

“How I overcame secret eating - and lost 12st 9lbs”

Slimming World

magazine

MAY/JUNE 2023

Meet mum of two Sascha

‘My 6st confidence makeover’



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Find the Syn values of all advertised products on page 75

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COVER & CONTENTS CREDITS Cover – photograph: Paul Buller. Styling: Danielle Elmes-Hughes. Hair & make-up: Liz Kitchiner. Sascha wears: Jacket, ASOS. Top, Zara. Shorts, Reiss. Shoes, Next. Earrings, Accessorize London. Left – photograph: David Cummings. Styling: Charlotte Smythe. Hair & make-up: Sarah Bullett. Jackie wears: Dress, Next. Shoes, New Look. Earrings, Claire's. Belt, Zara. See p119 for stockists

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- 81 Chicken fajitas Free SP
- 39 Chicken traybake Free
- 57 Griddled chicken with giant couscous & spring veg, 6 Syns*
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- 54 One-pan baked chicken & orzo Free
- 66 One-pot Cajun chicken rice Free
- 47 Orange & paprika chicken with Mexican corn, 2½ Syns
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- 48 Salt beef sarnies with chips & chimichurri, 6 Syns*
- 48 Sticky pork yakisoba Free

FISH & SEAFOOD

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- 56 Easy pesto, 6 Syns* V
- 50 Indian potato patties with spiced cauliflower & chutney Free Vegan
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All of our recipes have been tried and tested to make sure they're bursting with flavour, easy to follow and will keep your weight loss deliciously on track!

Look out for these symbols on our recipes:

- Free Free when Food Optimising
- SP Extra Easy SP recipes packed with Speed Free Food and P Food; perfect when you want to lose a little more in a little less time
- V Suitable for vegetarians
- Vegan Suitable for vegans
- * Suitable for freezing for up to 1 month

*Deduct 6 Syns if using the Parmesan or Parmesan-style cheese/wholemeal bread as a Healthy Extra
 **Deduct 7 Syns if using the wholemeal pitta bread as a Healthy Extra

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● See page 75 for a full list of Syn values of advertised products.

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Natural
FLAVOURS

GIVE IT A
SHOT

WHICH WILL YOU GIVE A SHOT?

READY IN
5
MINUTES



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At *Slimming World Magazine*

we're celebrating a very special birthday... This year, we're 25!

Back in 1998, when the Spice Girls topped the charts, Tony Blair was Prime Minister and the first copies of *Slimming World Magazine* went on sale in Slimming World groups, who would have imagined that a quarter of a century later we'd be carrying the whole of the internet in our pocket, or that we'd live so much of our lives online?

Yet, in our fast-paced world, with so much information competing for our time and attention, **there's still nothing**

like that special time spent with your magazine. We aim to be a trusted source of information in your lives – cutting through the confusion to give you fact-checked advice grounded in the psychology of weight loss; insightful expertise you can use; and delicious, tried-and-tested slimming recipes. **We're also at the heart of the Slimming World community**, not just physically (we're based at Slimming World's head office in beautiful Derbyshire), but in spirit, too – connecting members up and down the UK and Ireland, and beyond, bringing their experiences to life, so you've always got that midweek support. It's an absolute honour for us to hear and share your inspiring stories of weight loss success, and how it transforms every aspect of your lives.

We're also all about creating a moment for you, enabling you to find a quiet place snuggled up on the



sofa or in the bath...just focusing on your weight loss journey. No pop-up ads or notifications, no below-the-line comments and absolutely no fake news!

That's all down to our fabulous team (who I've managed to coax in front of the camera for once), who are devoted to making every page of the magazine as inspiring and informative as it can be. They really are a joy to work with.

Having a dedicated magazine was the dream of Slimming World's founder, Margaret Miles-Bramwell. And on page 112 she explains why, from the outset, it was important to her

that every single page reflected the respect, care and understanding that makes Slimming World so special.

***Slimming World Magazine* has always been all about you**, so to celebrate, we've been speaking to 25 members about the special milestones they've marked since the magazine first went on sale (see page 20). If you'd like to celebrate with us, our show-stopping, two-tier watermelon cake on page 60 will add the wow factor to your party. And for a happy and glorious coronation weekend, our afternoon tea on page 86 means you can toast King Charles in style.

Whether you're new to the magazine, or you've been with us since day one, we'd love to thank you for being part of our fabulous community of readers. You make this magazine what it is, and you inspire us every single day.

