

# Slimfast®

## ENERGISED GUIDE

All of these meal plans are approximately 2,000 calories but calories may vary

### DAY 1

Meal Totals: 1,922kcal



Breakfast

**SHAKE**  
200kcal



Snack

**BANANA APPLE TOAST**  
339kcal



Lunch

**POTATO TUNA**  
400kcal



Snack

**GREEK YOGURT**  
194kcal



Dinner

**SALMON TRAY**  
600kcal



Snack

**HANDFUL OF NUTS**  
189kcal

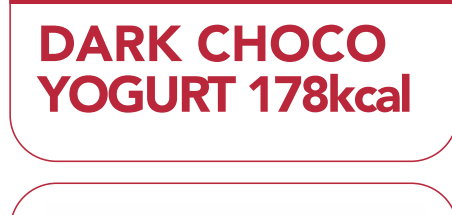
### DAY 2

Meal Totals: 1,968 kcal



Breakfast

**PORRIDGE**  
382kcal



Snack

**HUMMUS CAKES**  
198kcal



Lunch

**CHICKEN QUICHE**  
405kcal



Snack

**DARK CHOCO YOGURT**  
178kcal



Dinner

**CHICKEN CARBONARA**  
594 kcal



Snack

**MEAL BAR**  
211kcal

### DAY 3

Meal Totals: 1,992kcal



Breakfast

**EGGS & TOAST**  
382kcal



Snack

**SHAKE**  
204kcal



Lunch

**PIZZA WRAP**  
388kcal



Snack

**MEAL BAR**  
211kcal



Dinner

**FISH CAKES**  
600kcal



Snack

**PBUTTER WITH OATCAKES**  
207kcal

### DAY 4

Meal Totals: 1,994kcal



Breakfast

**AVOCADO EGGS**  
414kcal



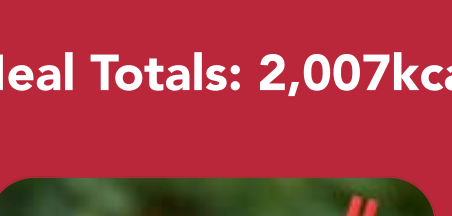
Snack

**PEAR**  
102kcal



Lunch

**TOAST BAGEL**  
472kcal



Snack

**SNACK BAR & BANANA**  
202kcal



Dinner

**GRILLED CHICKEN**  
600kcal



Snack

**SHAKE**  
204 kcal

### DAY 5

Meal Totals: 2,007kcal



Breakfast

**OATABIX**  
403 kcal



Snack

**BANANA SHAKE**  
314kcal



Lunch

**MOROCCAN CHICKEN**  
451kcal



Snack

**MIXED NUTS**  
189kcal



Dinner

**COLIFOWER DAHL**  
588kcal



Snack

**APPLE**  
62kcal

### DAY 6

Meal Totals: 2,065



Breakfast

**SF SMOOTHIE**  
386kcal



Snack

**DARK CHOCO YOGURT**  
178kcal



Lunch

**THAI VEGETABLE NOODLE SALAD**  
594kcal



Snack

**DARK CHOCO**  
108kcal



Dinner

**CHICKEN LASAGNA**  
595kcal



Snack

**SHAKE**  
204kcal

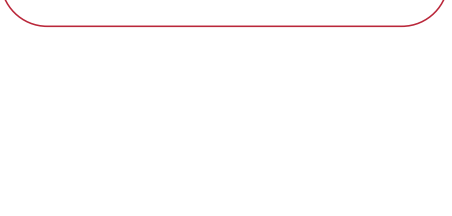
### DAY 7

Meal Totals: 2,011kcal



Breakfast

**SF SMOOTHIE**  
386kcal



Snack

**ALMOND PROTEIN BALLS**  
200kcal



Lunch

**JACKET POTATO**  
424kcal



Snack

**SNACK BAR & CASHEW NUTS**  
202kcal



Dinner

**FALAFEL BUDDHA BOWL**  
595kcal



Snack

**SHAKE**  
204kcal