

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 for details.

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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. If we had a tricky week 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, pasta bakes and chips, without ever feeling hungry or guilty. Nothing holds us back now – we're loving life, we've found a new best friend and we're full of newfound confidence!

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

Hannah & Faye  
x

# be inspired with Slimming World

**FREE**  
membership\*

\*when you buy a 12-week  
Countdown 24th Dec 2017  
– 20th Jan 2018

plus  
**new**  
week-by-week  
weight loss  
planner

read Hannah and Faye's story here

[f](#) [t](#) [i](#) [@](#) [slimmingworld.co.uk](http://slimmingworld.co.uk)

0344 897 8000

**Slimming**  
WORLD  
touching hearts, changing lives

## Slimming World day!



### 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](http://slimmingworld.co.uk)