Sara
x

SARA WARD, EDITOR

25TH
BIRTHDAY
ISSUE



MEET THE MAGAZINE TEAM: (left to right) Julian, advertising manager; Marie, chief sub editor; Laura, deputy chief sub editor; Joanne, deputy art editor; Vicky, deputy art director; Briony, art assistant; Zoë, associate editor (copy); David, art director; Sara, editor; Bethany, junior sub editor/writer; Emma, publisher; Natalie, production co-ordinator; Lola, production and workflow co-ordinator; Rachel, features editor; and Sarah, deputy editor

Celebrating 25 years of *Slimming World Magazine* with you

MEET SOME OF THIS ISSUE'S SLIMMERS



Putting our eating plan to the taste test helped Amy Gilbert keep her meals exciting all week long!

**Amy has lost
3st 7lbs – p64**



A photograph shocked Josh Beal into action – now he's 8st 1½lbs lighter and feeling camera confident.

**Josh has lost
8st 1½lbs – p94**



Carolann Hicks writes a letter to her past self, sharing the amazing things her weight loss will bring.

**Carolann has lost
12st 9lbs – p12**



Now over 10st slimmer, Emma-Jane Phillips is helping others achieve their slimming dreams.

**Emma-Jane has lost
10st 2lbs – p23**

IN EVERY ISSUE

EXPERT ADVICE

Our features will help you to understand yourself as a slimmer, with fascinating psychological insights that work in the real world

TESTED RECIPES

All of our recipes are Slimming World approved, Syn counted and road tested to help you slim

REAL JOURNEYS

Our first-person stories show true transformations and share the genuine emotions of weight loss

GET IN TOUCH!

We'd love to hear what you think about the magazine. Write to us at *Slimming World Magazine*, Clover Nook Road, Alfreton, Derbyshire DE55 4SW, call 01773 546 071, or email us at editorial@slimmingworld.co.uk



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Pretzel bunnies

Spring into Easter with our sweet and savoury treats – they're as tasty as they are cute!

A LITTLE EFFORT

MAKES 14
SYNS PER BUNNY ½
READY IN 15 minutes

14 salted pretzels (or a 22g pack)

3 standard white marshmallows (we used Haribo Chamallows)

Pink or red, and black food colouring paste or edible cake decor pens

YOU'LL ALSO NEED

Small piping bag

Cocktail sticks

1 Line a baking tray with baking paper. Spread the pretzels on top in a single layer.

2 Put the marshmallows in a small, microwaveable bowl with 1 tsp water. Microwave on low for 45 seconds,

stirring halfway with a metal or silicone spoon. Be careful not to let the marshmallows get too hot – they should be just melted and smooth.

3 Scrape the marshmallow into the piping bag and snip the end to make a tiny hole. Quickly, but carefully, pipe the mixture into the pretzel holes. Use a cocktail stick to tease the mixture into the corners. Leave to stand for 5 minutes until the marshmallow has set.

4 Dip the end of a clean cocktail stick into the pink or red food colouring. Now dab a tiny dot onto the marshmallow in the bottom hole of each pretzel for the nose. Next, dip a clean cocktail stick into the black food colouring, then dab 2 dots above the noses for the eyes.

5 Use a palette knife to lift the bunnies off the paper (you might need to give them a gentle shove) and arrange on a plate. Serve straight away.

GETTING STARTED

If you're new to Slimming World and Food Optimising, turn to page 66 for a quick introduction to the plan



SHARE YOUR CREATIONS

#SWMagazineMakes

A letter to my *former self*

At 23st, Carolann Hicks was struggling to see any kind of future. Now over 12½st lighter, she writes a message of hope to herself back then, sharing how family life is about to get better than she ever dreamt possible



BEFORE

Feelings of shame and guilt stopped me from reaching out for help

Dear Carolann,

As I write this, you're sitting in the car park outside your first Slimming World group on a dark winter evening, feeling nervous and a bit sick. You've no idea just how much kindness and support is waiting for you, after struggling so long on your own. In a week's time, you'll be 9lbs lighter. You won't believe that now because you're on the brink of tears - feeling ashamed of your size and wracked with guilt about even being here, when you could have stayed home with the girls. *I can't do this*, you're thinking. *I'll just drive away, no one will know*. You won't, though - you'll open the car door and stand outside, dreading being the biggest in the room and fearful the chairs won't hold your weight. I promise you, though, the moment you step inside, into the warm, your life will change forever...

You grew up the youngest of three; clever and confident. Then your teenage years got tough and you turned to food for comfort, eating chocolate and crisps in secret. You kept up your bubbly front, but felt like a fake because you were hurting inside. Taking hairdressing at college was an ordeal - you



Meet Carolann

Carolann Hicks, 41, is a social worker and Slimming World's Woman of the Year 2022. She lives in Par, Cornwall, with her partner, Simon, and their daughters, Kaitlin, 16, and Isobel, 12

Height: 5ft 5ins

Starting weight: 23st

Weight now: 10st 5lbs

WEIGHT LOST:
12st 9lbs

Carolann is a target member of Elaine Minear's Slimming World group in St Blazey, Cornwall

were surrounded by slim, image-conscious girls and there was no avoiding the mirrors. At 19, you met Simon, who loved you for you. Before long you'd switched from hairdressing to caring for adults with learning difficulties. It suited you, because you were always better at focusing on others than looking after yourself.

