

# MEN

# SlimFast KETO

OPTIMAL LOW-CARB KETOGENIC NUTRITION

DAY 1



2 Scrambled Eggs with 1 oz Cheddar Cheese & 2 Strips Bacon



1 oz Beef Jerky



2 Scoops SlimFast Keto Shake with 2 Tbsp Powdered Peanut Butter



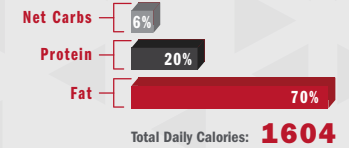
1/2 Can Tuna with 1 Tbsp Mayo on Lettuce Wrap



SlimFast Keto Shake & 1 Medium Avocado



SlimFast Keto Fat Bomb



DAY 2



2 SlimFast Keto Meal Bars



2 Tsp SlimFast Keto Creamer with Black Coffee



Chicken Thighs, Arugula & Herbed Tomato Salad\*



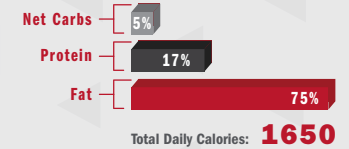
1 Hard Boiled Egg with 1 Slice of Bacon



SlimFast Keto Shake & 1 Medium Avocado



SlimFast Keto Fat Bomb



DAY 3



SlimFast Keto Shake with 2 Tbsp Powdered Peanut Butter & 2 Hard Boiled Eggs



2 Tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Meal Bar & 2 oz Cheeze Chips



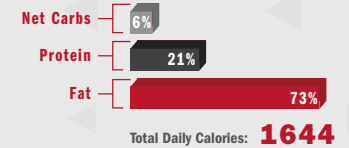
1/2 Medium Avocado



Baked Salmon with Lemon Butter & Steamed Asparagus\*



SlimFast Keto Fat Bomb



DAY 4



2 Scoops SlimFast Keto Shake



2 Tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Shake with 2 oz Cheeze Chips



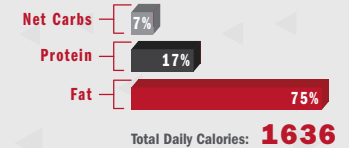
2 Large Stalks Celery with 2 Tbsp Cream Cheese



Low-Carb Cheeseburger with Caramelized Onions\*



SlimFast Keto Fat Bomb



DAY 5



2 SlimFast Keto Meal Bars



2 Tsp SlimFast Keto Creamer with Black Coffee



SlimFast Keto Shake & 3 Hard Boiled Eggs



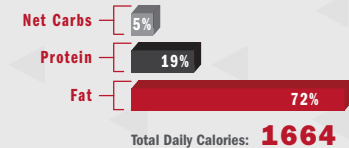
1 oz Block of Smoked Gouda Cheese



Crispy Baked Garlic Parmesan Wings\*



SlimFast Keto Fat Bomb



DAY 6



SlimFast Keto Meal Bar & 2 Hard Boiled Eggs



1/2 Medium Avocado



SlimFast Keto Shake & Deli Meat Roll Up



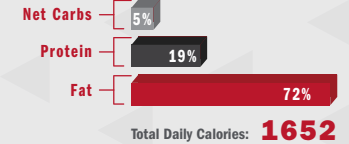
Mozzarella Cheese Stick



Parmesan Tilapia with Zucchini\*



SlimFast Keto Fat Bomb



DAY 7



Sausage & Broccoli Rabe Frittata\*



2 Tsp SlimFast Keto Creamer with Black Coffee



2 Scoops SlimFast Keto Shake with 2 Tbsp Powdered Peanut Butter



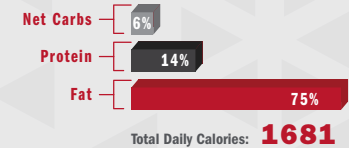
1 Large Hard Boiled Egg



SlimFast Keto Meal Bar & 1 Medium Avocado



100-Calorie Pack Nuts



\*Find these and other delicious, EASY recipes at [SLIMFAST.COM/RECIPES/KETO](http://SLIMFAST.COM/RECIPES/KETO)