **gray barcode** within the search box. You will need to allow the app access to your camera in order to use this feature.



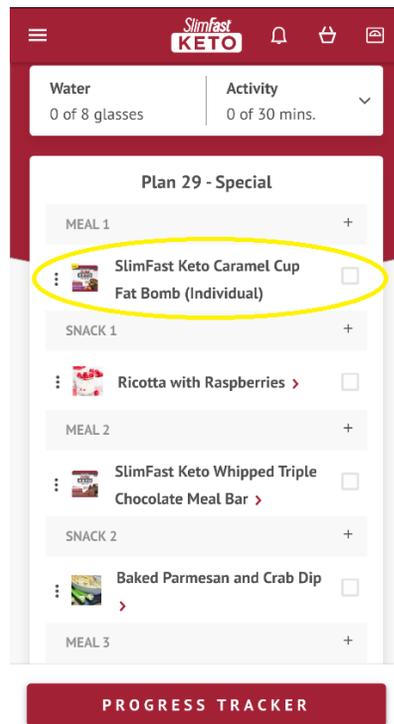
Step 8: Next, place the barcode of the product inside the viewfinder rectangle to scan it. Once the barcode is scanned, the product name will pop-up on your screen. Please note, when adding an individually packaged item, please scan the UPC code on the individual product and not the larger package it 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.



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.

