

ONE SENSIBLE MEAL

enjoy your
favorite foods

FRIED RICE WITH SHRIMP
AND VEGETABLESEGG & VEGETABLE
BREAKFAST
SANDWICHTUNA SALAD ON LIGHT
WHOLE WHEAT
BREAD WITH
FRUITMANDARIN ORANGE
STEAK SALADCHICKEN WITH PASTA
AND VEGETABLESCAPRESE TURKEY AND
BLACK BEAN SALADLEMON CHICKEN
WITH PASTA

REPLACE TWO MEALS A DAY with our delicious shakes

SLIMFAST MEAL-REPLACEMENT
SHAKE (VANILLA FLAVORED)
Calories 210SLIMFAST DIETETIC MEAL-REPLACEMENT
SHAKE (CHOCOLATE FLAVORED)
Calories 210

INDULGE IN THREE SNACKS

satisfy hunger
between meals

100-CALORIE
SNACK IDEAS

Apple
Bananas
Hard Boiled Egg with Turkey Bacon
Protein Chocolate Flavored Whipped Creamer*

100 CALORIE
SNACK CHIPS

Hard Boiled Egg with Turkey Bacon
Protein Chocolate Flavored Whipped Creamer*

100 CALORIE
SNACK CHIPS

Lite Peanut Butter
Spread
Bananas
Papaya

100 CALORIE
SNACK CHIPS

Lite Caramel with Peanut Butter
Spread
Raisins with Raspberries*

100 CALORIE
SNACK CHIPS

Dark Chocolate Covered Espresso Beans
Cinnamon
Gulab
Pistachios

FOR MEN

200-calorie
mini-meals

200 CALORIE
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MINI-MEAL

*Men add an additional 200 calories to each "Smart guy" meal replacement. For example, eat 2 servings of whole grain or enjoy a mini-meal.

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

Nutrition Guide For Slim In 6

S Marginson

Nutrition Guide For Slim In 6:

Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.), Eat Up Slim Down Jane Kirby,David Joachim,2001 Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information Center (U.S.),1976

Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information and Educational Materials Center (U.S.),1973 The Vegetarian Food Guide and Nutrition Counter Suzanne Havala,Suzanne Havala Hobbs,1997 Written by a registered dietician who specializes in vegetarian nutrition this book is a consumer s guide to vegetarian foods with information on fat fiber protein and other nutrients Vegan lacto and lacto ovo vegetarian choices brand name vegetarian specialty items fast food contents hidden animal ingredients and more Nutrition Education Resources & Bibliography ,1994 Whitaker's Cumulative Book List ,1986 **Quick Bibliography Series** ,1976

Readers' Guide to Periodical Literature Anna Lorraine Guthrie,1961 An author subject index to selected general interest periodicals of reference value in libraries The PDR Family Guide to Nutrition and Health ,1995 A complete guide to sensible health and nutrition covering weight loss heart health cancer prevention stress energy fitness and more also evaluates leading cookbooks diet plans exercise programs fast food ethnic food and junk food Shellfish Culture ,1979-1986 Deborah T. Hanfman,1987 Subject Guide to Books in Print ,1997 **How to Be Slimmer, Trimmer and Happier** Frances M. Berg,1983 Discusses how young people must change their life styles in order to lose weight and keep trim Educators Grade Guide to Free Teaching Aids ,1963 **The British National Bibliography** Arthur James Wells,2006 **Health Education Index and Guide to Voluntary Social Welfare Organisations** ,1980 Current Literature ,1957 Whitaker's Five-year Cumulative Book List ,1953 The Ladies' Home Journal ,1998-05 The American Journal of Clinical Nutrition ,1954

Reviewing **Nutrition Guide For Slim In 6**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing.

Within the pages of "**Nutrition Guide For Slim In 6**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives.

Throughout this assessment, we shall delve to the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Nutrition Guide For Slim In 6 Introduction

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