

# 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 Wheats  
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  
60g Wholemeal Roll  
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

# T Guide Slimming World

**SJ Ball**



## **T Guide Slimming World:**

**The 500 Eating Plan** Robert Langford,2013-12-05 There are thousands of diet books published and yet the statistics tell us that we are all getting fatter The conclusion can only be that diets do not work or this would not be the case The 500 Eating Plan is not a diet but more a radical rethink that looks at weight management in the 21st century It accepts that we eat the foods we do through choice and so phony contrived diets that require us to eat differently are unsustainable as perversely we all return to our foods of choice even though they are the foods that made us overweight in the first place Just wanting to be slimmer is not enough You need a Plan not a diet A Plan that allows you to eat the foods you like and yet still lose weight Trials have proven that the 500 Eating Plan does just that This unique self help guide will enable you to understand the simple science of becoming overweight and also how to reverse it It will empower you to successfully take control of your weight once and for all Welcome to the 500 Eating Plan and to a slimmer healthier you **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 *The Harcombe Diet 3-Step Plan*

Zoë Harcombe,2013-05-09 A word of mouth bestseller *The Harcombe Diet* has already transformed the lives of thousands of people by helping them to lose weight permanently Now let it do the same for you New and easy to follow *The Harcombe Diet 3 Step Plan* takes you through the 3 stages of the unique Harcombe programme The first stage will help you lose up to 7lbs in 5 days and by completing all three stages you ll permanently change the way you eat In *The Harcombe Diet 3 Step Plan* Zo Harcombe explains how dieting makes us fatter and induces three common conditions which cause uncontrollable food cravings By following the 3 Step Plan you can overcome these conditions and lose weight not by counting calories or starving yourself but simply by eating real food You ll start this diet to lose weight You ll stay on it because you ll feel healthier than you can every remember and you ll lose weight **The Complete Mumsnet**

**Guides** Mumsnet,2011-06-06 *The Complete Mumsnet Guides* brings together the wisdom of Pregnancy *The Mumsnet Guide Babies* *The Mumsnet Guide and Toddlers* *The Mumsnet Guide* *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      **Willings Press Guide 2006 V1 United Kingdom** Waymaker Publishing,2006-02  
Now distributed by Thomson Gale the Willings Press Guide has been the world s leading international media directory for  
125 years It provides extensive professionally researched coverage of the UK and international print media national and  
regional newspapers magazines periodicals and special interest titles      **Subject Guide to Books in Print** ,1993      The  
World's Easiest Guide to Finances Larry Burkett,2001 Offers advice concerning debt reduction retirement investments  
insurance and how to create and live by a budget      *The Knot's Complete Guide to Weddings in the Real World* Carley  
Roney,Knot (Firm),1998 Planning for the big day Here are the most up to date answers to all your questions in the first book  
from the editors of The Knot the largest online wedding resource Overwhelmed by the countless questions and details that  
planning your wedding entails Don t despair The Knot s Complete Guide to Weddings helps you make all the critical decisions  
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details Plus Coping with stressful family situations dealing with interfaith issues and maintaining strength sanity and  
romance through it all      **Reader's Guide to Periodical Literature Supplement** ,1930      Serials in the British Library  
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practice acknowledging the importance of promoting normality where possible This text includes physiology explanations of  
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Tannehill,Neltje Marie Tannehill Shimer,1988 An author subject index to selected general interest periodicals of reference  
value in libraries      **Health Education Index and Guide to Voluntary Social Welfare Organisations** ,1974      **The All**  
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