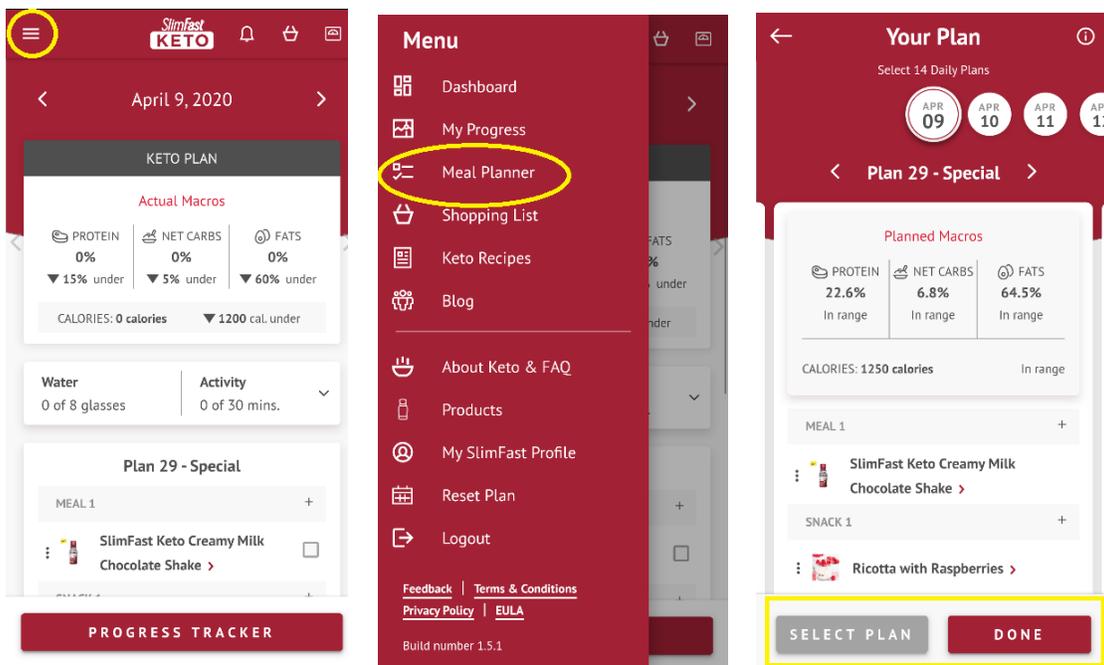


Feature #3: Shopping Cart

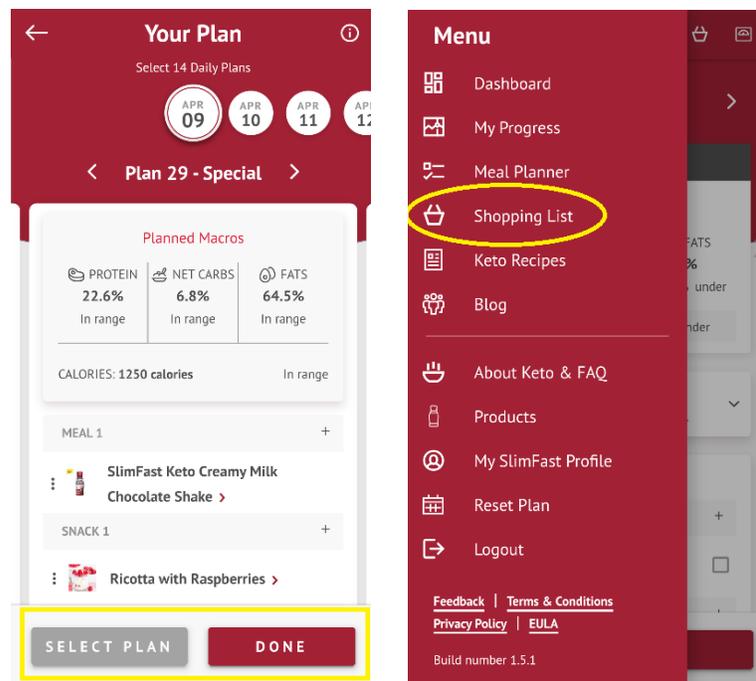
Creating Shopping Cart

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

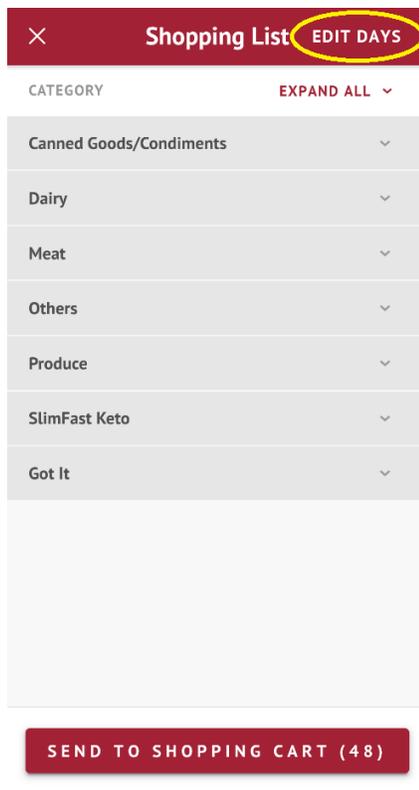
Step 1: First, make sure you have a daily menu selected. If not, start by clicking on the three horizontal lines icon in the upper left corner of the app. When the menu appears, click on **Meal Planner**. Once the next screen called **Your Plan** appears, select a daily meal plan.



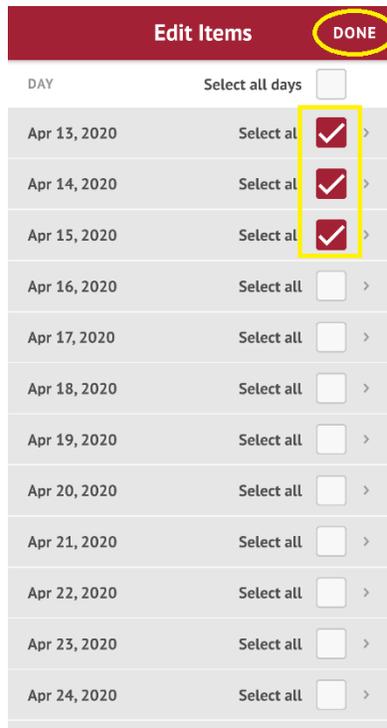
Step 2: Once a meal plan is selected, click on the **white back arrow** icon in the upper left corner and select **Shopping List** on the menu.



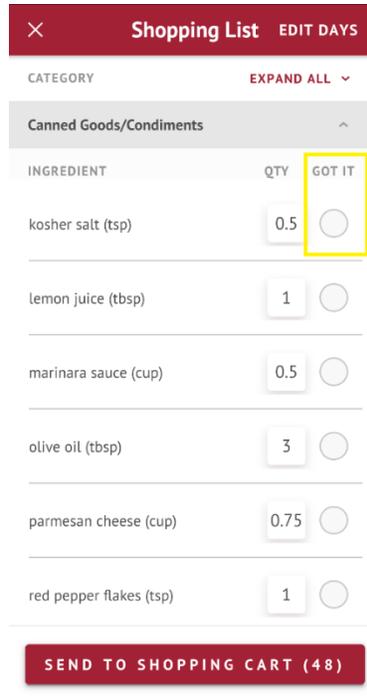
Step 3: Once the shopping list appears, click on **Edit Days** in the upper right-hand corner of the screen to get started.



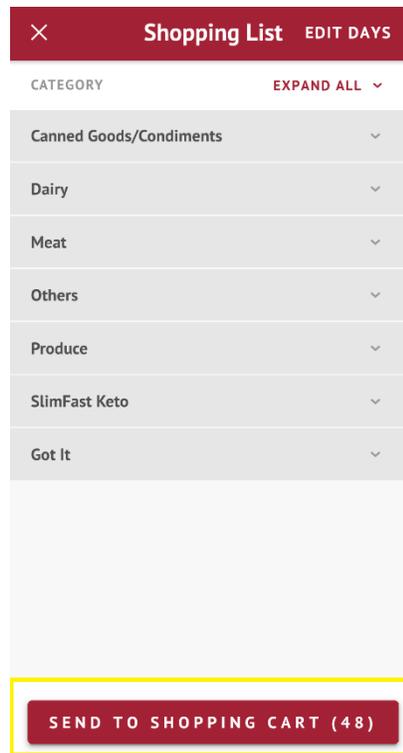
Step 4: On the **Edit Items** screen. If you are shopping for specific days on your meal plan, but not all, be sure to deselect the days that you do not want to add to your shopping list. Then, click the **Done** button in the upper right-hand corner.



