



SLIMFAST ORIGINAL QUICK-START GUIDE



Hungry for change? Start the
easy-to-follow SlimFast Plan!
See Inside For:

- ✓ **Getting Started**
- ✓ **Daily Guide**
- ✓ **Meal Plans**
- ✓ **Shopping Lists**

You've picked a date. Now let's get started!



Maryann Walsh
Registered Dietitian
SlimFast Plan Consultant

As a Registered Dietitian, I believe in the SlimFast Plan because I know that the best nutrition or weight loss plan is the one that works best for you. SlimFast has been around for over 40 years for a reason and has helped millions of men and women lose weight and keep it off.*

SlimFast is not a “liquid diet” or a “fad diet”, it is the framework for a healthy lifestyle. The products are tools that provide convenient and balanced nutrition to complement the sensible meals and snacks that you choose, based on the foods that you love. With SlimFast, you're able to enjoy meals with your family, and you can go out to your favorite restaurants with friends while practicing portion control and balance – key principals crucial to weight loss and long-term maintenance.

The SlimFast Original Plan



Enjoy one sensible meal per day including all your favorites

Replace two meals per day with SlimFast Original meal replacements, including delicious customizable smoothies made with SlimFast Original Shake Mix

Enjoy three snacks in between meals to keep hunger at bay

Drink at least 64 oz of water daily

Add 30 minutes per day of **light to moderate exercise**

Men, add a mini meal to each SlimFast meal replacement

The
SlimFast
PLAN

* When used as part of the SlimFast Plan. Individual results may vary. Average weight loss is 1-2 lbs per week.



SlimFast Original Ready-to-Drink Shakes

There's a reason why SlimFast Original shakes have remained so popular for so many years. They taste amazing and they are perfect for your on-the-go lifestyle! And, they are part of the SlimFast Plan, which is clinically proven to work and work fast!*

Packed with 10g of protein, 5g of fiber, and 24 vitamins and minerals, these decadent shakes are a total meal replacement solution. With a taste you'll love, these convenient shakes are available in five rich, indulgent flavors – Creamy Milk Chocolate, Strawberries & Cream, Rich Chocolate Royale, Cappuccino Delight, and French Vanilla. Everyone will find a favorite flavor!



SlimFast Original Shake Mixes



Over 40 years since their launch, SlimFast Original shake mixes are still the timeless and classic weight loss shake powders that have driven results for millions of people. The Original Shake Mixes are an easy-to-use powder that will keep you full and satisfied for up to four hours - no matter where the day may take you. Whip up your shake in a blender or shaker cup in just a few minutes. Available in four creamy flavors that taste amazing - Rich Chocolate Royale, French Vanilla, Milk Chocolate and Strawberries & Cream, each is perfect on its own or as a base for a truly inspired smoothie.

TASTE
You'll **LOVE**

* When used as part of the SlimFast Plan. Individual results may vary. Average weight loss is 1-2 lbs per week.

- 1** Pick a date to start the SlimFast Plan and set your weight loss goal.
- 2** Take “before” pictures (Find tips for taking progress pictures within this guide!).
- 3** Track your calories in a nutrition tracking app. Find sensible meal recipes at [SlimFast.com/Recipes](https://www.slimfast.com/Recipes) or use the handy 7-day meal planner found in this guide to really make it easy!
- 4** Make a plan to add light activity, like a daily walk, into your routine.
- 5** Water is vital to keeping yourself healthy and active! Fill up a large water bottle and carry it around with you so it is always readily available. Keep a count of how many times you fill up!
- 6** Eating out doesn't have to be a challenge! Check the restaurant website for nutritional information and ingredients, if available, so you can easily plan your meal ahead of time. Don't be afraid to make special requests or ask for an ingredient list of what is used to make your meal.
- 7** Your scale is not the only way to measure your success. Many times, inches are coming off while our weight does not change. Use a tape measure or just pay attention to how your clothes fit. If you think you've hit a plateau, try switching up your fitness routine or take a look at your daily meal plan. A small change could make all the difference!
- 8** Join the SlimFast Together community to find tips and support alongside other SlimFast users. Visit [SlimFast.com/SlimFastTogether](https://www.slimfast.com/SlimFastTogether) to join.

