



Debbie Sifers designed the Slim Series program to take your body to the next level after you've completed Slim in 6®. Each routine will tone lean muscle, shed fat, and burn calories. Use Slim Series for the ultimate slimming transformation.

This is a high-intensity program based on the Slim in 6 protocol of Slim Training. It's extremely high-intensity and should only be done for four weeks before taking a recovery week. Good luck!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WORKOUT	SHAPE IT UP!	FIRM IT UP!	MIX IT UP!	TONE IT UP!	COOL IT OFF!	TEAR IT UP!	STRETCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<p>Start here after your first 8 weeks of Slim to Me!</p> <p><b>SLIM SERIES EXPRESS</b> Cardio Sculpt! Express</p>	<p><b>SLIM SERIES EXPRESS</b> Cardio Core! Express</p>	<p><b>SLIM SERIES</b> Tear It Up!</p>	<p><b>SLIM SERIES EXPRESS</b> Cardio Sculpt! Express + 8-Minute Abs!</p>	<p><b>SLIM SERIES</b> Shape It Up!</p>	<p><b>SLIM SERIES EXPRESS</b> Cool It Off! Express</p>	Rest day.
Week 2	<p><b>SLIM SERIES</b> Tear It Up!</p>	<p><b>SLIM SERIES EXPRESS</b> Cardio Core! Express</p>	<p><b>SLIM SERIES</b> Tone It Up!</p>	<p><b>SLIM SERIES EXPRESS</b> Cardio Sculpt! Express + 8-Minute Abs!</p>	<p><b>SLIM SERIES EXPRESS</b> Cool It Off! Express</p>	<p><b>SLIM SERIES</b> Firm It Up!</p>	Kick up your feet and relax.
Week 3	<p><b>SLIM SERIES</b> Mix It Up!</p>	<p><b>SLIM SERIES EXPRESS</b> Cardio Sculpt! Express</p>	<p><b>SLIM SERIES EXPRESS</b> Cardio Core! Express + 8-Minute Abs!</p>	<p><b>SLIM SERIES</b> Tear It Up!</p>	<p><b>SLIM SERIES EXPRESS</b> Cool It Off! Express + 8-Minute Abs!</p>	<p><b>SLIM SERIES</b> Tone It Up!</p>	No workout today.
Week 4	<p><b>SLIM SERIES</b> Shape It Up!</p>	<p><b>SLIM SERIES EXPRESS</b> Cardio Core! Express + 8-Minute Abs!</p>	<p><b>SLIM SERIES</b> Firm It Up!</p>	<p><b>SLIM SERIES EXPRESS</b> Cardio Sculpt! Express + 8-Minute Abs!</p>	<p><b>SLIM SERIES</b> Cool It Off!</p>	<p><b>SLIM SERIES</b> Tear It Up!</p>	Take it easy today.

Remember to take your "before" and "after" photos and measurements. Submit your Success Story at [TeamFlexToBody.com](http://TeamFlexToBody.com). We want to see your transformation.

# Slim In 6 Eating Guide

**L Manion**



## **Slim In 6 Eating Guide:**

Sexy in 6 Tracey Mallett, 2007-11-27 By a top rated Exercise TV star a quick and easy fitness program to lose stubborn pounds proven effective for women of all body types      **Flat Belly Diet! Pocket Guide** Liz Vaccariello, 2009-04-14 A companion to the Flat Belly Diet features quick and easy meal solutions shopping and food storage tips advice on how to stick to the plan when traveling or dining out and lists of serving sizes and calorie counts      **Dr. Nieca Goldberg's Complete Guide to Women's Health** Nieca Goldberg, 2009-01-13 Dr Nieca Goldberg provides information to help women understand the changes in their body discusses problems that plague women starting in their mid thirties and offers advice on finding the right doctor for optimal health care      **The 500 Eating Plan** Robert Langford, 2013-12-05 There are thousands of diet books published and yet the statistics tell us that we are all getting fatter The conclusion can only be that diets do not work or this would not be the case The 500 Eating Plan is not a diet but more a radical rethink that looks at weight management in the 21st century It accepts that we eat the foods we do through choice and so phony contrived diets that require us to eat differently are unsustainable as perversely we all return to our foods of choice even though they are the foods that made us overweight in the first place Just wanting to be slimmer is not enough You need a Plan not a diet A Plan that allows you to eat the foods you like and yet still lose weight Trials have proven that the 500 Eating Plan does just that This unique self help guide will enable you to understand the simple science of becoming overweight and also how to reverse it It will empower you to successfully take control of your weight once and for all Welcome to the 500 Eating Plan and to a slimmer healthier you      **The Complete Idiot's Guide to Total Nutrition, 4th Edition** Joy Bauer, 2005-11-01 Good health starts with good nutrition With all the constant debate over diet fads proper nutrition is slipping through the cracks This revised and updated guide places the emphasis on good health by informing families of everything they need to know to get the best nutrition from daily vitamin and mineral intake and facts about fats and cholesterol to advice on shopping for healthy foods and much more Includes updates to the USDA s Food Guide Pyramid New numbers for blood pressure and sodium intake A section on helping overweight children New fiber recommendations for kids A new section on macrobiotics and raw diets      God-given Foods Eating Plan: for Lifelong Health, Optimization of Hormones, Improved Athletic Performance Gary F. Zeolla, 2007-03-01 This book studies different food groups with a chapter devoted to each major classification of foods First the Biblical evidence is considered then modern day scientific research Foods are classified as God given foods and non God given foods A healthy eating plan is composed of a variety of God given foods and avoids non God given foods Unlike other books on this subject this book does not promote a vegetarian diet since God gave us meat for food and meat eating is assumed throughout Scripture with no negative connotations Moreover meat poultry and fish can and should be included in a healthy eating plan The proposed eating plan is also designed to optimize hormones such as testosterone growth hormone and insulin This can produce dramatic differences in a person s health and well being and can lead to a gain in muscle mass and a loss of body fat

