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Sal cooks up more delicious dishes from our brand-new book, Slimming World's Happy Days

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*Tuesday \u0026 Wednesday Food*

*Optimising Illness / Slimming World Food*

**Optimising Slimming World Explained -**

**The Basics \u0026 Starter Pack Plus**

**Aldi Haul What I eat in a day on**

**Slimming World \\\ Food Optimising**

~~SLIMMING WORLD BASICS~~ — Syns,

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~~Speed and Free Food Slimming World  
Explained Weightloss plan Slimming  
World/What I Ate Tuesday Food  
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take 5 cook book full flip through Put the  
weight back on after target! What I've  
learnt - Slimming World *Does Slimming  
World work for weight loss? | Nutritionist  
reviews the diet*

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5 slimming world friendly meals in 5 days  
~~SLIMMING WORLD BASICS - HOW IT  
WORKS, SYNS, SPEED FOOD \u0026  
JOINING A GROUP WHAT I EAT IN A  
DAY. SLIMMING WORLD/LOW  
CALORIE EASY MEALS~~ Slimming World  
Weekly Vlog | 12 Week Countdown |  
Week 4 HOW I LOST 3 STONE IN 3  
MONTHS WITH SLIMMING WORLD  
TONS OF SLIMMING WORLD SNACK  
IDEAS FOR 2020! WHAT I EAT IN A

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**DAY TO BOOST WEIGHTLOSS! | SP  
DAY ON SLIMMING WORLD! ALDI  
SLIMMING WORLD HAUL AUGUST**

**2020!** *Little book of menus - Slimming  
World recipe book on sale now Food  
Optimising helped Slimming World  
member Danielle change her relationship  
with food and exercise I tried the  
SLIMMING WORLD DIET for a week  
\*WOW\* DOES IT WORK ? Could you be  
our next Slimming World chef? Share your  
most loved recipe to find out Dr Greger's  
Top 10 Weight Loss Tips – How Not to  
Diet Slimming World Syn-free linguine  
marinara - FREE #slimmingworld  
#foodoptimising I'VE GONE BACK TO  
SLIMMING WORLD! WHY? NEW  
BOOK 2020. *How to maintain your target  
weight at Slimming World. 17 years at  
target* Slimming World Food Optimising  
Book*

He also found that Slimming World's

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Food Optimising eating plan, based on the science of satiety and energy density, meant that he never felt hungry or like he was on a diet. David told ...

Super slimmer becomes 'Rutherglen's Man of the Year' after losing over four stone

How Slimming World works Slimming World's Food Optimising eating plan allows members to eat an unlimited amount of low energy dense "Free Foods" such as fruit, vegetables, fish, lean meat ...

Woman told she'd be dead by 60 if she didn't lose weight

I'd seen a friend's journey on Slimming World and the fantastic results ... but I can honestly say it's great. The food optimising tips and support is really appreciated. No one enjoys standing ...

Shock on the scales led to Slimming

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## World journey Book

With Slimming World's eating plan, Food Optimising, you have the freedom to eat the food you love and never feel hungry. And in group members quickly learn about forming healthy habits a ...

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Slimming World magazine subscription

I can have pasta, burgers, chips and even chocolate. It's easy to incorporate Slimming World's flexible healthy eating plan, Food Optimising, into in my everyday life and it's very adaptable when

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Woman, 21, who tried 16 calorie counting apps to lose weight says ditching them helped shed 7.5st

Members must now book in advance to ...  
Dr Jacquie Lavin, from Slimming World head of nutrition and scientific affairs, said: “The approach behind Food Optimising has always been based on ...

Slimming World groups in West Yorkshire return to community venues after Zoom support throughout lockdown

It was her mum Debbie, who set her on the weight loss path by inviting her to Jo McDonald’s Slimming World group in Bitterne at the end of 2011. She followed the club’s Food Optimising plan ...

Super slimming mum, daughter and best friend share their stories of how they shed

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## the pounds together

With support from her diabetes healthcare team, she followed Slimming World's food optimising plan, which involves certain types of food that can be eaten freely as well as healthy extras and a ...

## Telford slimmer sheds four stone and reverses effects of diabetes

He also enjoyed following Slimming World's Food Optimising eating plan, which is based on the science of satiety and energy density, enabling him to enjoy generous portions of healthy food like ...

## Low Moor slimmer Craig is virtually a new man

Jo, of Chamberlayne Road, Eastleigh went from being a size 26 to a size 10 in the space of 16 months through a Slimming World programme ... go" and thanks to the food optimising plan she was ...



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PHOTOS: Hampshire mum shed a massive nine stone

Colin and Rachel Goodwin from Huntington are part of the Huntington and Stamford Bridge Slimming World Group in York ... trained my brain and now I love food optimising. I still have treats ...

Slimming World York couple's lockdown weight loss triumph

She is in now excited to meet her baby later this summer. Slimming World's Food Optimising eating plan allows members to eat an unlimited amount of low energy dense "Free Foods" such as fruit ...

Woman who couldn't conceive sheds staggering seven stone to become a mum  
she was encouraged to go along with her and adopted Slimming World's Food

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Optimising eating plan. She stocked her cupboards with pasta, potatoes, fruit, vegetables and eggs and lost 5lb in the ...

'I feel like a queen' says top slimmer Lucie, after dropping 16 dress sizes

After joining a Slimming ... food optimising has made to my life. I would like to support others to feel happier about themselves and achieve their goals," she added. Gail is now a trained ...

Telford slimmer Gail sets up own group after shedding the pounds

A 60-year-old Malvern woman says she 'couldn't be happier' after losing almost four stone. Tracy Gajewski, said losing the weight has changed her life and she can now enjoy walking on the ...

Malvern woman's amazing lockdown weight loss has changed her life

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"That's as well as their impressive weight losses while following Slimming World's Food Optimising eating plan and getting more active, of course. To join the Morrisons groups, which are held ...

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