

Slim·Fast!

3 · 2 · 1 Plan

Frequently Asked Questions

1. Can I really get balanced nutrition from the Slim·Fast 3·2·1 Plan?

When you combine 2 Slim·Fast meal replacements, 2 to 3 healthy snacks (under 100 calories), and a sensible third meal of 600 calories, you can get all the daily nutrition you need whilst losing weight. The Slim·Fast 3·2·1 Plan provides 1200 to 1400 calories per day, which is a safe and effective level for weight loss. Each Slim·Fast meal replacement gives you a third of your daily nutrition. Meal replacement products such as shakes, bars or soups are nutrient dense fortified foods, designed to replace a conventional meal. They are clinically proven to assist both weight loss and weight maintenance.

2. Is the Slim·Fast 3·2·1 Plan actually proven to work?

Slim·Fast has a number of studies to support its effectiveness.

3. What drinks can I have whilst on the Slim·Fast 3·2·1 Plan?

You can drink as much black tea and coffee as you like. If you use milk in your tea and coffee you need to bear in the mind that the milk you use adds extra calories, so skimmed or 1% fat milk is the best choice. 35mls of skimmed milk (which is the amount typically added to a cup of tea or coffee) contains about 11 calories, 50mls of skimmed milk (which is the amount typically added to a mug of tea or coffee) contains 16 calories.

4. What types of exercise are best to do whilst following the Slim·Fast 3·2·1 Plan?

Any exercise will help you lose weight. Exercise doesn't have to be strenuous or lengthy to be beneficial. Walking is one of the most effective exercises and almost anyone can do it! Ideally you should be aiming to do at least 30 minutes of moderately intense physical activity per day, as your fitness improves then aim to accumulate at least 60 minutes of daily physical activity. Swimming, cycling, and dancing are also great forms of exercise that do not need to be performed in a gym. If you are new to exercise or have any existing medical problems it is advised that you should check with your doctor before starting any type of exercise programme.

5. Does it matter if my balanced meal is under the recommend 600 calories?

It doesn't matter too much if your balanced meal is slightly under the 600 calorie target but if it's too low in calories you might find that you get hungry before your next meal or snack. The SLIMFAST321 plan provides between 1200-1400 calories a day which is designed to help you to lose 1-2lbs a week which is what experts say is a safe level of weight loss.

6. Once I lose weight, how do I keep it off?

For every stone lost you need to eat 150 calories less per day - always. Tactics for weight management include healthy eating and regular physical activity. Continue to replace one meal a day with a Slim·Fast shake, and eat sensibly for the remaining two meals, including 1-2 low-fat snacks. In addition research shows that people who include physical activity in their daily routine are more likely to keep the weight off. Moderate activity, such as 30 minutes of walking or cycling will help you to maintain your weight. Weigh yourself regularly. If you gain a few pounds, restart the Slim·Fast 3·2·1 Plan, until the unwanted pounds are lost. Then, enjoy Slim·Fast everyday to help you stay healthy, fit and energetic

7. How do I resist when my children are eating chocolate?

Out-of-sight-out-of-mind is a good way to deal with food like chocolate which you shouldn't be eating as a regular part of your diet, so put the chocolate away where you can't see it. When you give your children Easter chocolate perhaps you should have a Slimfast chocolate snack like Heavenly Chocolate Delight Snack Bar should you won't feel too hard done by.

8. What shall I do if I know I'm going to have a bad day and want to prepare for this?

One bad day won't ruin the whole diet, so if you've had a bad day or you know you've got a day coming up when you can't stick to your diet as careful as you should don't worry too much, as long as it doesn't happen too often it won't be a problem. Your idea of doing extra exercise the day before or day after is a good one but I won't recommend trying to save calories because without the recommended snacks or calories at each meal you could end up becoming over hungry and this is when people are more vulnerable to over eating or making poor food choices.

9. I've heard that my body will go into 'starvation mode' and hang on to the weight if I cut back my calories too much. How do I know if I'm eating the right amount?

Nutrition experts recommend that the ideal rate of weight loss is between 1-2lbs a week and to achieve this you need to reduce your energy intake by approximately 500 calories a day. The Slimfast 321 plan provides between 1200-1400 calories a day, it is not a very low calorie diet so it shouldn't affect your metabolism. If you're following the plan correctly and losing between 1-2 lbs a week then you know you're eating the right amount.

10. What should I be doing to get myself back into pre-baby shape?

Despite all the pictures you see in magazines, newspapers and online of celebrities and supermodels looking svelte and slender literally weeks after giving birth it takes on average 12 months for new mums to return to their pre-pregnancy weight so you need to give it time. If you're careful with your diet there is no physical reason why losing weight after having a baby should be more difficult but it does require discipline. One study found that women who exercised regularly in the year after the birth of their first child, were on average, 6kg lighter than mums who didn't so if you haven't done so already why don't you join a gym that has crèche or arrange to meet up with other mums that you've met at the ante natal class to go for a walk?