

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



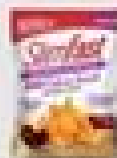
SLIMFAST DIABETIC WEIGHT LOSS
Vanilla Whitehouse
Shake Mix



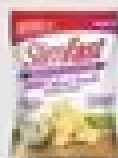
SLIMFAST DIABETIC WEIGHT LOSS
Chocolate Whitehouse
Shake Mix

3

INDULGE IN THREE SNACKS
satisfy hunger between meals



WHEATITS AND BAKED CHIPS



SOUP CREAM & ONION BAKED CHIPS



CRACKERS AND SWISS 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 Pack Snacks

Carrot Sticks with Sausage

Dark Chocolate Covered Espresso Beans

Chewies

Quinoa

Pistachios

FOR MEN*
200-calorie mini-meals



LIPSTICK AND TURKEY BALLS*



JELLYFISH SKEWERS*



JELLY



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JELLYFISH



JELLYFISH AND VEGETABLES



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*See add-on additional 200-calories to each SlimFast® meal replacement. For example, use 2 scoops of shake mix or enjoy a mini-meal.

*Find these and other delicious recipes on SlimFast.com/Recipes

Slim In 6 Diet Guide

L Reisser



Slim In 6 Diet Guide:

Slim In 6 Diet Guide Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Slim In 6 Diet Guide**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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