

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 Sultanina Bran
35g Muesli
35g Puffed Wheat
35g Shredded Wheat/Bibbe 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 Extra Easy Guide

David Vizard



Slimming World Extra Easy Guide:

The Yin Yang Guide to Weight Loss - lose weight through the balance and harmony of the ancient Chinese tradition of yin and yang Lily Li Hua, 2018-02-22 China is ranked as one of the world's slimmest nations and the secret to its people's healthier and happier lifestyle has been ingrained in its culture for thousands of years they believe that life should be aligned with nature and follow the basis of the yin and yang theory of balance the 2000 year old philosophy from the philosopher Lao Tzu that states a part can only be understood through its relationship to the whole In THE YIN YANG GUIDE TO WEIGHT LOSS Chinese doctor and nutritionist Lily Lihua lets you into these ancient slimming and wellness secrets as well as providing easy recipes and exercises that you can easily incorporate into your daily life Learn how life should really be lived to help you lose weight feel energised and be in control of your health and well being **Slimming World: World of Flavours** Slimming World, 2012-08-31 If you've ever thought that curries pasta or hamburgers were the scourge of slimmers think again The Slimming World approach to food optimising means that you don't have to miss out on your favourite foods you can enjoy quick and easy exotic meals every day of the week This cookbook from the UK's leading slimming organisation takes in all manner of international cuisine You'll be able to indulge in Italy's irresistible plates of pasta India's spicy curries China's noodle and stir fry dishes as well as an array of mouthwatering recipes from France Spain Greece Morocco Thailand the USA and Mexico Packed with all the nutritional diet and lifestyle information you need if you're following the Slimming World food optimising plan as well as more than 120 delicious low fat recipes this book is ideal for anyone who is trying to lose weight or simply those looking for an exciting selection of healthy flavoursome dishes **Soup Maker Recipes - 54 Delicious Family Soup Machine Recipe Favourites** Recipe This, I am a HUGE addict when it comes to my soup maker machine It is a dream when it comes to cooking Throw in a few simple ingredients into your soup maker and then let the soup maker do the hard work These 54 soup maker recipes are the result of 3 years of soup making I got the first soup maker I owned when I was pregnant with my daughter who has just turned 3 It has now been used more times than I can remember These 54 soup machine recipes are favourites in our household It also includes plenty of delicious sauces that you can also make in your soup maker **Practical Guide to Obesity Medicine** Jolanta Weaver, 2017-09-29 Get a quick expert overview of the many key facets of obesity management with this concise practical resource by Dr Jolanta Weaver Ideal for any health care professional who cares for patients with a weight problem This easy to read reference addresses a wide range of topics including advice on how to unpack the behavioral causes of obesity in order to facilitate change manage effective communication with patients suffering with weight problems and future directions in obesity medicine Features a wealth of information on obesity including hormones and weight problems co morbidities in obesity genetics and the onset of obesity behavioral aspects and psychosocial approaches to obesity management energy and metabolism management and more Discusses pharmacotherapies and surgical approaches to obesity Consolidates today's available information and

guidance in this timely area into one convenient resource [Slimming World's Everyday Italian](#) Slimming World,2014-04-30
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Reader review The recipes are inventive and tasty yet easy to prepare Reader review This cookbook from the UK s leading
slimming organisation shows you how healthy Italian food can be and how it can in fact help you to lose weight The simple
delicious recipes embrace the Italian love of wholesome food ensuring you won t go hungry From tasty starters such as
Tuscan Bean Soup to main courses such as a Creamy Smoked Salmon Pasta with Dill Steak Tagliata with Roasted Vine
Tomatoes or Pumpkin Chilli and Sage Risotto you can experience the best of Italian cooking in your own home There are
even plenty of irresistible guilt free desserts including Chocolate and Banana Tiramisu and Raspberry Pannacotta Packed
with all the nutritional diet and lifestyle information you need if you re following the Slimming World food optimising plan as
well as more than 120 delicious recipes beautifully photographed this cookbook is ideal for dieters or simply anyone wanting
an exciting selection of flavoursome healthy recipes **Dating Guide for the mature woman** Octavia Ria,2006

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- Chapter 1: Introduction to Slimming World Extra Easy Guide
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This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Slimming World Extra Easy Guide.

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