



The New Slim-Fast! 3 2 1 Plan

Just follow the plan to lose weight, fast. Don't like one of the suggested snacks or sensible meals? Swap it for one you do. Just be sure the approximate calorie values are the same.



3 snacks, 2 SlimFast shakes or meal bars, 1 sensible meal

Week One:

	Day One:	Day Two:	Day Three:	Day Four:	Day Five:	Day Six:	Day Seven:
 MEAL	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake
 SNACK	1/2 banana	1 small pear	SlimFast Snack Bar	1 small bunch of grapes	1/2 cup canned mixed fruit in light syrup	SlimFast Snack Bar	1 large nectarine
 MEAL	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake
 SNACK	1 medium apple	SlimFast Snack Bar	1 medium orange	4 oz. cup unsweetened applesauce	SlimFast Snack Bar	1 cup strawberries, fresh or frozen	1 large plum
 MEAL	Asian Beef Salad	Hidden Veggie Meatballs	Fish Tacos with Bell Pepper Slaw	Cheeseburger & Coleslaw	Broiled Halibut with Warm Lemon Shallot Sauce	Red Beans and Rice Casserole	Garden Vegetable Lasagna
 SNACK	SlimFast Snack Bar	2 medium apricots	1/2 cup canned peaches in light syrup	SlimFast Snack Bar	1 small pear	1 medium orange	SlimFast Snack Bar

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Week Two:

	Day Eight:	Day Nine:	Day Ten:	Day Eleven:	Day Twelve:	Day Thirteen:	Day Fourteen:
 MEAL	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake
 SNACK	1/2 banana	2 medium apricots	SlimFast Snack Bar	1 small bunch of grapes	1/2 cup canned mixed fruit in light syrup	SlimFast Snack Bar	1 large nectarine
 MEAL	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake	SlimFast Meal Bar or Shake
 SNACK	1 medium apple	SlimFast Snack Bar	1 medium orange	4 oz. cup unsweetened applesauce	SlimFast Snack Bar	1 cup strawberries, fresh or frozen	1 large plum
 MEAL	Asian Beef Salad	Hidden Veggie Meatballs	Fish Tacos with Bell Pepper Slaw	Cheeseburger & Coleslaw	Broiled Halibut with Warm Lemon Shallot Sauce	Red Beans and Rice Casserole	Garden Vegetable Lasagna
 SNACK	SlimFast Snack Bar	1 small pear	1/2 cup canned peaches in light syrup	SlimFast Snack Bar	1 small pear	1 medium orange	SlimFast Snack Bar

Recipes



Asian Beef Salad

Prep Time: 20 minutes
Total Time: 20 minutes
Cook Time: 0 minutes
Serves: 4

Ingredients

- 6 ounces fresh baby spinach
- 1 cup cucumber slices
- 2 carrots, fresh, med
- 1 cup bean sprouts
- 1 pound flank steak, lean, cooked
- 1/4 cup cashews, unsalted
- 1/2 cup Wishbone® Light Asian Sesame Ginger Vinaigrette
- 4 Whole wheat dinner rolls

Preparation

1. Thinly slice steak. Slice carrots into strips. Chop cashews.
2. On serving platter, arrange spinach, then top with cucumber, carrots, sprouts and steak.
3. Just before serving, sprinkle with cashews, and drizzle with Wish-Bone® Light Asian Sesame Ginger Vinaigrette Dressing.
4. Enjoy a dinner roll with each serving.

Hidden Veggie Meatballs

Prep Time: 20 minutes
Total Time: 40 minutes
Cook Time: 20 minutes
Serves: 4

Ingredients

- 1 pound ground beef, lean, 5% fat
- 1/2 cup bread crumbs, Italian style
- 1/2 cup carrot, grated
- 1 zucchini, medium, grated
- 1 egg, extra large, raw
- 1 jar (26 oz) Ragu® Robusto Pasta Sauce
- 8 ounces cooked spaghetti

Preparation

1. Combine ground beef, bread crumbs, carrot, zucchini and egg in medium bowl; shape into 12 meatballs.
2. Bring Pasta Sauce to a boil in 3-quart saucepan over medium-high heat. Gently stir in uncooked meatballs.
3. Reduce heat to low and simmer covered, stirring occasionally, 20 minutes or until meatballs are done. Serve over hot spaghetti.

