

SLIMMING WORLD HEALTHY EXTRAS

Here is a list of the most popular Healthy Extra Allowances condensed for quick reference. Though please refer to your Slimming World book for the full list. These are the Slimming World Healthy Extra choices that we recommend that you have as part of a balanced diet. It is meant as an introduction and doesn't include processed foods. We have also left out the nuts and seeds allowances with so many of our readers (and ourselves) suffering from nut allergies.

HEALTHY EXTRA A CHOICES

MILK

350ml Skimmed Milk
300ml 1% Fat Milk
250ml Semi Skimmed Milk
175ml Whole Milk
400ml Skimmed Goats Milk
400ml Unsweetened Plain Soya Drink
300ml Sweetened Plain Soya Drink
300ml Semi Skimmed Lactose Free Dairy Drink
200ml Whole Lactose Free Dairy Drink
250ml Plain Rice Drink

CHEESE

30g Cheddar Cheese
40g Reduced Fat Cheddar
35g Blue Cheese
35g Edam
45g Feta
65g Reduced Fat Feta
50g Mozzarella
70g Reduced Fat Mozzarella
30g Parmesan
75g Reduced Fat Light Soft Cheese
90g Ricotta
2 Dairylea Light Cheese Slices
3 Dairylea Original Triangles
2 Mini Babybel
2 Laughing Cow Original Triangles

HEALTHY EXTRA B CHOICES

CEREALS

40g High Fibre Cereal
35g Bran Flakes
35g Porridge Oats/Oat Bran
35g Raisin Wheatals
35g Fruit & Fibre
30g All Bran
35g Sultana Bran
35g Muesli
35g Puffed Wheat
35g Shredded Wheat/Bibe Sized/Shreddies
35g Quaker Oats Cereal
1 Sachet Quaker Oat So Simple Multigrain
2 Weetabix
1 HiFi Bar

BREAD

60g Wholemeal Bread
2 Medium Slices Wholemeal Bread
2 Medium Slices Gluten Free Wholemeal Bread
1 Large Slice Wholemeal Bread
1 Multigrain Wrap

CRISPBREADS

6 Multigrain Thin Crisps
5 Scan Bran Crisp Bread
5 Corn Thins
2 Ryvita Dark Rye
30g Ryvita Mints

DRIED FRUIT

50g Apple
60g Apricots
50g Figs
40g Goji Berries
50g Pears
65g Prunes

CANNED FRUIT

300g Apple Slices
125g Breakfast Apricots
350g Pears
125g Prunes

COOKED FRUITS

375g Apples
450g Fresh Apricots
300g Blackberries
250g Blackcurrants
350g Damsons
275g Fresh Figs
350g Gooseberries
300g Peaches
350g Pears
400g Plums
150g Prunes
250g Raspberries
350g Redcurrants
500g Rhubarb
275g Whitecurrants

Slimming World Guide

Huangqi Zhang



Slimming World Guide:

The Greatest Guide to Slimming & Healthy Living Wendy Green,2011-06 Slimming healthy living tips and advice to help you Discover why you overeat and harness the power of your subconscious mind to help you lose weight Eat less by changing your relationship with food Learn which everyday foods drinks herbs and Willing's Press Guide and Advertisers' Directory and Handbook ,2002

The World's Easiest Guide to Finances Larry Burkett,2001-01-01 Many financial resources are confusing to the average person Leading Christian financial expert Larry Burkett answers the call for a simplified yet comprehensive guide to financial management with *The World's Easiest Guide to Finances* It is a comprehensive reference work that makes complicated terms and concepts easy to grasp with a touch of humor and builds the confidence of a person of any experience level that they can understand and implement the information Features helpful CD ROM with the following contents Interactive Budgeting Guide Users simply enter their current expenses and this handy guide provides a visual representation of their budgets The Debt Eliminator Users enter debts amounts payment information and interest rates and this helpful tool gives prioritized plans to pay off their debts **Willing's Press Guide** ,2004

Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts **Willings Press Guide** Clare Redman,2007-12 This press guide aims to provide a comprehensive accurate and informative guide to the UK press both print and broadcast and to give details about the leading newspapers and periodicals in the United Kingdom The Essential Guide to the Internet for Health Professionals Sydney Chellen,2015-05-11 First published in 2003 Routledge is an imprint of Taylor Francis an informa company

