

SlimFast®

HEALTHY MAINTENANCE GUIDE

All of these meal plans are approximately 1,600 calories but calories may vary

DAY 1

Meal Totals: 1,658kcal



Breakfast

SHAKE
204kcal



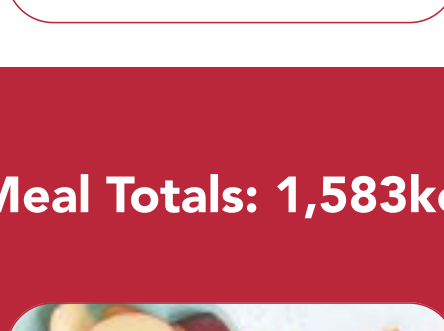
Snack

GREEN SMOOTHIE
113kcal



Lunch

MACKEREL
SALAD 442kcal



Snack

SNACK BAR
99kcal



Dinner

FISH & CHIPS
600kcal



Snack

ALMOND BALLS
200kcal

DAY 2

Meal Totals: 1,583kcal



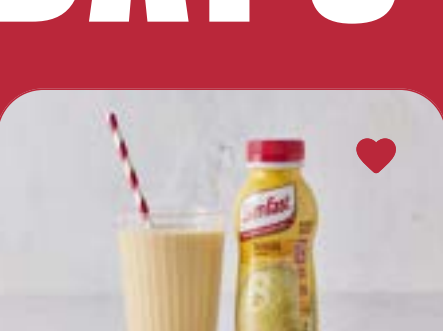
Breakfast

SHAKE
204kcal



Snack

APPLES &
CASHEWS 109kcal



Lunch

TOASTED BAGEL
472kcal



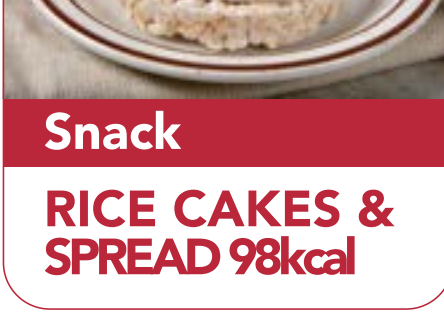
Snack

KIWI & YOGURT
103kcal



Dinner

SPAGHETTI
CARBONARA
599kcal



Snack

FUNSIZE CHOCO
BAR 96kcal

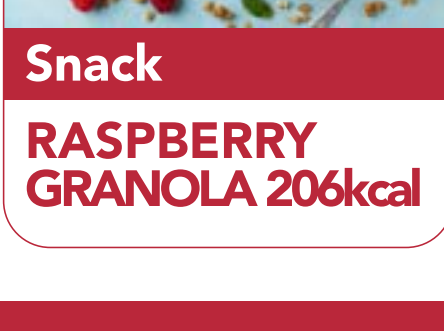
DAY 3

Meal Totals: 1,614kcal



Breakfast

SHAKE
204kcal



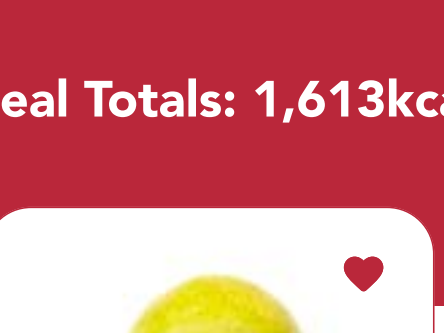
Snack

RICE CAKES &
SPREAD 98kcal



Lunch

PIZZA WRAP
388kcal



Snack

CARROTS &
HUMMUS 112kcal



Dinner

BANGERS
& MASH 606kcal

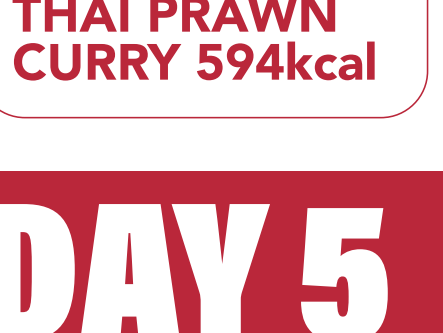


Snack

RASPBERRY
GRANOLA 206kcal

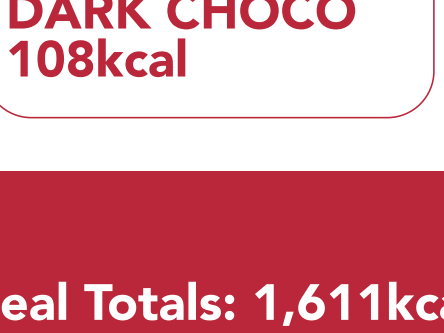