Fish Tacos with Bell Pepper Slaw

Prep Time: 15 minutes
Total Time: 20 minutes
Cook Time: 5 minutes or less
Serves: 4

Ingredients

- 1/2 cup light sour cream
- 1/4 cup lime juice
- 1/4 cup chopped fresh cilantro
- 2 medium red bell peppers, thinly sliced
- 2 Knorr® Reduced Sodium Chicken Flavor Bouillon Cubes
- 1 1/4 pounds cod, raw
- 1 tablespoon olive oil
- 8 small whole wheat tortillas, warmed
- 8 cups steamed cauliflower

Preparation

Bell Pepper Slaw: Combine sour cream, 2 tablespoons lime juice and 2 tablespoons cilantro in a small bowl. Toss red peppers with 2 tablespoons of the sour cream mixture; set aside.

Tacos: Mash the Knorr® Reduced Sodium Chicken flavor Bouillon Cubes with the remaining 2 tablespoons lime juice in a small glass bowl or measuring cup. Microwave at HIGH for 20 seconds or until bouillon is softened. Stir until smooth. Add remaining 2 tablespoons cilantro and toss with cod strips to coat well. Heat olive oil in a large skillet over medium-high heat and cook cod about 5 minutes or until fish flakes, stirring frequently. Serve immediately in tortillas and top with bell pepper slaw. Drizzle with remaining sour cream mixture. Enjoy with 2 cups of steamed cauliflower per serving.

Cheeseburgers with Coleslaw

Prep Time: 15 minutes
Total Time: 25 minutes
Cook Time: 10 minutes
Serves: 4

Ingredients

- 16 ounces coleslaw mix
- 1/2 cup Hellmann's® Light Mayonnaise
- 1/2 tablespoon lime juice
- 1 pound ground beef, lean, 5% fat
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 4 pieces American cheese, low-fat
- 4 whole wheat hamburger buns
- 4 pieces romaine lettuce leaves
- 1 tomato, sliced

Preparation

1. In large bowl, toss coleslaw mix with Mayonnaise and lime juice; refrigerate until ready to serve.
2. In another large bowl, combine ground beef, garlic powder and pepper; shape into 4 burgers. Grill or broil, turning once, until desired doneness. Top with cheese and cook until cheese is melted.
3. Serve in buns with lettuce, tomato and coleslaw.

Recipes



Broiled Halibut with Warm Lemon Shallot Sauce

Prep Time: 5 minutes or less
Total Time: 20 minutes
Cook Time: 15 minutes
Serves: 4

Ingredients

- 3/4 cup fat-free, reduced sodium chicken broth
- 1/2 cup chopped shallots
- 1 1/2 tablespoons lemon juice
- 2 tablespoons Promise® Buttery Spread
- 2 teaspoons parsley, fresh, chopped
- 1/2 teaspoon grated lemon peel
- 1 pound halibut fillets, baked/broiled
- 3 cups cooked brown rice
- 8 cups steamed broccoli

Preparation

- 1.** In 1-quart saucepan, bring broth, shallots and lemon juice to a boil over high heat. Continue boiling 10 minutes or until liquid is almost evaporated.
- 2.** Remove from heat. With wire whisk, stir in Promise® Buttery Spread, parsley and lemon peel. Serve over halibut.
- 3.** Enjoy with 3/4 cup of brown rice and 2 cups of steamed broccoli per serving.

Red Beans And Rice Casserole

Prep Time: 35 minutes
Total Time: 1 hour, 10 minutes
Cook Time: 35 minutes
Serves: 4

Ingredients

- 2 tablespoons olive oil
- 3 red bell peppers, chopped
- 2 cups onion, white, chopped
- 3 garlic cloves, minced
- 2 teaspoons chili powder
- 4 cups cooked brown rice
- 1 can (15 oz) kidney beans, rinsed and drained
- 8 ounces cheddar cheese, low-fat

Preparation

- 1.** Preheat oven to 375°.
- 2.** In deep 12-inch nonstick skillet, heat olive oil over medium-high heat and cook peppers and onion, stirring occasionally, 8 minutes or until tender.
- 3.** Stir in garlic and chili powder. Cook, stirring frequently, 1 minute. Remove skillet from heat, then stir in rice, beans and 1 cup cheese.
- 4.** In 2-quart casserole, evenly spoon rice mixture. Bake covered 15 minutes. Top with remaining 1 cup cheese. Bake an additional 10 minutes or until cheese is melted. Garnished, if desired, with chopped green onions.

