

1

ONE SENSIBLE MEAL
enjoy your favorite foods



BURGER WITH LETTUCE AND TOMATO*



EGG & VEGETABLE BREAKFAST SANDWICH*



TUNA SALAD ON LIGHT WHEAT BREAD WITH BROCCOLI*



HAMBURGER STEAK SALAD*



CHICKEN WITH DUMPLINGS AND VEGETABLES*



COTTAGE CHEESE AND BLACK BEAN CHILI*



LEMON CHICKEN WITH POTATOES

2

REPLACE TWO MEALS A DAY
with our delicious shakes



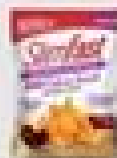
SLIMFAST DIABETIC WEIGHT LOSS
Vanilla Whitehouse
Shake Mix



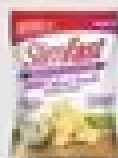
SLIMFAST DIABETIC WEIGHT LOSS
Chocolate Whitehouse
Shake Mix

3

INDULGE IN THREE SNACKS
satisfy hunger between meals



WHEATY AND BAKED CHIPS



SOUP CREAM & ONION BAKED CHIPS



CHOCOLATE AND PEANUT BAKED CHIPS



0-WHEAT BAKED CHIPS



PEANUT BUTTER CHOCOLATE Bites

100-CALORIE SNACK IDEAS

Apple

Edamame

Hard-Boiled Egg with Turkey Bacon

Protein Chocolate-Stuffed Strawberry*

Healthy Egg Muffin Tray*

Stirred Creamcheese with Sausage

Plain Low-Fat Greek Yogurt

Garden Salad

Lite Peanut Butter Fudge

Biscuits

Banana

Peppers

Baby Carrots with Cheese Spread

Mussels with Raspberry*

100-Calorie PB&J Sandwich

Carrot Sticks with Sausage

Bark Chocolate Covered Espresso Beans

Chewies

Quinoa

Pistachios

FOR MEN*
200-calorie mini-meals



LIPSTICK AND TURKEY BALLS*



JELLYFISH AND MEAT*



JELLY*



JELLY*



JELLYFISH AND MEAT*



JELLYFISH AND MEAT*



JELLYFISH AND MEAT*



JELLYFISH AND MEAT*



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Slim In 6 Food Guide

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