Slimming World Food Optimising Slimming World,2014-04-30 Having plenty to eat and no forbidden food is every slimmer's dream It sounds too good to be true but it's the approach that has enabled thousands of Slimming World members to reach their target weight the weight they have chosen to be No foods are banned at Slimming World There's no calorie counting and there are hundreds of Free Foods which can be eaten in unlimited amounts The Slimming World diet is designed to make weight loss easy and more enjoyable and this recipe book makes the healthy eating plan available to everyone Packed with nutritional advice lifestyle and diet information as well as over 150 wonderfully healthy recipes simply follow the eating plan and lose weight And by adopting and developing healthy eating habits for life the weight will be lost for good *A Comprehensive Guide to Male Aesthetic and Reconstructive Plastic Surgery* Seth R. Thaller,Mimis N.

Cohen,2024-06-07 This book offers an authoritative and comprehensive overview of the wide range of surgical procedures and non invasive options for the male cosmetic and reconstructive patients Chapters examine the full gamut of unique male aesthetic and reconstructive surgical procedures written by an interdisciplinary team of well known and well respected national and international contributors The book provides an up to date and highly illustrated coverage of existing techniques and innovative new technologies Chapters relay the interplay between the unique male anatomy expectations clinical

implications therapeutic gems and approach to men seeking aesthetic enhancements Each chapter highlights a concise but comprehensive description of the clinical issue augmented by appropriate illustrations related art works and videos When applicable an interdisciplinary style utilizing the expertise of allied specialties such as dermatology facial plastic surgery and oculoplastic surgery are utilized Chapters address key issues and areas not previously included in other books such as Direct excision of nasolabial folds and submental region Facial rejuvenation and other aesthetic procedure available to people of color Surgery for body builders Buried penis Management of hyperhidrosis HIV facial wasting and buffalo hump A Comprehensive Guide to Male Aesthetic and Reconstructive Surgery is a must have resource for plastic and reconstructive surgeons to successfully manage the distinctive unique needs of the male patient [The Rough Guide to Great Britain \(Travel Guide eBook\)](#) Rough Guides,2018-08-04 Discover Rough Guides home patch with the most incisive and entertaining guidebook on the market Whether you plan to tuck into a balti in Birmingham get your thrills at Blackpool Pleasure Beach or tackle Scotland s majestic North Coast 500 The Rough Guide to Great Britain will show you the ideal places to sleep eat drink shop and visit along the way Independent trusted reviews written with Rough Guides trademark blend of humour honesty and insight to help you get the most out of your visit with options to suit every budget Full colour maps throughout navigate the medieval lanes of York or Bath s Georgian streets without needing to get online Stunning images a rich collection of inspiring colour photography Things not to miss Rough Guides rundown of Britain s best sights and experiences Itineraries carefully planned routes to help you organize your trip Detailed regional coverage whether off the beaten track or in more mainstream tourist destinations this travel guide has in depth practical advice for every step of the way Areas covered include London and the southeast the Cotswolds Bath Bristol and the southwest East Anglia the Midlands and the Peak District Leeds Manchester and the northwest Yorkshire Newcastle and the northeast Cardiff and South Wales Snowdonia Edinburgh and the Lothians Glasgow and the Clyde the Scottish Highlands and Islands Attractions include Hampton Court Palace Oxford s colleges the Eden Project Manchester s Northern Quarter Hadrian s Wall the Lake District Portmeirion Welsh castles Edinburgh Festival and the West Highland Railway Basics essential pre departure practical information including getting there local transport accommodation food and drink the media festivals and events sports and outdoor activities Background information a Contexts chapter devoted to history and film plus recommended books Make the Most of Your Time on Earth with The Rough Guide to Great Britain **Insight Guides The Greek Islands (Travel Guide eBook)** Insight Guides,2018-06-01 Insight Guides all you need to inspire every step of your journey From deciding when to go to choosing what to see when you arrive this is all you need to plan your trip and experience the best of the Greek Islands with in depth insider information on must see top attractions like Santorni and the Ionian Islands and hidden cultural gems such as exploring the islets of gios Evstrtios and Tlendos Insight Guide Greek Islands is ideal for travellers seeking immersive cultural experiences from exploring the best museums to discovering the best local foodie specialities In depth on history and

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