DAY 4

Meal Totals: 1,613kcal



Breakfast

SHAKE
204kcal



Snack

PEAR
102kcal



Lunch

QUICHE & SALAD
405kcal



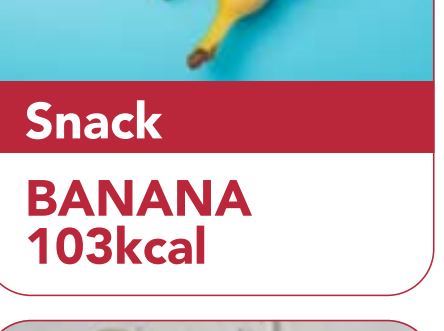
Snack

ALMOND BALLS
200kcal



Dinner

THAI PRAWN
CURRY 594kcal



Snack

DARK CHOCO
108kcal

DAY 5

Meal Totals: 1,611kcal



Breakfast

SF SMOOTHIE
403kcal



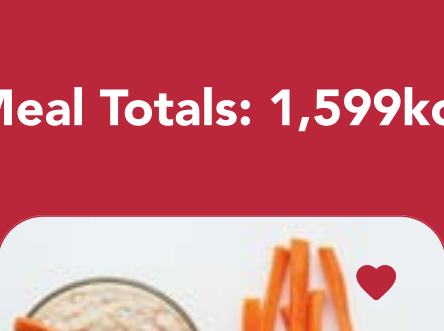
Snack

BANANA
103kcal



Lunch

SHAKE
204kcal



Snack

PBUTTER WITH
OATCAKES 207kcal



Dinner

CHICKEN
LASAGNA 595kcal



Snack

SNACK BAR
99kcal

DAY 6

Meal Totals: 1,599kcal



Breakfast

AVOCADO EGGS
414kcal



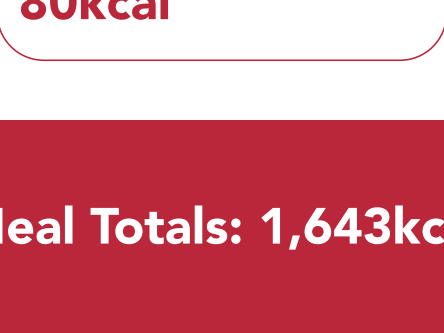
Snack

HUMMUS &
CARROTS 112kcal



Lunch

SHAKE
204kcal



Snack

MIXED NUTS
189kcal



Dinner

CHICKEN STIR FRY
600kcal



Snack

2 SATSUMAS
80kcal

DAY 7

Meal Totals: 1,643kcal



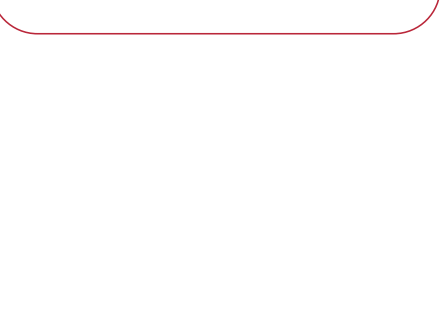
Breakfast

SHAKE
204kcal



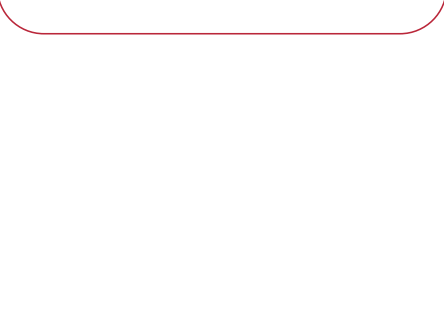
Snack

OATCAKES WITH
PBUTTER 112kcal



Lunch

JACKET POTATO
424kcal



Snack

ALMOND
BALLS 200kcal



Dinner

FALAFEL BUDDHA
BOWL 595kcal



Snack

DARK CHOCO
108kcal