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Over 200 delicious Slimming World recipes for all the family

Clearly, Slimming World does work for some people, particularly in the short-term, but it does have fundamental problems that

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mean it won't work for others even when following the 'rules'. And if someone doesn't get results despite following the rules, it can be really disheartening and they might feel like a failure.

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some of my Slimming World recipes are very vague with the measurements! ... Top Slimming World Recipe Tips: Remember to include speed food to make up one third of your meal.

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lunch super simple  
(something like porridge for  
breakfast, and a salad for  
lunch).

Welcome to Slimming World -  
helping slimmers achieve  
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You don't need to weigh or measure your portions, and it's recommended that Slimming World free food makes up two thirds of your plate at any meal. This is great news for any dieter. Let's take a look at the

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Eggs Fat-free natural  
fromage frais Fat-free  
natural yogurt Low fat  
cottage cheese

How Does Slimming World

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Slimming World. In my last post I wrote about my weight journey and announced that I

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was planning to start Slimming World. You can read that post here if you haven't already. I have decided after careful deliberation that I won't be attending the weekly Slimming World groups – for



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therapy is the part of the group you either love or hate! By staying to group you hear everyone else's weight losses and get support .

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