You were 17st when you fell pregnant in your 20s, and you cringed when the doctor said: 'We need to address this weight, don't we, love?' At your first scan the sonographer told you: 'We're having trouble seeing the baby due to the size of your belly.' You laughed it off because the alternative was crying. You couldn't have your baby in the local hospital where you were born, as being 'high risk', you had to go to the main hospital in Truro.

Living on the sidelines

You're failing your children before they're even born, you thought. Maybe if you'd voiced your thoughts to Simon or your friends they could have put things into perspective, but feelings of shame kept you silent. Baby Kaitlin was born perfectly healthy and was soon joined by a sister, Isobel. As they grew, so did you. On a day out at a fun park, your bottom was too big to fit into the mini train and you didn't dare risk the roller coaster. Remember when you fibbed that pedalos made you sick and held the coats instead? As you stood and waved at your family from the lakeside, you felt grateful they were too far away to see the tears in your eyes.

When you went to your GP about your weight, he prescribed you slimming pills that upset your >

MY SLIMMING WORLD JOURNEY



FEB 20: A month after joining and over 1st lighter



JULY 20: I'd lost more than 5st by my 39th birthday



BEFORE
As my girls grew, so did I, and I couldn't be as hands-on as I wanted to be



stomach. Then he mentioned weight loss surgery, which only added to your increasing feelings of shame. *Are things really so bad that an operation's my only option?* you thought. You went home and smothered your feelings with food: a habit that by now felt impossible to stop. You'd have pastries for breakfast, then biscuits, crisps and cake as snacks, before having a pasty for lunch. Then on your way home from work, you'd stop at a drive-through to buy three burgers and chips that you'd eat in your car, hiding the wrappers. After eating with your family in the evening, sometimes you'd creep down to the kitchen in the middle of the night.

Taking a leap

You were spiralling downwards, unable to speak to anyone about how you felt. Then came a glimmer of hope. Your niece had joined Slimming World and you were following her impressive weight loss on Instagram, so when an advert popped up in January 2020, you decided there was nothing to lose. You instantly felt bad for thinking about spending time and money on yourself rather than your girls, but somehow you dug deep and drove there. I'm so proud of you, brave Carolann – you're just a few steps away from a very different future from the one you've imagined.

If only you could fast forward to the moment you walk into group and see the Consultant, Elaine,



Me with my younger daughter, Isobel, and my partner, Simon, who've backed me from the start



OCT 20: On holiday I was 6st 12½lbs slimmer



DEC 20: By Christmas I'd almost got my 8st award!



APR 21: I did the virtual 5K Race for Life with my group



MAY 21: Getting active with the girls, 9st 2½lbs lighter



AUG 21: Reaching new fitness heights!

‘My meals have gone from beige to glorious technicolour, and I often get the girls cooking with me’

heading over to you with a beaming smile. Another member will hand you a cup of tea, saying: ‘Come and sit with us.’ There are people of all ages, shapes and sizes, and you’ve never felt so immediately accepted. At the end, at your private weigh-in

with Elaine, you’ll steel yourself to step on the scales, then ask her to write the number down in your new-member book because you can’t bear to see it. Back in the car, when you read 23st, the tears come. Then, do you know what? You don’t drive to a petrol station to buy grab bags of crisps, as you would have done before, because what Elaine told you about Food Optimising gave you hope – you dry your eyes and head home, ready to give it a go. It won’t be anything like you’re expecting. You’ll adapt favourite meals, such as spag bol and roasts, and your family will barely notice the difference. For lunch, you’ll have pizza toast with tomatoes, spinach, cheese and chicken, and you’ll have fruit salads of pineapple, kiwi, berries, mango and melon with fat-free natural yogurt. With all that fruit and veg, your meals will go from beige to glorious technicolour! And you’ll be bowled over when you get back on the scales the next week to find you’ve lost 9lbs! It will feel so good when all the members cheer for you. Elaine won’t put you under any pressure to set a target weight. You decide to keep your goals small yet meaningful to you, such as being able to do up your own shoelaces and not needing a seat belt extender the next time you fly.

Week on week the scales will reward you, and your group are just as happy for you as you are. You’ll learn the importance of staying for the full group session, especially if you’ve had a disappointing weigh-in, because that’s when you get personalised support for the week ahead. You realise how important it is to talk through your feelings with your new ‘tribe’ – even more so if you’ve veered off track. Nobody judges you, ever, >



DEC 21: Joining in the ice-skating fun



MAY 22: Weighing in at 10st 7lbs and reaching target!



