



## Slim Fast Diet - Ultimate Beginners Guide: Delicious Way To Lose Weight (Life Changing Diets Book 11)

By Steven J Smith

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Slim Fast is a diet that promises you a 1 to 2 pounds weight loss in just 7 days. You need to have two Slim Fast meal replacements, three 100-calorie snacks and your choice of one 500-calorie meal.

Slim Fast is one of America's all-time favorite diets due to its convenience. The meal replacements are pre-packed for your convenience. They also have 100-calorie snacks available so all you need to do is grab and eat. Furthermore, there are no counting calories in this diet. The meal replacements are created to contain the right amount of nutrients, proteins and carbohydrates your body needs.

Slim Fast provides you 1200 calories in a day. Some may say this is low, but you have to take note that you are allowed to have a 500-calorie meal per day. Your Slim Fast replacement meals are available in powder mix, shake or snack bar.

With Slim Fast, all you need to do is eat or drink your meal and snacks. If you are not in the mood to prepare your own 500-calorie meal, there is always a restaurant near you that offers such.

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