

SlimFast®

ACTIVE GUIDE

All of these meal plans are approximately 1,800 calories but calories may vary

DAY 1

Meal Totals: 1,817



Breakfast

SHAKE
204kcal



Snack

ALMOND BALLS
200kcal



Lunch

QUICHE & SALAD
405kcal



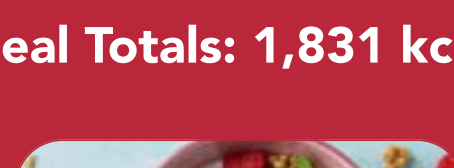
Snack

PBUTTER WITH
OATCAKES 207kcal



Dinner

CHICKEN
LASAGNA 595kcal



Snack

GREEK YOGURT
206kcal

DAY 2

Meal Totals: 1,831 kcal



Breakfast

SHAKE
204kcal



Snack

RASPBERRIES
YOGURT 206kcal



Lunch

CHICKEN &
HUMMUS 419kcal



Snack

ALMOND
BALLS 200kcal



Dinner

MIDDLE EASTERN
SALMON 595kcal



Snack

PBUTTER WITH
OATCAKES 207kcal

DAY 3

Meal Totals: 1,715kcal



Breakfast

SHAKE
204kcal



Snack

BANANA NUTS
206kcal



Lunch

CHICKEN & VEG
SOUP 399kcal



Snack

CARROTS &
HUMMUS 112kcal



Dinner

FISH & CHIPS
600kcal



Snack

MANGO YOGURT
194KCAL

DAY 4

Meal Totals: 1,880kcal



Breakfast

PORRIDGE
382kcal



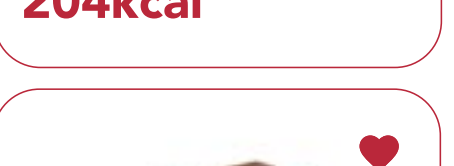
Snack

HUMMUS CAKES
198kcal



Lunch

PIZZA WRAP
388kcal



Snack

SHAKE
204kcal



Dinner

GRILLED
CHICKEN 600kcal



Snack

DARK CHOCO
108kcal

DAY 5

Meal Totals: 1,781kcal



Breakfast

BRITISH
BREAKFAST
581kcal



Snack

MIXED NUTS
189kcal



Lunch

SHAKE
204kcal



Snack

SNACK BAG
99kcal



Dinner

FALAFEL BUDDHA
BOWLS 600kcal



Snack

DARK CHOCO
108kcal

DAY 6

Meal Totals: 1,876kcal



Breakfast

SF SMOOTHIE
386kcal



Snack

BANANA & TOAST
217kcal



Lunch

TOASTED BAGEL
472kcal



Snack

KIWI & YOGURT
103kcal



Dinner

GREEK LAMB
BURGERS 600kcal



Snack

FUNSIZE CHOCO
BAR 98kcal

DAY 7

Meal Totals: 1,757kcal



Breakfast

SHAKE
204kcal



Snack

BANANA & NUTS
206kcal



Lunch

JACKET POTATO
424kcal



Snack

GREEN SMOOTHIE
& CHOCO FUN SIZE
211kcal



Dinner

FALAFEL BUDDHA
BOWL 600kcal



Snack

OATCAKES WITH
PBUTTER 112kcal