JUNE 22: The Rainbow Run with my daughter, Kaitlin



AUG 22: No longer worrying about the weight limits!



AUG 22: Paddleboarding for the very first time!

and that helps to lift the sense of shame you've carried around since your teens. When you share your feelings about eating in secret, others will nod and you'll know they've been there, too. You won't feel excluded any more, as if you're on the sidelines of everyone else's lives. You'll join in the banter and make new friends, and when you laugh, it will feel real, not an act.

You've always been the one to help fix other people's problems, at the same time as having felt unable to fix yourself. Now you have a toolkit of books, an app, a Facebook group, recipes and more, and you're determined to make the most of them all. At the minute, you have to rock yourself to get up off the sofa - in a few months, you'll be following a couch to 5K app until you're running for 30 minutes solid. How you'll treasure each and every one of the Body Magic activity awards you receive in group, all the way to Platinum!

Feeling the love

Nine months after joining Elaine's group, flying to Greece on holiday, you're over 6½st lighter. The regular seat belt will have inches to spare and you'll take a snap to share with your group, along with the words 'I did it!'. Within seconds, messages of congratulations and support will pop up. They won't be your only cheerleaders, of course, because Simon and the girls back you from the start. Isobel will mark your progress by hugging you around the middle, and her eyes will sparkle when her fingers stretch to meet for the first time. The more weight you lose, the more you're able to do with the kids. Trust me, it will feel brilliant, screaming beside them on theme park rides. While you're now confident enough to see you were never really a 'bad' mum, being so hands on with Kaitlin and Isobel is priceless.

At group one week, Elaine will talk about the power of writing a letter to your old self, as a way of seeing how far you've come. You remember reading a letter like this in an issue of *Slimming World Magazine* and how much it had struck a chord with you. Feeling inspired, you decide to give it a go. It's hard to write, because it's so emotional, but it's



CAROLANN WEARS

p13: Dress, New Look. Trainers, Lotus. Necklace, Lovisa. Ring, Accessorize London

p14, 15 and above: Jumpsuit, Phase Eight. Apron, stylist's own. Earrings, New Look. Bracelet, Accessorize London

p17: Dress, Nobody's Child. Shoes and bracelet, both Phase

Eight. Earrings, ASOS. Ring, New Look

ISOBEL WEARS

p14, 15 and above: Jumper, Debenhams. Jeans, Isobel's own. Earrings, New Look.

SIMON WEARS

p15: Top, ASOS



NOV 22: Winning Slimming World's Woman of the Year!



NOV 22: I finished my first-ever 10-mile race



FEB 23: Sharing my journey to Woman of the Year and a 12st 9lb loss with Slimming World's head office team

INTERVIEW: CHRISTABEL SMITH; PHOTOGRAPHS: PAUL BULLER; STYLING: SHARNA VALENTINE; HAIR & MAKE-UP: ALICE THEOBALD; SEE PT19 FOR STOCKISTS



BEFORE

I put on a bubbly front, but really I was spiralling downwards

something you'll turn to throughout your weight loss journey, and even now. As well as keeping you focused on your 'why', it reminds you to always be kind to yourself.

You'll take your weight loss step by step, half a stone at a time. If you have a week where you gain or maintain, you'll feel a bit grumpy, but group will come into its own, reminding you how far you've come. You open up to Simon, too, and he's astounded by how much you dealt with alone. Your relationship has always been strong, but now that you're not keeping your feelings a secret, it's even stronger. You'll set your target at 10st 7lbs, then smash it in May 2022 - you'll see that magic number on the scales, then later hear your group's roar of delight when Elaine hands you your certificate. You think back to that first night at group, and remember feeling selfish about indulging in me-time and spending money on yourself. You know now that it's the best investment in your future - and your family's future - you ever could have made.

Now feeling full of motivation in all areas of your life, there's no stopping you! You'll qualify as a social worker, sign up for the London Marathon and win Slimming World's Woman of the Year 2022. And you'll feel like a winner every single day. You'll do a fun run with Kaitlin, crossing the finishing line hand in hand, and cook with both of your girls, making healthy meals they can enjoy all their lives. Vegetable curry is Kaitlin's favourite and Isobel's keen on cheeseburger pasta bake. When you go clothes shopping, you actually enjoy seeing your reflection in the mirrors as size-10 dresses slip over your hips. The biggest transformation of all will be on the inside, though. All that guilt and shame has lifted away, and you feel like your true self.

How can I describe how good that feels, as you stand outside your first Slimming World group? I don't need to, because right this second, you're going to take a deep breath, push open the door and find out for yourself... ●

Love from Carolann x

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REFLECT ON YOUR SUCCESS

As we mark our special birthday, we'd love to know what you're celebrating. Whether it's feeling great in a new outfit, going for a promotion or starting a new active hobby, it's worth taking a moment to toast those non-scale victories. So join us over the next few pages, as we celebrate 25 years of dreams coming true...