Garden Vegetable Lasagna

Prep Time: 20 minutes
Total Time: 1 hour, 5 minutes
Cook Time: 45 minutes
Serves: 4

Ingredients

- 1 cup part-skim mozzarella cheese, shredded
- 1/4 cup Parmesan cheese, grated
- 16 ounces cottage cheese, low-fat, low-sodium
- 1 jar (26 oz) Ragu Light Pasta Sauce
- 4 lasagna noodles, cooked and drained
- 16 ounces vegetables, mixed, frozen

Preparation

- 1.** Preheat oven to 375°.
- 2.** Halve the four lasagna noodles crosswise.
- 3.** Thaw and dry your choice of chopped, frozen vegetables on paper towels.
- 4.** In small bowl, combine mozzarella cheese with Parmesan cheese. Remove 1/3 cup mixture; reserve. In medium bowl, combine cottage cheese with remaining mozzarella cheese mixture; set aside.
- 5.** In 8 x 8-inch baking dish, evenly spread 1/3 cup Pasta Sauce. Arrange 2 noodle halves over Sauce. Spread 1/3 of the cheese mixture over noodles, then 1/3 of the vegetable mixture and 1/3 cup Sauce; repeat layers twice. Top with remaining 2 noodles and 1/3 cup Sauce.
- 6.** Cover tightly with aluminum foil and bake 30 minutes. Remove foil and sprinkle with reserved cheese mixture. Bake uncovered an additional 15 minutes. Let stand 15 minutes before serving. Serve with remaining Sauce, heated.

Herb Roasted Chicken & Vegetables

Prep Time: 15 minutes
Total Time: 1 hour
Cook Time: 45 minutes
Serves: 4

Ingredients

- 2 pounds chicken, broiler/fryer, light meat, skinless, raw
- 4 cups baby carrots, fresh
- 2 onion, sweet, fresh
- 20 I Can't Believe It's Not Butter!® Original sprays
- 1 teaspoon rosemary, fresh
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 cups cooked brown rice

Preparation

- 1.** Preheat oven to 425°.
- 2.** Cut onion into wedges.
- 3.** In bottom of broiler pan with rack removed, arrange chicken and vegetables; spray 20 times with I Can't Believe It's Not Butter!® Original, then sprinkle with remaining ingredients.
- 4.** Roast uncovered 45 minutes or until chicken is thoroughly cooked and vegetables are tender.
- 5.** Serve with hot cooked rice.

SlimFast® 3-2-1 Products

3

3-2-1 Snack Bars

Chocolate Nougat Gone Nuts
Chocolate Mint
Chocolatey Vanilla Blitz
Double-Dutch Chocolate
Peanut Butter Crunch Time

2

3-2-1 Meal Bars

Chewy Chocolate Crisp
Chocolate Cookie Dough
Chocolate Fudge Brownie
Chocolate Peanut Caramel
Fruit & Yogurt Trail Mix
Sweet & Salty Chocolate Almond

3-2-1 Shakes

Cappuccino Delight
French Vanilla
Milk Chocolate
Rich Chocolate Royale
Strawberries N' Cream

3-2-1 Powders

Chocolate Royale
French Vanilla
Milk Chocolate
Strawberry Supreme

3-2-1 High-Protein Shake

Extra Creamy Chocolate

3-2-1 Lower Carb Shakes

Creamy Chocolate
Vanilla Cream

Watching carbs?

Substitute SlimFast's Lower Carb shakes for the SlimFast 3-2-1 shake or meal bar, and replace the carbs in your sensible meal with extra protein and vegetables.

Your 3-2-1 Grocery List

1

Here's a list of the groceries you'll need for your sensible meals.

Produce

Apples
Applesauce
Apricots
Baby spinach
Bananas
Bean sprouts
Broccoli
Canned mixed fruit in light syrup
Canned peaches in light syrup
Carrots
Cashews, unsalted
Cauliflower
Cilantro, fresh
Coleslaw mix
Cucumber
Garlic cloves
Grapes
Lemon
Nectarines
Oranges
Parsley
Pears
Plums
Red bell peppers
Romaine lettuce
Shallots
Strawberries (fresh or frozen)
Tomato
White onions
Zucchini

Meat, Dairy & Eggs

Cod
Extra large eggs
Halibut fillets
Lean flank steak

Lean ground beef
Light sour cream
Low-fat American cheese
Low-fat cheddar cheese
Low-fat cottage cheese
Parmesan cheese
Part-skim mozzarella cheese, shredded
Skinless chicken

Spices, Sauces & Condiments

Black pepper, ground
Butter substitute, Promise® Buttery Spread
Chicken broth, fat-free, reduced sodium
Chicken flavor bouillon cubes, Knorr® reduced sodium
Chili powder
Fresh rosemary
Garlic powder
I Can't Believe It's Not Butter® Original Spray
Lime juice
Mayonnaise, Hellmann's® Light
Olive oil
Ragu® Light Pasta Sauce
Ragu® Robusto Pasta Sauce
Salt
Vinaigrette, Wishbone® Light Asian Sesame Ginger

Breads, Rice & Pasta

Brown rice
Italian-style bread crumbs
Lasagna noodles
Small whole-wheat tortillas
Spaghetti
Whole-wheat dinner rolls
Whole-wheat hamburger buns

Misc.

Frozen mixed vegetables
Kidney beans