It can also lead to improved athletic performance This book also looks at other aspects of athletic nutrition      **Be Fit For Life: A Guide To Successful Aging - A Wellness, Weight Management, And Fitness Program You Can Live With** Steven R Gambert,2010-01-21 Be Fit for Life A Guide to Successful Aging is a self help book for anyone interested in living a happier and healthier life Aging is a life long process and the sooner one accepts this and better prepares for the years ahead the more successful his her aging process will be Dr Gambert a noted authority in the field of aging and medicine takes the reader on a journey that provides information and practical advice on how to best prevent an accelerated aging process avoid disease and recognize and treat problems early This book also offers practical information to help the reader choose the right diet exercise plan and lifestyle that will help promote a more successful aging process      **Superhealth** Steven Pratt,Sharyn Kolberg,2009-01-01 Outlines scientifically supported methods for losing weight fighting disease and improving energy levels by eating strategic food combinations describing a six week program for embracing a healthier lifestyle and detoxifying the body      **The Rough Guide to Tunisia** Rough Guides,2008-11-01 The Rough Guide to Tunisia is the definitive guide to this Afro Mediterranean destination The full colour introduction covers the mile long beaches of the distinctly European northern coast as well as the fortified kasbah s of the mountainous interior and the sub Saharan oases There are lively accounts of all the sights from Roman remains and Islamic monuments to the ancient Medinas of Tunis Sfax and Sousse You ll find two full colour sections that highlight Tunisia s striking architecture and varied wildlife information on the best resorts and exciting excursions into the mountains and desert The guide is fully updated with expanded listings of restaurants accommodation and nightlife for all budgets as well as all the practical grittiness you d expect from a Rough Guide Make the most of your time with The Rough Guide to Tunisia      *The Natural Menopause Solution* Editors of Prevention,Melinda Ring,2013-03-26 The editors of Prevention and integrative medicine specialist Ring distill research into the easy to follow 30 day slim down cool down diet which can help women lose 21 percent more body weight      **Long-Term Conditions** Sue Randall,Helen Ford,2011-04-18 Long Term Conditions is a comprehensive textbook for all nursing and healthcare students and practitioners that explores the key issues surrounding caring for patients with chronic diseases or long term conditions Divided into three sections this book explores living with a long term condition empowerment and care management Rather than being disease focused it looks at key issues and concepts which unify many different long term conditions including psychological and social issues that make up a considerable part of living with a long term condition Within each of the chapters issues of policy culture and ethics are intertwined and case studies are used throughout linking the concepts to specific diseases Key features A comprehensive textbook on the principles and practice of caring for people with long term conditions User friendly in style with learning outcomes further reading useful websites and case studies throughout linking to specific conditions Moves away from a disease focused medical model and takes a needs led approach Uniquely explores the overarching issues of living with one or more long term conditions Focuses on the importance of multi disciplinary team work