25TH

BIRTHDAY
ISSUE

We all have so much to *celebrate*

We can't quite believe it ourselves, but *Slimming World Magazine* is 25 years old! To mark a quarter of a century since we first hit the shelves, we asked 25 amazing slimmers to share the special moments, experiences and opportunities they've been celebrating as a result of their weight loss success



LOST
12st 2lbs



'I'm a proud godmum'

"You'll have to get baptised so you can be Bella's godmother!" my friend, Aimee, said to me as we were discussing her daughter's christening. A few years earlier, being the centre of attention would have terrified me, but after slimming down six dress sizes I was able to properly enjoy my own ceremony.

Then, instead of hiding at the back of photos on Bella's big day, I was proud to be right there in the frame with her, and we have memories we can both cherish forever.'

Carrie Osborne, 41, lost 12st 2lbs and attends the Ashford group

**HERE'S
TO US!**



'Joining Slimming World helped me overcome social anxiety after being isolated in lockdown, and I recently celebrated my 90th birthday with all my friends at group!'

David Cookson, 90, lost 1st 7lbs and attends the Thornton group

'When I was being photographed for the cover of the magazine in 2017, I had no idea I was pregnant – with twins!'

Holly Snoxell, 39, lost 6st 2lbs and attends the Putnoe group



'Posing for the official photographs in my dream wedding dress when I married Iain, my partner of 12 years, was the best feeling in the world.'

Natalie Uglow, 30, lost 1st 7½lbs and attends the Thrapston group



'I've maintained my weight loss with Slimming World for over 20 years and it's really boosted my confidence. I have alopecia and now you'll often see me out without a wig.'

Linda Duncan, 54, lost 3st. She's a Consultant with groups in Colchester



'I took part in the London Marathon in October 2022 – and ran the whole 26.2 miles. It was the first time I'd felt confident enough to run wearing shorts and a vest. The entire experience was amazing and I'm incredibly proud of what I achieved.'

Samantha Rose, 43, lost 1st 11½lbs and attends the Timperley group



'Gout and joint pain used to stop me from exercising. Now I run 5km three times a week, alongside martial arts, weight training and spinning. There's no stopping me!'

Jaginder Singh, 60, lost 4st 9½lbs and attends the Poplar group

LOVING LIFE AS A FIT AND HEALTHY MUM



'Since my slimming success story was in the magazine in 2019, I've welcomed my beautiful baby boy, Lennon, into the world. He's 10 months old now and he's the best thing that's ever happened to me!'

Charlotte McNally, 36, lost 3st. She's a Consultant with groups in Chinnor and Princes Risborough

'I'm embarking on a brand-new career as a Slimming World Consultant, and I can't wait to see what the future holds!'

Benjamin Gilham, 34, lost 3st 7½lbs and runs the New Ferry group



'I've transformed my health'

'My doctor had told me that my weight was making my epilepsy even more severe. Amazingly, I haven't had a seizure for six months now, and my neurosurgeon truly believes that the improvement is down to my weight loss. I'm 11st lighter and I feel like I can take on the world!'

Sophie Ratcliffe, 29, lost 11st and attends the Hayle group



LOST 11st

'Before I lost over 21st, my self-esteem was so low I rarely left the house. Recently, I went to Cornwall with my sister, and we swam in a geothermal pool and hiked up to Tintagel Castle. It was glorious!'

Harriet Peacock, 47, lost 21st 8lbs. She's a Consultant with groups in Brickhill and Bedford



LOST
10st 2lbs



'Losing weight opened up my whole world'

'At a size 24, I needed a "plus-size" wheelchair, and it made it hard to get around. Once, when I was working as a senior lecturer at a university, the platform lift broke because my chair and I were over the weight limit. Now over 10st lighter, I zip around in a sporty little

chair and I've even done a 10-mile fundraising event in it! I love being able to help others: I've raised £27,000 for charity and I'm a Slimming World Consultant. Nothing holds me back – I enter pageants that celebrate confidence and charity work, and I feel fantastic dressed up to the nines!

Emma-Jane Phillips, 50, lost 10st 2lbs and runs the Chirton and Felling groups

'Pole fitness had always appealed, but I didn't have the confidence. Then, as I got slimmer and got support to get active, I redefined myself – the kid with sick notes for PE is long gone! I love it – it's great for my strength and my mood.'

Fraser Walker, 24, lost 3st. He's a Consultant with groups in Grangemouth



'The last few months have been a whirlwind! Since appearing in this magazine, I've been photographed for Slimming World's "Yes you can" advertising campaign and crowned as the Mr Sleek competition winner for 2023.'

