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## Mix & Match Diet

To succeed with weight-loss you need to follow the right diet. So we got a registered dietitian to develop the SLIMQUICK Mix & Match Diet, which can help make dieting easy!

### Diet Overview

The SLIMQUICK Mix & Match Diet is designed using a special seven-day cycle that's unlike any diet you've ever followed and results in optimal weight loss.

#### Days 1 – 6: Moderate Carb

The first six days of the cycle are what we call “medium carbohydrate” days. You eat three meals per day, and the food choices have a proper balance of carbohydrates (carbs), proteins and healthy fats that are needed to nourish your body and give you the energy you need! To keep you from getting bored with the diet, we give you a choice of six different options for each meal. You can mix and match any of the moderate-carb breakfast, lunch and dinner options. You can mix and match any of the moderate-carb breakfast, lunch and dinner options. Just make sure that you mix and match breakfast with breakfast, lunch with lunch and dinner with dinner. For example, don't have a lunch option 3 times a day!

#### Days 7: Low Carb

On the seventh day, we switch your body over to one day with lower carbs. This allows you to take your weight loss even further and reset your glycogen levels in your body. We give you a choice of three different options for each low-carb meal. You can mix and match any of the low-carb breakfast, lunch and dinner options. Once you have finished the seven-day cycle, start back on Day 1 of the Mix & Match Diet.

## Days 1 - 6: Moderate Carb

### OPTION 1 (330 Cal • 35 g Carbs • 27 g Protein • 10 g Fat)

8 oz plain 0% fat Greek yogurt  
1 medium-sized banana  
½ oz walnuts or pecans



### OPTION 2 (320 Cal • 19 g Carbs • 37 g Protein • 11 g Fat)

#### Shake:

25 g whey protein (typically 1 scoop) mixed in  
12 oz low fat milk and 1 Tbsp peanut butter or other  
nut butter + ice



### OPTION 3 (319 Cal • 35 g Carbs • 22 g Protein • 9 g Fat)

#### Omelet or scrambled eggs:

2 large whole eggs + 3 egg whites  
½ cup diced vegetables – mushrooms, bell peppers, onions, zucchini  
1 medium-sized banana

### OPTION 4 (285 Cal • 19 g Carbs • 16 g Protein • 16 g Fat)

#### Waffle:

1 whole-grain waffle (microwavable)  
1 Tbsp butter  
½ cup low-fat cottage cheese



### OPTION 5 (329 Cal • 36 g Carbs • 37 g Protein • 12 g Fat)

#### Oat Bran & Peanut Butter:

½ cup (measured before cooking) oat bran hot  
cereal (make with extra water), add 1 Tbsp peanut  
butter and 1 scoop vanilla-flavored whey protein



### OPTION 6 (329 Cal • 19 g Carbs • 34 g Protein • 13 g Fat)

#### Open faced egg-turkey scramble:

1 slice whole-grain toast topped with  
4 egg whites scrambled and  
4 slices turkey bacon



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Mix & Match Diet

## Breakfast

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## Day 7: Low-Carb Options

### OPTION 7A (355 Cal • 17 g Carbs • 36 g Protein • 14 g Fat)

#### Eggs & Bacon:

5 slices turkey bacon  
6 large egg whites, scrambled or boiled



### OPTION 7B (350 Cal • 18 g Carbs • 28 g Protein • 16 g Fat)

#### Open-faced egg sandwich:

3 large eggs on 1 slice of higher protein bread  
(bread should be about 100 calories per slice)

### OPTION 7C (340 Cal • 20 g Carbs • 35 g Protein • 13 g Fat)

#### Breakfast Bowl:

1 cup low-fat cottage cheese,  
topped with ½ oz walnuts,  
½ cup higher protein cereal (about 70 calories)



## Days 1 - 6: Moderate Carb

### OPTION 1 (520 Cal • 46 g Carbs • 40 g Protein • 19 g Fat)

#### Tuna fish sandwich:

1 can white tuna with 2 Tbsp mayo  
Relish or lettuce if desired  
2 slices whole-grain bread



### OPTION 2 (480 Cal • 45 g Carbs • 35 g Protein • 18 g Fat)

#### Mixed greens salad with chicken:

½ cup chickpeas (garbanzo beans) or other bean, ½ cup chopped tomatoes, ½ cup chopped carrots, 3 oz grilled chopped chicken breast, 2 Tbsp salad dressing (oil & vinegar or Italian) croutons: about 3 Tbsp or 100 calories worth depending on the croutons you choose

### OPTION 3 (530 Cal • 52 g Carbs • 38 g Protein • 18 g Fat)

#### Turkey burger:

4 oz turkey burger made from 95% lean meat, 100-calorie whole-grain bun, lettuce, a few slices of tomato, mustard to season if desired.  
1 large apple (3.25 inch diameter) with 1.5 Tbsp peanut butter



### OPTION 4 (525 Cal • 52 g Carbs • 36 g Protein • 19 g Fat)

#### Chicken wrap:

1 medium whole-grain tortilla (about 200 calories), 3 Tbsp hummus, 4 oz grilled chicken breast strips, chopped or shredded carrots, chopped beets, cucumbers as desired, 1 small piece of fruit.

