


MEN

SlimFast KETO

OPTIMAL LOW-CARB KETOGENIC NUTRITION


DAY 1



SlimFast Keto Shake with 2 Tbsp Natural Peanut Butter



Cucumbers & 1oz Cream Cheese*




SlimFast Keto Meal Bar & Salami & Provolone Roll-Up



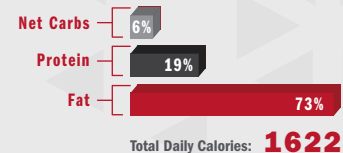
1/2 Medium Avocado




Low-Carb Steak Fajitas*




SlimFast Keto Fat Bomb




DAY 2



2 SlimFast Keto Meal Bars



2 Tsp SlimFast Keto Creamer with Black Coffee




SlimFast Keto Shake with Tuna Lettuce Wrap*



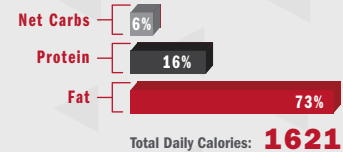
2 Large Stalks Celery with 1 Tbsp Peanut Butter



Bacon Sausage Meatballs* with Roasted Vegetables*



1 oz Smoked Gouda Cheese




DAY 3



Keto Ricotta Oatmeal*




1 Hard-Boiled Egg




SlimFast Keto Shake with 1/4 Cup Whole Raw Almonds



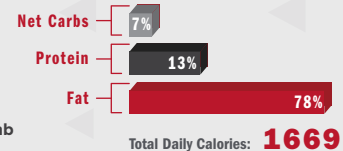
10 Pepperoni Slices



SlimFast Keto Meal Bar with Chopped Kale & Avocado Salad*




SlimFast Keto Fat Bomb



DAY 4



SlimFast Keto Shake & 2 Egg Muffin Cups*



2 Tsp SlimFast Keto Creamer with Black Coffee



Buffalo Chicken Salad with Blue Cheese*



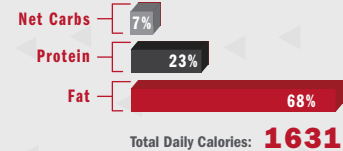
Cucumbers & 1oz Cream Cheese*




SlimFast Keto Meal Bar & Asparagus Fries w/Pepper Aioli*



Keto Cheesecake Dip and Fruit*



DAY 5



SlimFast Keto Meal Bar & Hard-Boiled Egg with Bacon



2 Tsp SlimFast Keto Creamer with Black Coffee




SlimFast Keto Shake & Ham & Cheese Cucumber Sandwich*



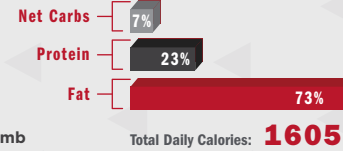
1/2 Cup Edamame



Crispy Baked Chicken Thighs* with Cauliflower Mac & Cheese*



SlimFast Keto Fat Bomb




DAY 6




Ham Cheddar and Chive Souffle*




1 Large Stalk Celery with 2 Tbsp Cream Cheese*



SlimFast Keto Meal Bar & Avocado Chicken Salad*



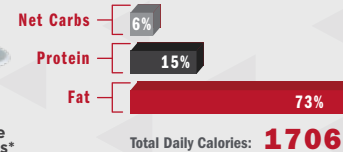
22 Black Olives




SlimFast Keto Meal Bar & Cesar Salad with Parmesan Crisps*



Protein Cheesecake Stuffed Strawberries*




DAY 7



SlimFast Keto Meal Bar with Smoked Salmon Rollups*




2 Slices of Bacon



Low-Carb Lasagna*



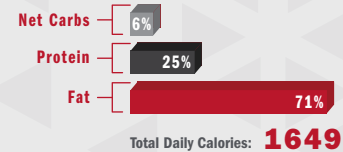
1/2 Medium Avocado



SlimFast Keto Shake with 2 Tbsp Natural Peanut Butter



10 Pepperoni Slices



*Find these and other delicious, EASY recipes at SLIMFAST.COM/RECIPES/KETO