Joe Thompson, 36, lost 5st ½lb and attends the Woodford Green group



'As a former soldier, I wanted to show my respects to the late Queen Elizabeth II. My weight loss meant I was able to queue all night for the lying-in-state at Westminster.'

Graham Holloway, 77, lost 6st 2½lbs and attends the Solihull group

SHINING BRIGHT AFTER 25 YEARS



'My husband, Julian, and I got married 25 years ago in Mauritius. I felt fabulous when we returned to the sun to celebrate our silver anniversary in Mexico.'

Natalie Simpson, 56, lost 6st ½lb and attends the Carlisle group



'I'm celebrating 25 years as a Slimming World Consultant in 2023. I've never missed an issue of the magazine and it provides endless inspiration for members in my groups.'

Dianne Hall, 54, lost 7st 2lbs and runs groups in Hornchurch and Romford



'Since joining Slimming World I'm not afraid of stepping outside of my comfort zone. This year, I put my cossie on and swam for the first time in 25 years!'

Charlene Griffith, 42, lost 1st 7lbs. She's a Consultant with groups in Highbury and Walworth

LOST
20st 7lbs



'I lost weight and found my soul mate'

'Before I discovered Slimming World, I was in such a low place I couldn't imagine ever finding my forever person. From the first day I met Amber she accepted me for who I was, who I'd been, and everything in between – I knew I'd found a keeper! I booked a night away at Chilworth Manor, where we'd held my mum's wake a few years earlier. Mum had never met Amber, and I know she would have loved her, so it was lovely to feel her presence there. After dinner, we sat down in a cosy area with a fireplace, I got down on one knee and asked Amber to spend the rest of her life with me...and she said yes!'



Jon Vidler, 46, lost 20st 7lbs and attends the Chandlers Ford group

**NEW
HORIZONS**



'These days there's nothing I love more than planning new adventures with my partner, Tina. From zip lining to driving around Silverstone – I feel like Action Man!'

Nigel Roberts, 56, lost 9st 7lbs and is an online member



'Before I began Food Optimising, you'd never find me in the kitchen. Now, I absolutely love cooking, and I'm always finding inspiration in *Slimming World Magazine*.'

Marielyne Butler, 44, lost 1st ½lb and is an online member



'Losing weight made me eligible for double knee replacement surgery. I can finally walk pain free again, and it's given me a new lease of life!'

Paddy McCabe, 48, lost 9st 10lbs and attends the Drogheda group

'It's never too late to change your life! I joined Slimming World aged 78 because I was struggling to walk, and now I've been slim, active and walking-stick free for over seven years.'

Francis Tumilson, 86, lost 5st 11½lbs and attends the Finham group



'When I did my first skydive, I couldn't find a jumpsuit to fit me, even in the men's section. Slimming World changed all that. Here I am on my second – exhilarated and wearing a jumpsuit from the women's range!'

Tracey West, 56, lost 4st 5lbs and attends the Llanelli group

'I'm excited to be working on getting Slimming World on Referral into the NHS Trust where I work, to pay forward all the kindness shown to me.'

Sarah Wynter, 40, lost 6st 12lbs and attends the Hereford group

Share the
MOMENT

NEW

ZERO

CALORIES GREAT TASTE



Available in **TESCO**

shloer.com

POUNDS LOST: 1



POUNDS TO GO:



7
A little
progress
each day
adds up
to **GREAT**
results

Your summer INSPIRATION BOARD

With the sunshine season just around the corner, here's a creative way to boost your motivation...



5
HOLIDAY GOAL
REWARDS

- ½ st - Sunglasses
- 1 st - necklace
- 1½ st - shorts
- 2 st - Spray tan
- 2½ st - Swimming cossie!





Build your board!

Use a pinboard, magnets on your fridge door, or stick pictures into a notebook.

The key isn't what your slimming inspiration board looks like; it's that you find everything on it joyful, uplifting and motivating. Here are some ideas...

1 Tracking how many pounds you've lost helps you appreciate every little step – and there's something sooo satisfying about moving a peg (or two) across each time the scales move!

2 Is there an event you're really looking forward to this summer, where you'd love to feel your best? Whether it's a festival, a holiday or a wedding, a reminder of it on your board can help you keep your eyes on the prize.

3 You can't beat a Slimming World certificate or shiny sticker for an instant boost. Say you're aiming for your Gold Body Magic award – think back to how you felt when you smashed Silver, and it's an incentive to get active now.

4 Planning your meals, then buying what you need for the week is a proven way to set yourself up for success. Scan the QR code below for our printable planner.

5 Rewarding yourself can supercharge your motivation – plan in a few fab buys for your holiday or event to give your treats a summer-themed spin.

6 Pop a photo (or two, or three) on your board to represent what you'd love to achieve from weight loss. Is it a place you'll go, the people you'll have the energy to spend quality time with, something you'll wear? Seeing your 'why' will spur you on.