*Directions: spread hummus on tortilla, top with all other ingredients, fold and eat!*



### OPTION 5 (490 Cal • 42 g Carbs • 41 g Protein • 17 g Fat)

#### Turkey or chicken sandwich:

2 slices whole-grain bread  
3 oz deli chicken breast or turkey breast  
lettuce, tomato, other sliced veggies  
2 slices cheese (1 oz. of cheese)



### OPTION 6 (470 Cal • 48 g Carbs • 35 g Protein • 16 g Fat)

#### Tuna melt:

Mix the following ingredients together: ½ can white tuna, ¼ cup diced celery, dash Garlic powder, dash pepper, 1 Tbsp diced onion (optional), 1 Tbsp mayo  
Place on a 100-calorie English muffin or piece of bread that is brushed with 1 Tbsp light butter and top with 1 slice 1% fat cheese (1 oz) Microwave until cheese is just melted (or use a toaster oven)  
1 large piece of fruit



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## Mix & Match Diet Lunch

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## Day 7: Low-Carb Options

### OPTION 7A (490 Cal • 24 g Carbs • 52 g Protein • 20 g Fat)

#### Half sandwich with salad:

1 slice higher protein bread, 6 oz deli turkey breast, lettuce and a few slices of tomato, add mustard as desired.

Green salad (greens, a few slices carrots and tomatoes) with spray dressing or steamed broccoli and cauliflower, 1 oz almonds



### OPTION 7B (480 Cal • 23 g Carbs • 45 g Protein • 22 g Fat)

#### Fish & rice:

6 oz whitefish (substitute chicken if desired) sautéed in 2 tsp olive oil, season with dill or other herbs

1 cup steamed broccoli and cauliflower

½ cup cooked brown rice

### OPTION 7C (509 Cal • 23 g Carbs • 56 g Protein • 18 g Fat)

#### Chicken & mixed green salad:

6 oz chicken breast grilled, sautéed (in cooking spray) or baked.

1½ cups of mixed greens, 5 baby carrots chopped, about

½ cup chopped tomatoes topped with ½ oz chopped pecans,

2 Tbsp light, oil-based salad dressing.



## Days 1 - 6: Moderate Carb

### OPTION 1 (490 Cal • 48 g Carbs • 33 g Protein • 18 g Fat)

#### Grilled cheese sandwich:

2 slices whole-grain bread, 2 Tbsp light butter (spread on bread),  
2 slices 1% fat cheddar cheese.  
1 cup steamed veggies



### OPTION 2 (500 Cal • 46 g Carbs • 38 g Protein • 19 g Fat)

#### Fajitas:

2 small whole-grain tortillas (100 calories each), 1 cup stir-fry  
veggies (buy frozen for convenience), 4 oz chicken breast strips  
or lean beef strips. Choose either 2 Tbsp guacamole + 2 Tbsp  
sour cream or ½ oz nuts and 1 Tbsp oil to cook meat in



### OPTION 3 (490 Cal • 42 g Carbs • 37 g Protein • 19 g Fat)

#### Egg roll-up:

1 medium whole-grain tortilla (150-calorie tortilla)  
2 scrambled eggs, 2 egg whites, 4 Tbsp salsa,  
½ cup black beans

### OPTION 4 (500 Cal • 50 g Carbs • 33 g Protein • 17 g Fat)

#### Potato & broccoli:

1 medium baked potato or sweet potato topped with (extra on  
the side): ¾ cup 1% cottage cheese  
½ cup steamed broccoli  
½ oz almonds



### OPTION 5 (500 Cal • 48 g Carbs • 37 g Protein • 19 g Fat)

#### Chicken or shrimp pasta salad:

1 cup of whole-grain pasta (measure cooked), ½ cup light  
marinara sauce  
4 oz grilled chicken or shrimp  
Green salad + 1 Tbsp oil-based dressing and ½ oz walnuts



