Join a warm and friendly Slimming World group near you today...

BELFAST

St. Josephs Primary School, 1 Slate Street Grosvenor Road Wednesdays 7:30 pm Mob: Paddy 07871 979206 *New Group from 17th January*

> we look forward to seeing you there!

special offers...

- Free membership when you buy a 12-week Countdown between 24th December 2017 and 20th January 2018, plus 12 weeks for the price of 10 – saving £19.90 (pay £49.50 on week one)
- ♥ Half price membership save £5 (pay £9.95 on week one)
- Five or more friends join together, all get your first week free (pay just £5 each on week one)

Standard membership fee is £10 and weekly group fee is £4.95. See website fo

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Friends Hannah and Faye have both reached their dream weight with Slimming World. Here's their story...

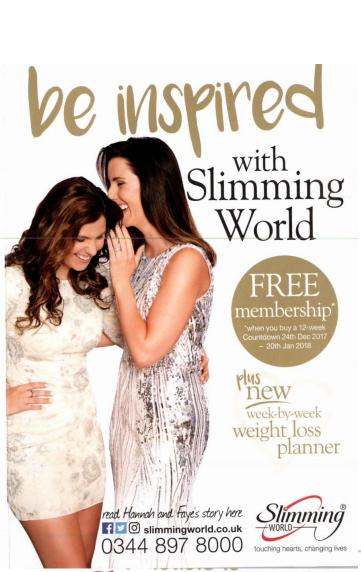
"Before we lost weight, neither of us felt as if we were living life to the full. We didn't enjoy shopping for clothes, we'd make excuses not to go out and we both dreaded seeing photos of ourselves.

We'd both tried different ways to lose weight — but never managed to stick to anything, and whatever we did lose went straight back on. Then we joined Slimming World — Faye joined first — and everything changed. The group welcomed us with open arms, and they supported and celebrated with us every week for weak coming up it was never a problem because we knew that we'd get the help we needed and still lose weight.

We each found a new way of cooking that suited our individual tastes — enjoying our favourite meals like curry pacta bakes and chips, without ever feeling hungry or guilty. Northing holds us back now — were loving life, we've found a new best friend and we've full of newfound confidence!

If you'd love to lose meight and live your life to the full, join your local Slimming. World group We promise you you'll be glad you did!"

Hannah & Faye



Slimming World

breakfast - sunny side up

Poached **eggs** and **tomatoes** on top of two slices of wholemeal toast followed by a big bowl of fresh **melon** and **grapes**.

lunch - chicken pasta salad

Make a salad of cooked shredded skinless chicken, spring onions, peppers, gherkins, cherry tomatoes and rocket. Add dried pasta that's been cooked and cooled, and stir in fat-free vinaigrette. Follow with a big bowl of fresh fruit and a fat-free yogurt.



snacks

Lots of fresh fruit, carrot sticks, 3 Mini Babybel light cheeses and a small bag of Cadbury Buttons.

dinner – beef and mixed bean chilli with rice

A delicious and warming chilli made with lean mince beef (5% fat or less), peppers, onion, tomatoes and canned beans, served with boiled rice. Enjoy with a ½ pint of lager or a small glass of wine.

Food written in **bold** is Slimming World's Free Food® which you can enjoy freely, without measuring or counting!

Find this recipe and more...
slimmingworld.co.uk