7 Add a quote or phrase that lifts your spirits and puts you into a positive mindset. Scan the QR code below to download the postcard (far left), or write or print out any words that fire you up. Your summer of success starts here! ●

Scan the QR code to download your free meal planner and inspirational quote postcard



certificate of congratulations awarded to

Annie

silver body magic

well done sparkling success

Alex
24/3

Slimming WORLD
touching hearts, changing lives

Weekly Meal Planner

	BREAKFAST	LUNCH	DINNER
MONDAY	Cheesy omelette	pulled pork roll	mixed bean chilli
TUESDAY	Overnight oats	Jacket, cheese & beans	Egg & chip traybake
WEDNESDAY	Potato hash	Chicken & veg soup & a roll	spag bô?
THURSDAY	Cereal & berries	Chicken couscous salad	Mac 'n' cheese
FRIDAY	Baked oats	Leftover mac 'n' cheese	Curry night
SATURDAY	Scrambled eggs	burger in a bowl	fajita Saturday
SUNDAY	Cooked breakfast	Tuna & sweetcorn sarnie	Roast dinner



Me before (top),
then 2½st slimmer
(below) and feeling
so much more
confident

‘The Passover dish I love to share with my family’

Food is a huge part of Leoni Bookatz’s culture, and her lightened-up recipes mean she can celebrate important Jewish festivals and stay on track

FOOD PHOTOGRAPHS: GARETH MORGANS

Leoni, 42, is a Slimming World Consultant. She lives in Salford, Manchester, with her husband, Lance, and they have eight children. Leoni is 5ft 2ins tall and weighs 12st 3lbs, having lost 2½st. She runs groups in Crumpsall, Manchester

‘Will we have photographs taken?’ my son, Dovid, asked me as we chatted about plans for his bar mitzvah in six months’ time. It’s an important moment in any young Jewish person’s life, and he was excited, especially after having seen his older brother’s ceremony a couple of years earlier. ‘Yes, of course we will,’ I said. ‘No, I mean photos with you,’ he said. ‘We don’t have any from Avraham’s bar mitzvah and I’m worried that

when you’re gone there’ll be no pictures of you.’ Dovid’s words brought me up short, and I realised he was right. After eight pregnancies and the weight gain that had come with them, I was constantly hiding from the camera and in danger of erasing myself from the family photo albums. Was it worth even trying to slim down, I wondered, given the role food played in our lives? The Shabbat (Jewish Sabbath) starts with a big meal on Friday night, a celebratory lunch on Saturday, then a synagogue service with cakes and pastries. It’s like having Christmas every week! I was determined not to disappoint Dovid, though, and a few days later I walked into my local Slimming World group.

I’d always liked cooking, and growing up in a large Jewish family, food was a big deal in our house. So I was delighted to >

made with love



Leoni's
meatballs
in tomato sauce,
recipe on p30

made with love

find out I could carry on making our traditional meals with a few simple Food Optimising changes. By the time Dovid's bar mitzvah took place six months later, I was 2½st lighter, and happy to pose for photos to add to the family album.

A couple of years on in January 2020, I became a Slimming World Consultant myself. I knew Judaism could bring its own unique weight loss challenges, as big families meant lots of weddings and bar mitzvahs, never mind festivals like Passover and Hanukkah. Having seen how well the plan worked for a kosher lifestyle, though, I felt passionate about sharing this with my community. Some of my fondest memories were of sitting around the Passover table with my grandfather and all the uncles and aunts, and I knew how rewarding it would be to help my Jewish members enjoy it in the same way while doing something positive for their health.

“I’ll be hosting Passover this year, and we’ll be making memories that our children will treasure”

Passover starts with a Seder plate set out with food symbolising the Israelites' flight from slavery in Egypt. It's used as a visual aid as we tell the story: a burnt egg and lamb bone represent the Temple sacrifices; bitter foods such as onion and romaine lettuce reflect bitter times; charoset – a sweet mixture of fruit, nuts, spices and wine – symbolises the building mortar used by the slaves; and parsley or celery dipped in salt water represents the tears shed. Then we have a celebration dinner of chicken soup, followed by meatballs and mashed or roast potatoes with veg like cabbage. One of the things I love about Food Optimising is how well it lends itself to the Passover meal. The Jewish day starts at nightfall, so by the time we've got through everything it can be past midnight!

Passover is on the 15th day of the Hebrew month of Nisan, the first month of Aviv (spring). This year it falls on 5 April and I'll be hosting it at home with Lance, the children, my mum and members of our community who don't have family, and we'll be making memories that our children will treasure in years to come. And hopefully my meatballs will go down well, because one thing you can guarantee at a Jewish gathering is there's always plenty of discussion about the food!

