

SlimFast®

3-2-1 GUIDE

All of these meal plans are approximately 1,360 calories but calories may vary

DAY 1

Meal Totals: 1,308kcal



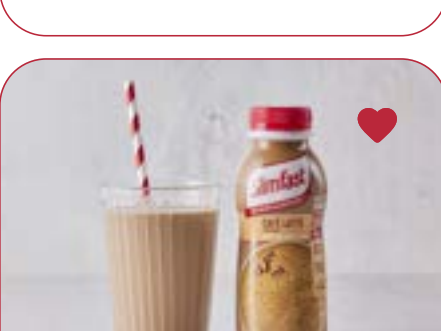
Breakfast

SHAKE
204kcal



Lunch

MEAL BAR
225kcal



Dinner

PIZZA PRIMAVERA
600kcal



Snack

1 LARGE BOILED
EGG 85kcal



Snack

SNACK BAG
95KCAL

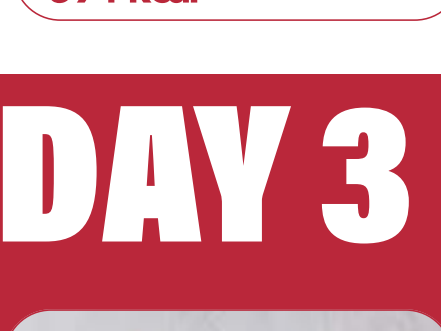


Snack

SNACK BAR
99kcal

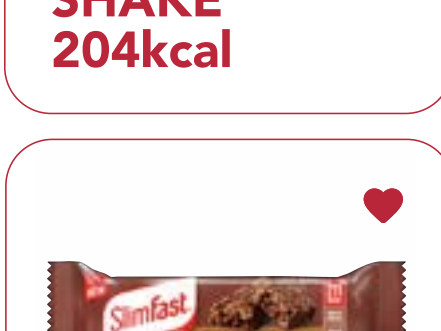
DAY 2

Meal Totals: 1,321
kcal



Breakfast

MEAL BAR
225kcal



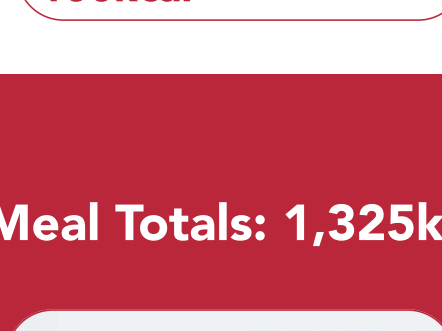
Lunch

SHAKE
204kcal



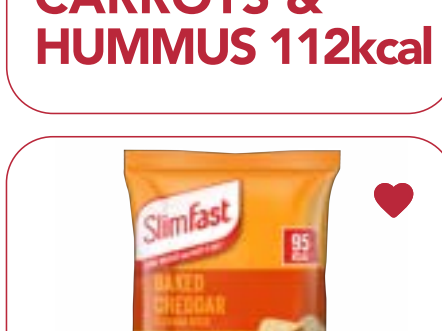
Dinner 594 kcal

CHICKEN &
BROCCOLI PASTA
594 kcal



Snack

SNACK BAG
99kcal



Snack

SNACK BAR
99kcal



Snack

3 SQUARES OF
DARK CHOC
100kcal

DAY 3

Meal Totals: 1,325kcal



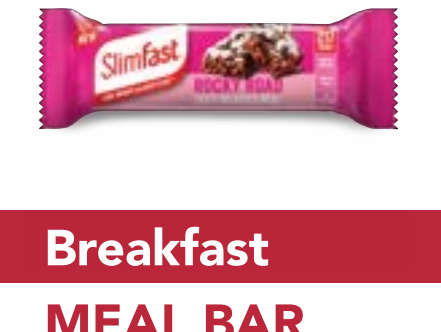
Breakfast

SHAKE
204kcal



Lunch

MEAL BAR
225kcal



Dinner 590 kcal

MUSHROOM,
ASPARAGUS
& BACON RISOTTO



Snack

CARROTS &
HUMMUS 112kcal



Snack

SNACK BAG
95KCAL



Snack

SNACK BAR
99kcal

DAY 4

Meal Totals: 1,329kcal



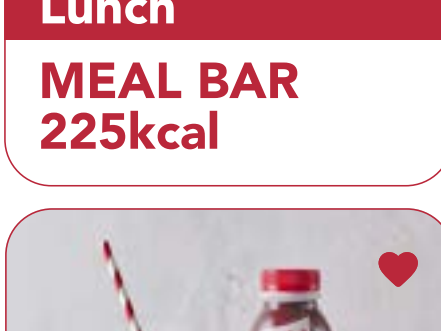
Dinner

SHAKE
204kcal



Lunch

MEAL BAR
225kcal



Dinner

BANGERS
& MASH 606kcal



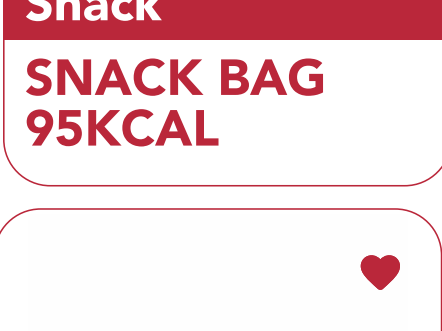
Snack

SNACK BAR
99kcal



Snack

GREEN SMOOTHIE
100kcal



Snack

SNACK BAG
95KCAL

DAY 5

Meal Totals: 1,329kcal



Breakfast

MEAL BAR
225kcal



Lunch

SHAKE
204kcal



Dinner 599kcal

SPAGHETTI
CARBONARA



Snack

BANANA
103kcal



Snack

SNACK BAG
99kcal



Snack

SNACK BAR
99kcal

DAY 6

Meal Totals: 1,306kcal

Breakfast

BRITISH
BREAKFAST
581kcal

Lunch

MEAL BAR
225kcal

Dinner

SHAKE
204kcal

Snack

PEAR
102kcal

Snack

SNACK BAG
95KCAL

Snack

SNACK BAR
99kcal

DAY 7

Meal Totals: 1,301kcal

Breakfast

SHAKE
204kcal

Lunch

MEAL BAR
225kcal

Dinner

ROAST CHICKEN
DINNER 594kcal

Snack

2 SATSUMAS
80kcal

Snack

SNACK BAG
99kcal

Snack

SNACK BAR
99kcal