

The Slim-Fast® 3-2-1 Plan

For Weight Loss:

- Two meal replacements per day instead of meals (usually breakfast and lunch)
- 600 calorie balanced meal (self-prepared)
- 1.5-2 litres of water per day
- Up to 3 x 100 calorie snacks per day (fruit, vegetables or Slim-Fast® snacks)
- Exercise (minimum 30 minutes a day)

For Maintenance:

- Maintain lifestyle changes – exercise, balanced nutritional meals, water
- Meal replacements once daily instead of a meal

Slim-Fast® Products

	SIZE	NO. OF SERVINGS	RRP(£)
MEAL REPLACEMENTS			
Meal Bars Chocolate Crunch Fruits of the Forest Yoghurt Muesli	3 x 60g	1	£3.69
Shakes - RTD Banana Chocolate Summer Strawberry Vanilla Café Latte Lemon Meringue Raspberry Crush Fruits of the Forest	325ml	1	£1.59
Powders (mix with skimmed milk) Banana Strawberry Chocolate Vanilla Cafe Latte	438g	12	£8.29
SNACKS			
Sweet Snacks Chocolate Caramel Treat Heavenly Chocolate Delight Chocolate Nutty Nougat	26g	1	£0.52
Savoury Snacks Cheddar Bites Sour Cream & Chive Pretzels	23g	1	£0.56

Slim-Fast® products are available from all major supermarkets, Boots and other pharmacies, and online. Prices quoted are recommended retail prices. Store prices will vary as retailers are free to set their prices at any time.

Slim-Fast!®