The
SlimFast
PLAN

**CLINICALLY
PROVEN**
LOSE WEIGHT
& KEEP IT OFF[®]

1. Take well lit photographs against a white or blank wall for optimum results.
2. Use bright lighting to make sure your photos are brightly lit and your face and body can be seen clearly!
3. It's best to have someone else take the photo for you or use a tripod to hold your camera/smartphone upright.
4. If you have to take the photo yourself (like a mirror selfie), try not to block your face with the camera; hold it somewhere to the side or below so that your face can be seen.
5. Use highest-quality setting available on your phone. Make sure to lock the focus of your picture in your camera app for better exposure.
6. These should be full-body shots (head to toe) standing with your hands at your side or on your hips.



1

ONE SENSIBLE MEAL
enjoy your favorite foods



Meat Lover Omelet*



Oatmeal & Greek Yogurt With Berries*



Zesty Chicken Nuggets with Baked Fries*



Italian Meatballs with Whole Grain Pasta*



Crispy Garlic Parmesan Baked Wings*



Cheeseburger with Peppery Coleslaw*



Garlic Butter Shrimp*

2

REPLACE TWO MEALS A DAY
with shakes, or smoothies



SlimFast Original Ready-To-Drink Shakes

Creamy Milk Chocolate
Rich Chocolate Royale
French Vanilla
Strawberries & Cream
Cappuccino Delight



SlimFast Original Shake Mixes

Creamy Milk Chocolate
Rich Chocolate Royale
French Vanilla
Strawberries & Cream

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



Coconut Cream Cup Fat Bomb



Lemon Drop Cup Fat Bomb

OTHER LOW-CALORIE SNACK OPTIONS

Nuts
Bananas & Peanut Butter
Hard Boiled Egg
Edamame & Soy Sauce

Greek Yogurt w/Fruit
Broccoli & Ranch
Cucumbers & Cream Cheese
Caprese Salad

Baby Carrots & Hummus
Grapefruit
String Cheese
Tomato Soup

Sweet Potato Fries
Half Baked Potato w/Salsa
Light Butter Popcorn

For Men[†] 200-calorie mini-meals



2 Deli Roll-Ups*



Sweet Potato Toast*



Fire Roasted Tomato & Baked Goat Cheese Dip*



Apples w/ Peanut Butter



Bacon Avocado Muffins*



Hard Boiled Egg



Hummus & Pita Chips



4 Strips of Bacon



Hogs in Logs*



Spinach Dip & Kale Chips*



Golden Onion Rings*



Tuna Salad w/ Crackers



Pita Pizza*

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

[†]Men, add an additional 200-calories to each SlimFast® meal replacement.



7-Day Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

For the men following the plan: add a 200-calorie mini-meal when you have your SlimFast meal replacement

SlimFast®

14 Meal Replacements Needed

21 Snacks Needed

- ☐ SlimFast Original Ready-to-Drink Shakes
- ☐ SlimFast Original Shake Mixes
- ☐ SlimFast Keto Fat Bomb Snacks

Canned Goods/ Condiments

- ☐ Mayonnaise
- ☐ Sliced Black Olives
- ☐ Tomato Paste
- ☐ Tomato Sauce

Dairy

- ☐ Butter
- ☐ Eggs
- ☐ Grated Parmesan Cheese
- ☐ Low Fat Swiss Cheese
- ☐ Plain Fat-Free Greek Yogurt
- ☐ Shredded Cheddar Cheese
- ☐ Shredded Mozzarella Cheese

