

Yes I did!

I LOST WEIGHT WITH
SlimFast

After getting married, Joann had finally decided that enough was enough and needed to change the way she felt about her body and her health. **Joann then discovered the clinically proven SlimFast Plan.**

"IT'S AN EASY PLAN THAT WORKS AND I'M HAVING A BLAST WITH THE NEW ME!"

After 26 weeks, Joann lost 40 pounds! Was it easy to lose the weight? "It was easy and it worked," she says. When it comes to her transformation, she says she "couldn't get enough" and "the ease of the SlimFast Plan leaves no room for excuses!"

FEELING GREAT NEVER LOOKED SO GOOD!



AFTER



JOANN LOST
40 lbs*
& 20"

About Me
Nanny and Wife

Start Date
December 20, 2015

My Reason
"I knew enough was enough. I'm newly married, and wanted to have a healthy lifestyle before starting our family."
Read her story at slimfast.com/joann

JOANN'S INSPIRING STORY

"My whole life I came up with excuse after excuse and I have always felt insecure about my body. After getting married last year, I decided enough was enough! I wanted to become healthy – not only for myself but because I wanted a family one day and I knew I needed to start cultivating better habits so that I could have a long happy life. I started the SlimFast Plan and my life has changed because of it. I have a very hectic schedule between work, friends, and my many hobbies, and the ease of the SlimFast Plan, leaves me no room for excuses."

HOW SHE DID IT!

Joann's daily routine is simple. She has a shake for breakfast, a shake for lunch, a sensible meal for dinner and SlimFast Snacks in between to satisfy her cravings. Her favorite? "The S'mores Crisps because I have a sweet tooth and they really hit the spot" says Joann. "I love being able to just grab what I need and go."

Joann's been feeling stronger than ever and healthier!



The SlimFast PLAN

"I REALLY WANT TO BE AN ENERGETIC MOM, AND WITH THE SLIMFAST PLAN, IT'S AS EASY AS 1-2-3!"



CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

1 scoop SlimFast® Advanced Nutrition Creamy Chocolate Smoothie Mix

1/2 small Banana

3/4 cup Fat free milk

1 tbsp Powdered peanut butter

1/2 cup Water

1 cup Ice cubes

Easy to make. Tastes great. Blended to go.



JOANN'S FAVORITE RECIPE

pick a date

LOSE THE WEIGHT!

See real weight loss results like Joann! No matter your reason, it's never been easier to get started on the new you. So what are you waiting for?

SlimFast will even help you celebrate your success. Just pick a date and you could win one of three packages worth \$5,000 and other great weekly and monthly prizes!

Enter for a chance to WIN at SlimFast.com/pickadate

*Joann used the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids) for 26 weeks and was remunerated. Results not typical. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet. © 2017 SlimFast®.