

Slimming World Food Directory 2014

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Here are a selection of our showcase Speakers that will feature at WTM 2014. Food Fanatic - Recipes, Menus and Cooking Advice www.foodfanatic.com Food Fanatic is your destination for recipes of all kinds, from breakfast to dinner to dessert and everything in between. Related searches Slimming World Food Directory Slimming World Free Foods List

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Rice/Pasta/Grains – Slimming World Free Food. Buckwheat Bulger Wheat Couscous Dried Noodles, Plain* Dried Pasta, All Varieties* Dried pasta, wholewheat/wholemeal* Pearl Barley Quinoa Rice** *fresh pasta and noodles carry a Syn value. **Microwave rice pouches, e.g. Tilda, carry a Syn value. Seafood – Slimming World Free Food. Fish Products: Caviar Cod Roe

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Enjoy all your favourite food without the guilt with Iceland ' s exclusive Slimming World range of syn-free dinners. Whether you ' re an avid Slimming World member, or looking for quick, healthy meals to stay on track, we have a huge range of delicious low-calorie dishes for every day of the week.

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Slimming World recommend you try to eat at least two portions of fish a week and one portion of oily fish a week. Meat & Poultry. To make sure the meat and poultry you are eating is free choose the leanest cut available. Mince should be less than 5% fat for it to be considered a free food. Make sure you remove all visible fat and any skin from poultry.

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Slimming World Syns For Savoury Snacks (by type) Snack a Jacks Salt & Vinegar Jumbo 2 syns each; Snack a Jacks Sweet Chilli (22g bag) 4.5 syns each; Walkers Sensations Poppadoms Lime & Coriander Chutney 3 syns; Download the printable version here: Slimming World Syns List. Knowing what treats I can have will help me stay on track with Slimming World.

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