Dry/Baked Goods

- ☐ Almond Meal
- ☐ Baking Powder
- ☐ Chili Powder
- ☐ Cumin
- ☐ Dry White Wine
- ☐ Flaxseed
- ☐ Garlic Powder
- ☐ Ground Black Pepper
- ☐ Ground Cinnamon
- ☐ Italian Bread
- ☐ Italian Seasoning
- ☐ Kosher Salt
- ☐ Lemon Juice
- ☐ Natural Sweetener
- ☐ Oatmeal
- ☐ Olive Oil
- ☐ Onion Powder
- ☐ Oregano
- ☐ Pork Rinds
- ☐ Red Chili Flakes
- ☐ Unsalted Almonds
- ☐ Whole Wheat Hamburger Buns
- ☐ Whole Wheat Pasta

Meat

- ☐ Bacon
- ☐ Boneless Chicken Thighs
- ☐ Chicken Wings
- ☐ Ground Beef
- ☐ Ground Sausage
- ☐ Medium shrimp

Deli

- ☐ Sliced Ham

Produce

- ☐ Avocado
- ☐ Blueberries
- ☐ Coleslaw Mix
- ☐ Fresh Parsley
- ☐ Garlic
- ☐ Lettuce
- ☐ Lime
- ☐ Potatoes
- ☐ Raspberries
- ☐ Tomato

- **How long is it safe to follow the SlimFast Plan?**

Everybody's weight loss experience is unique. The SlimFast Plan follows the guidelines for healthy and safe weight loss. This is generally considered to be an average of 1-2 lbs per week over the total duration of your weight loss journey. It is safe to follow the SlimFast Plan until you reach your goal weight.

- **Can I use water or a milk alternative with my powder?**

SlimFast shake mixes can be mixed with many alternatives besides fat-free milk. Make them your own and customize them with your favorite mix-ins (just be mindful of how this may impact the nutritional content)! For lots of creative smoothie ideas, go to [SlimFast.com/Recipes/Smoothies](https://www.slimfast.com/Recipes/Smoothies)

- **Can men follow the SlimFast Plan?**

Yes! Absolutely! Men have been losing weight with SlimFast for over 40 years. And, since men generally need more calories than women, we recommend adding a 200-calorie mini-meal with each of your meal replacements. Learn more about the SlimFast Plan for men at [SlimFast.com/How-It-Works](https://www.slimfast.com/How-It-Works).

- **Can I drink alcohol on the SlimFast Plan?**

Yes, you can drink alcohol on the SlimFast Plan. However, you will find it much easier to lose weight if you cut back on alcohol consumption. Alcohol isn't very nutritious so we wouldn't recommend replacing a meal with it. If you enjoy wine with your dinner, or want to have a beer with your friends, just make sure to account for the calories as part of your snack allowance.



SlimFast Smoothies

Blend up decadent smoothies like these as part of the SlimFast Plan and see results in just one week.*



Chocolate Raspberry Shake



Peach Melba Smoothie



Rich Chocolate Cherry
Cheesecake Smoothie



Cappuccino Smoothie

Find these recipes and more at [SlimFast.com/Recipes/Smoothies](https://www.slimfast.com/Recipes/Smoothies)

* Based on the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). Results not typical. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet.

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

Deborah L.
LOST **71 lbs**
& 36"
in 37 weeks[†]

Amanda C.
LOST **57 lbs**
& 28"
in 65 weeks[†]

Tina M.
LOST **28 lbs**
& 10"
in 29 weeks[†]

Hazely L.
LOST **30 lbs**
& 16"
in 26 weeks[†]

Elissa N.
LOST **47 lbs**
& 37"
in 33 weeks[†]

SlimFast
TOGETHER

Did you know you could get personal access to our brand ambassadors? Join SlimFast Together, a private and safe place where you can receive support, inspiration, and motivation from those who have lost weight and are keeping it off with SlimFast.

Visit SlimFast.com/SlimFastTogether and click to join!

[†] Tina, Deborah, Hazely, Amanda and Ellisa follow the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). All are remunerated. Results not typical. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet. © SlimFast® 2020.