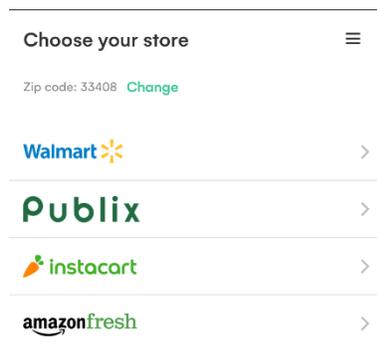
Step 5: On the next screen, make sure to click **expand all** to view the items within each category. If you have any of these items already, be sure to click the **Got It** button. This will take it off your shopping list.



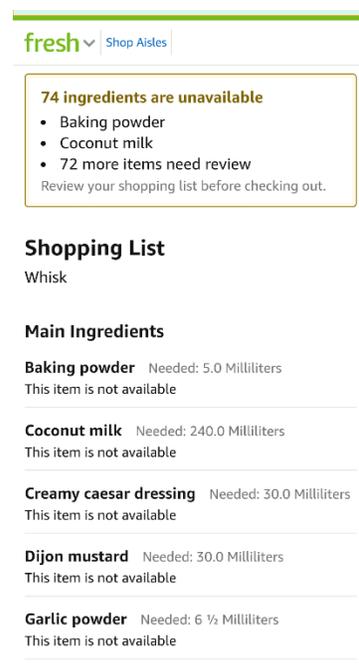
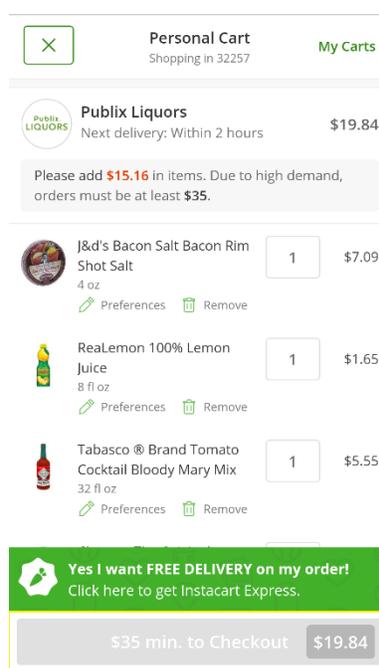
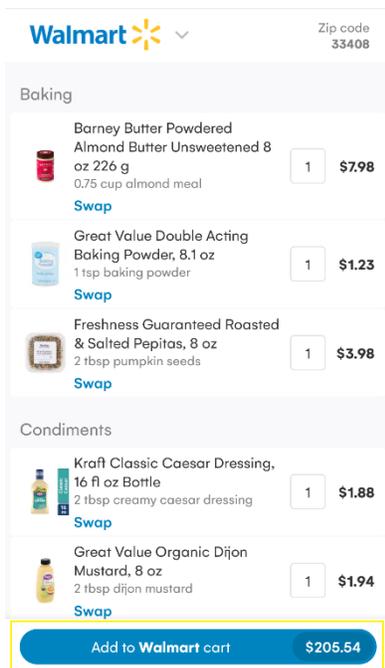
Step 6: Once you have all the items in your shopping list that you'd like to purchase, click on the **red Send to Shopping Cart** button.



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

Email address (required)

Password (required) [Show](#)

[Forgot password?](#)

Keep me **signed in**
Uncheck if using a public device.

[Sign in](#)

Don't have an account?

[Create account](#)

Walmart  Grocery

Reserve a time

[Pickup](#) [Delivery](#)

Walmart Lake Park Store #3348
101 N Congress Ave ... 33403 [Change](#)

Today Not Available Tomorrow Free pickup Wed, May 6 Free pickup Thu, May 7 Free pickup

There is no availability for today. The next opening is on [Tue, May 5](#).

More about [pickup](#) and [delivery](#).

[Continue](#)

[Help](#) | [Privacy & Security](#) | [Terms of Use](#) | [Do not sell my personal information](#) | [Request my personal information](#)

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Delivery address

Delivery time

Mobile number

Payment

10 items



[Place order](#)

Please enter a valid birthday.

Subtotal	\$103.03
Service fee Change >	\$5.61
Est. Sales tax	\$6.78

Delivery Tip [CHANGE](#) (5.0%) \$5.15