

## Slimming World Extra Easy Entertaining

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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 that 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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Extra Easy; Freezer Friendly; gluten free; Kid Friendly; Meal in less than 30 mins; SP friendly; Syn Free; Vegetarian; by ingredient. dairy. milk; yoghurt; cheese; quark; eggs; fish and seafood. crab; Mackerel; salmon; shrimp; fruit. apple; berries; banana; mango; pear; pineapple; grains and legumes. baked beans; beans; chickpeas; lentils; oats; quinoa; rice; meat. bacon; beef; ground beef / beef mince; ham; lamb; pork; sausages

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### **slimming world extra easy - video dailymotion**

A great guide to the Slimming World healthy extra B. If you are looking at following the plan and still very confused check out my ultimate guide to HEB. If you are new member of Slimming World and still completely confused I would highly recommend starting at Step 1.

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Slimming World pea and ham soup. Tomato and basil sauce. Chicken jalfrezi. Vegetable biryani. Chicken korma. Carrot and red pepper soup. Cheeseburger pasta bake.

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Pour the stock over the chicken and vegetables, cover with foil and bake in the oven for 1½ hours until the potatoes are soft and the chicken is tender, removing the foil for the last 10 minutes of cooking. Bring the tray to the table and let everyone help themselves. Recipes taken from Slimming World's Extra Easy Entertaining recipe book.

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