### OPTION 6 (520 Cal • 54 g Carbs • 33 g Protein • 19 g Fat)

#### Chicken and rice:

4 oz grilled chicken or shrimp  
1 cup cooked brown rice  
1 cup stir-fry veggies cooked in 1 Tbsp olive oil



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## Mix & Match Diet Dinner

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## Day 7: Low-Carb Options

### OPTION 7A (500 Cal • 29 g Carbs • 50 g Protein • 20 g Fat)

#### Mixed green salad with Chicken:

Mixed green salad with 1 cup of either sliced strawberries,  
grapes or orange, 6 oz diced grilled chicken breast  
1 oz reduced-fat cheese (such as light cheddar)  
1 Tbsp olive oil and vinegar dressing



### OPTION 7B (520 Cal • 24 g Carbs • 45 g Protein • 26 g Fat)

#### Atlantic salmon:

6 oz. grilled or baked Atlantic salmon on a bed of  
mixed greens, 1 medium sweet potato (2 inch diameter x 5  
inch long), 2 Tbsp light tub butter (soft spread) or  
4 Tbsp light sour cream

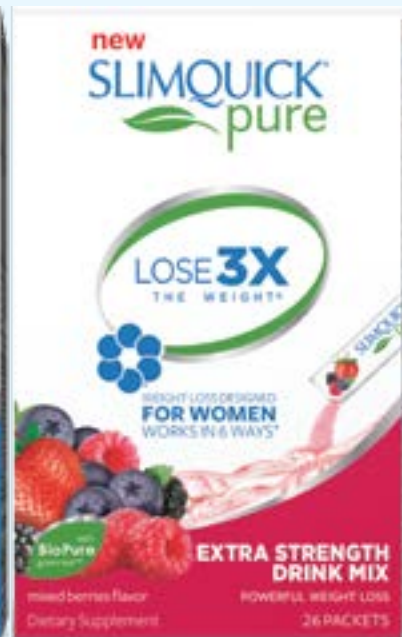
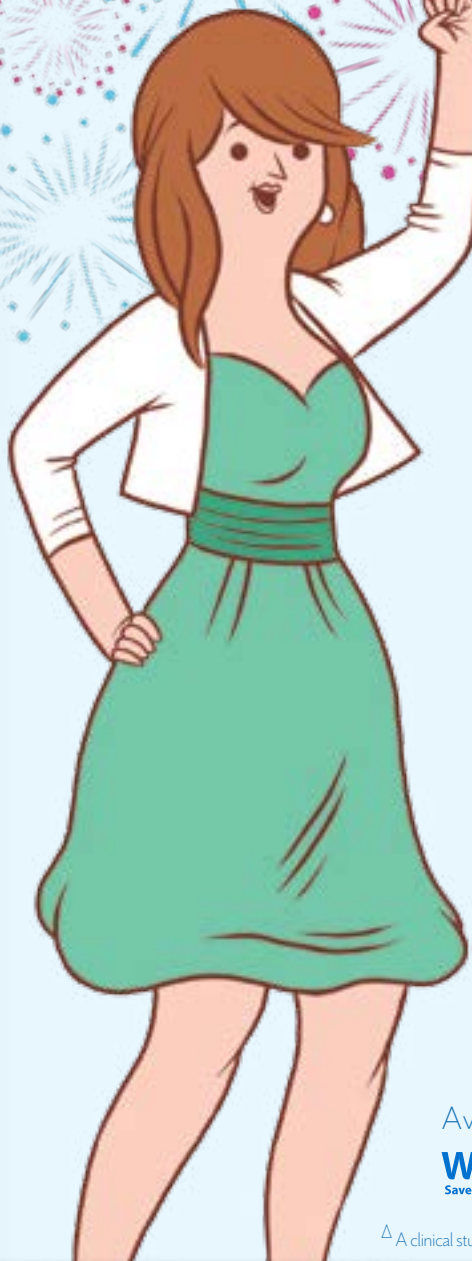


### OPTION 7C (500 Cal • 20 g Carbs • 49 g Protein • 30 g Fat)

#### Open-faced grilled turkey cheese burger:

1 slice higher protein bread  
2 4-oz 95% lean turkey burger patties  
2 slices low-fat cheese  
2 slices tomato

# Lose **3 times** the weight<sup>Δ</sup> with Slimquick® Pure



Start losing **3X** the weight<sup>Δ</sup> today!

# SLIMQUICK<sup>®</sup> pure

Available at:



<sup>Δ</sup> A clinical study has shown that overweight women using Slimquick Pure's key ingredient, along with a 1350 calorie diet, lost 25 pounds vs. 8 pounds with diet alone in just 13 weeks. ©2014. All rights reserved.

# Weight Loss Designed For Women.™