and collaborative teamwork in the management of long term conditions      *Ebony* ,1975-09 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine      The Laughing Guide to a Better Life Isaac Prilleltensky, Ora Prilleltensky, 2019-01-21 The motto of this book is smarter through laughter If you can laugh about it you can probably change it The authors use a heavy dose of humor the laughing side and a healthy measure of science the learning side to help you improve yourself your relationships and your surroundings The book introduces the I CAN model which stands for Interactions Context Awareness and Next steps Interactions are powerful determinants of health and happiness There are two skills that can make our interactions healthier the ability to connect and the capacity to communicate Context is also a powerful but often neglected driver of change The contexts of our lives consist of people places and things To leverage context to our advantage we need to master the art of reading cues and changing cues in the environment Awareness is the next driver of change Regardless of where you are in the process of change there is always a next step to strengthen your change maintain your gains and keep thriving To do that you need to make a plan and you need to make it stick The book will teach you how to use these drivers of change to flourish and thrive      **6-Day Body Makeover** Michael Thurmond, 2024-09-24 Want to look great for that special date on Saturday Wish you could firm up for that looming reunion Want to wow them at the wedding next weekend Now you don't have to starve yourself to do it With this groundbreaking guide television's fitness and makeover specialist Michael Thurmond delivers the proven program that allows you to eat more exercise less and shed as much as 10 pounds a whole dress or pant size in just six days Through his 25 years of experience and as a diet and fitness expert on television's Extreme Makeover Michael Thurmond has helped thousands of people from every walk of life take off pounds quickly Now in 6 Day Body Makeover he shares his secrets of accelerated weight loss and reveals his easy to follow proven program to help you shed pounds quickly and keep them off Because no two bodies lose weight in the exact same way Michael has developed an exclusive body type blueprinting system that allows you to customize a diet regimen that's effective for you Just fill out the simple questionnaire pinpoint which of the five types best describes your body and follow the targeted meal plan designed to maximize weight loss for your body type Together with Michael's exclusive fat burning low intensity exercises you'll have a scientifically balanced regimen that can help you quickly lose as much as 10 pounds and keep it off Complete with menus recipes foolproof tips and a maintenance schedule for the seventh day and beyond 6 Day Body Makeover shows you how to Identify the Right foods to spark weight loss Exercise Less while increasing the amount of fat you burn Break through plateaus when the scale won't budge Maintain your weight loss without deprivation or unhealthy gimmicks Quickly take off pounds gained during vacations or holiday time After just six days you'll look and feel so fabulous you'll have the confidence to continue losing until you reach your total weight loss goal      Subject Guide to Books in Print ,1993      *Ebony* ,1975-05 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest

global circulation of any African American focused magazine      **Ebony** ,1975-08 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine      **Notices of Judgment Under the Federal Food, Drug, and Cosmetic Act** United States. Food and Drug Administration,1963      **Nutrition Education Materials** Holly Berry Irving,1987      **Good Eating's Classic Home Recipes** Chicago Tribune Staff,2012-09-18 Good Eating s Classic Home Recipes offers a comprehensive collection of side dishes meals and desserts that were compiled from over 25 years of food reporting by the Chicago Tribune It includes many heirloom family recipes submitted directly by Tribune readers from comforting classics and gourmet twists on popular recipes to culturally unique dishes as diverse as Chicago itself With helpful recipe introductions and tips from food editors Good Eating s Classic Home Recipes is perfect for anyone searching for old favorites and new standards alike This book features a rich array of breakfast and brunch dishes soups and salads pastas poultry beef breads as well as cakes and pies plenty of choices for any home cook looking for inspiration in the kitchen Sweet and savory options for every meal makes Good Eating s Classic Home Recipes a must have resource for holiday cooking and dishes such as Cheesy Grits or Slow Cooker Beef and Guinness Stew are perfect to be shared with family and friends for holidays parties and gatherings of any kind

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## **Table of Contents Slim In 6 Eating Guide**

1. Understanding the eBook Slim In 6 Eating Guide
  - The Rise of Digital Reading Slim In 6 Eating Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Slim In 6 Eating Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Slim In 6 Eating Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Slim In 6 Eating Guide
  - Personalized Recommendations
  - Slim In 6 Eating Guide User Reviews and Ratings
  - Slim In 6 Eating Guide and Bestseller Lists
5. Accessing Slim In 6 Eating Guide Free and Paid eBooks

- Slim In 6 Eating Guide Public Domain eBooks
  - Slim In 6 Eating Guide eBook Subscription Services
  - Slim In 6 Eating Guide Budget-Friendly Options
6. Navigating Slim In 6 Eating Guide eBook Formats
    - ePub, PDF, MOBI, and More
    - Slim In 6 Eating Guide Compatibility with Devices
    - Slim In 6 Eating Guide Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Slim In 6 Eating Guide
    - Highlighting and Note-Taking Slim In 6 Eating Guide
    - Interactive Elements Slim In 6 Eating Guide
  8. Staying Engaged with Slim In 6 Eating Guide
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Slim In 6 Eating Guide
  9. Balancing eBooks and Physical Books Slim In 6 Eating Guide
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Slim In 6 Eating Guide
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Slim In 6 Eating Guide
    - Setting Reading Goals Slim In 6 Eating Guide
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Slim In 6 Eating Guide
    - Fact-Checking eBook Content of Slim In 6 Eating Guide
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development



- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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