



# SLIM<sup>®</sup> MASTERS

***Free Healthy Eating***  
***Starter Guide***

[www.slimmasters.com](http://www.slimmasters.com)

Follow us on social media: @slimmastersofficial



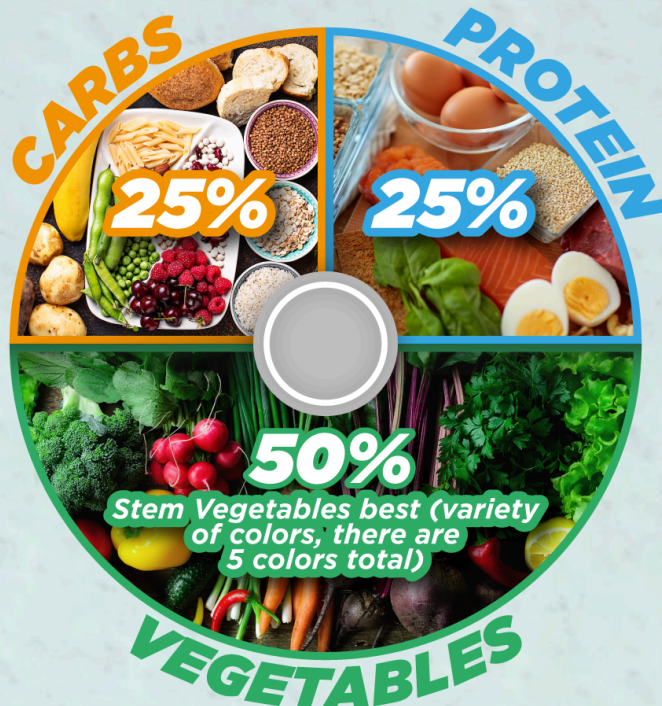


***(Try for 1-2 Weeks—Support Always Available If Needed)***

Begin your journey to healthier eating with these balanced guidelines. We suggest trying them for 1–2 weeks to see how you feel and notice any positive changes. If you have questions or want more tailored advice, support is always here if you need it. If you don't see the results you're hoping for within 1–2 weeks, you're welcome to consider a free consultation for additional guidance.

## **1. Balanced Meals**

- Divide your plate: 25% healthy carbs, 25% lean protein (including eggs or egg whites), 50% vegetables.
  - *Examples of carbs:* brown rice, oats, whole wheat bread.
  - *Examples of proteins:* skinless chicken breast, fish, whole eggs, or egg whites.
  - *Examples of vegetables:* broccoli, spinach, zucchini, salad greens.



- *(These are suggestions—feel free to choose similar healthy options that suit your taste and lifestyle.)*

**[www.slimmasters.com](http://www.slimmasters.com)**

**Follow us on social media: @slimmastersofficial**







## 2. What to Favor

- Prefer mostly poultry, fish, and whole eggs for protein; egg whites are also fine for a lighter option.
- Leafy greens and colorful non-starchy vegetables.
- Whole or minimally processed carbs.
- Aim for at least 64oz (2 liters) of water daily.



## 3. What to Limit

- Take it easy on cheese, butter, mayo, sugar, fried foods, and packaged snacks.
- Eggs: Nutritious but higher in fat—include them regularly if you enjoy them, but do balance with other proteins and nutrition needs.
- Keep an eye on high-calorie portions.
- Try to limit sodas and sugary drinks.



**[www.slimmasters.com](http://www.slimmasters.com)**

**Follow us on social media: @slimmastersofficial**







## 4. Smart Cooking

- Favor steaming, grilling, roasting, or boiling; try to avoid oils and frying.
- Prepare eggs by hard-boiling, poaching, or scrambling without adding butter or cheese.
- Serve creamy dressings and gravies on the side.

## 5. Healthy Habits

- Check nutrition labels and calorie counts when possible.
- Occasional meal prep can make healthy eating easier.
- Aim for 7–9 hours of sleep each night to support health, energy, and weight management.

## Bonus Tips for Success

### Track Your Progress

- Try jotting down what you eat or snapping quick meal photos. Note your water intake and how you feel throughout the day. These small records make it easier to see progress and stay motivated.

### Adjust Portions as Needed

- Everyone's needs are unique. Adjust portion sizes so you feel satisfied (not stuffed). Notice your hunger and fullness cues—let them help guide you.

### Stay Active

- Pairing healthy eating with daily movement—like walks, light exercise, or stretching—can boost your results and overall wellbeing. Pick activities you enjoy and go at your own pace.

**[www.slimmasters.com](http://www.slimmasters.com)**

**Follow us on social media: @slimmastersofficial**





## Be Kind to Yourself

- Starting new habits takes time. Celebrate each healthy choice and step forward, no matter how small. Progress, not perfection, is what counts.

## Mini-FAQ

### What if I slip up?

No worries—just get back on track at your next meal. Progress, not perfection!

### Can I still enjoy my favorite foods?

Yes! Occasional treats can fit, just be mindful of portions and enjoy them guilt-free.

### How Long to Try the Plan

Give these suggestions a try for at least 1–2 weeks. This allows enough time to experience initial benefits and see if the approach suits you.

If you don't feel the results you want after this period, or simply want extra support, consider a free, no-pressure consultation with our team at your convenience.

## Contact Slim Masters

- **US Customers:** Call/Text: (323) 591-4028
- **Outside the US:** Please contact us by email ([info@slimmasters.com](mailto:info@slimmasters.com)), via our website ([slimmasters.com](https://slimmasters.com)), or reach out on social media:
  - Instagram: [@slimmastersofficial](https://www.instagram.com/slimmastersofficial)
  - Facebook: [@slimmastersofficial](https://www.facebook.com/slimmastersofficial)

## Disclaimer

This guide is intended for general informational purposes and is not a substitute for personalized medical or nutrition advice. Individual needs can vary based on your health status, age, lifestyle, and medical conditions. If you have any existing health concerns, dietary restrictions, or medical conditions, please consult your doctor or a registered dietitian before making significant changes to your diet or lifestyle.

**[www.slimmasters.com](https://www.slimmasters.com)**

**Follow us on social media: [@slimmastersofficial](https://www.instagram.com/slimmastersofficial)**





© 2025 Slim Masters.

This guide is for personal use only.  
Please do not reproduce, distribute, or share without permission.

***You've got this—each step you take is progress.***  
*We're here whenever you need us!*



**[www.slimmasters.com](http://www.slimmasters.com)**

**Follow us on social media: @slimmastersofficial**