THE SEDER PLATE
Passover is an important Jewish festival that commemorates the Israelites' liberation from slavery, and the Seder plate tells this story through food

Leoni's meatballs in tomato sauce

EVERYDAY EASY

Serves 4

Free

READY IN 45 minutes

500g lean beef mince (5% fat or less)

1 red onion, grated and liquid squeezed out in a clean J-Cloth or tea towel

1 medium egg white (keep the yolk for the mash)

10g fresh flat-leaf parsley, finely chopped, plus extra to serve

400g asparagus spears

FOR THE TOMATO SAUCE

Low-calorie cooking spray

1 onion, finely diced

2 garlic cloves, crushed

2 x 400g cans chopped tomatoes

2 sprigs of fresh rosemary

Splash of red wine vinegar

FOR THE MASH

1kg floury potatoes, such as Maris Piper or King Edward, peeled and chopped

2 medium egg yolks*

1 Mix together the beef, red onion, egg white and chopped parsley until well combined. Divide the mix into 20 equal portions, then use your hands to roll them into balls. Spread on a baking tray lined with baking paper. Pop the tray in the fridge while you carry on with the rest of the recipe.

2 To make the tomato sauce, spritz a non-stick saucepan with cooking spray and put over a medium heat. Cook the onion for 5-6 minutes until softening. Add the garlic with a splash of water, cook for 2 minutes, then add the tomatoes, rosemary and vinegar. Season, bring to a simmer and cook for 10-15 minutes, stirring often, until thickened. Once it's ready, take out the rosemary stalks, but leave in any leaves. Set aside.

3 Once the sauce is simmering, start the mash. Boil the potatoes for 15-20 minutes

until soft. Keep a mug of the cooking water, then drain and return the potatoes to the pan off the heat. Mash, then stir through the egg yolks and enough of the cooking water to make it smooth and spoonable, and season.

4 When the potatoes are nearly ready, spray a non-stick frying pan with cooking spray and put over a medium-high heat. Fry the meatballs for 5-6 minutes, or until cooked through, turning every now and then so they brown evenly. While they're cooking, boil the asparagus for 3-4 minutes, then drain. Bring the sauce back to piping hot.

5 Divide the mash, meatballs and asparagus between 4 plates. Spoon over the sauce, add a twist of black pepper and scatter with the extra parsley to serve.

*Pregnant women, the elderly, babies and toddlers are advised to have eggs showing the British Lion stamp if eating raw or partially cooked eggs. If not using British Lion eggs, always ensure the eggs are cooked through



Me with my daughter, Yehudis (above), and sons, Dovid (left) and Shlomo (right)



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Meet Sascha

Sascha Ross, 30, is a senior business development manager. She lives in Leighton Buzzard, Bedfordshire, with her fiancé, Kevin, and their daughters, Evie, 13, and Poppy, two

Height: 5ft 5ins

Starting weight: 16st 3½lbs

Weight now: 10st 1lb

WEIGHT LOST:
6st 2½lbs

Sascha is a target member of Gail Strangways' Slimming World group in Leighton Buzzard

Sascha's dressed *for* SUCCESS

After losing over 6st, Sascha Ross's confidence is soaring at work, home and special occasions. Here's how she made the mindset changes that helped weight loss finally stick – all the way to her dream target



BEFORE

Trying to find something to wear for special events was always a chore

There was a time when getting up on the morning of an important pitch for new business meant sifting through the wardrobe and finding absolutely nothing to wear. Today, as I flicked through my clothes, my only challenge was choices, choices, choices! Something red? A pastel top and skirt, maybe? Within an hour, I was standing in front of potential new clients telling them about our IT and telecoms products, feeling super confident. They seemed impressed with my knowledge of the industry and what we had to offer, and I answered all their questions without a hint of nerves – even Lord Sugar wouldn't have fazed me! My boss, Lindsey, had been at my side throughout my pitch. 'That was brilliant,' she said once we'd walked out of earshot. 'Well done!' My confidence in doing these presentations had come on leaps and bounds, and more often than not they'd won us the business.

Since losing 6st 2½lbs with Slimming World, it wasn't so much about how I looked now, but the difference it had made inside. I felt good about myself, and that shone out of me. Aside from heading up pitches, I regularly went out to networking events and spoke to all manner of people, and introducing myself to >

strangers to tell them about our business held no fear. The amazing thing was, I couldn't have imagined doing any of that a year before. Back then, I'd been at my lowest point, and there'd been only one thought in my mind: I need to go back to my Slimming World group. It was the days of working from home and online meetings. A combination of comfy trousers (unseen below the camera), being a few steps from the fridge, the stresses of the pandemic, and juggling work and homeschooling, meant I'd gained weight. And how I hated those video calls: being confronted with that image of myself on screen and not liking what I saw. Before the first lockdown, I'd been a Slimming World member and lost a stone and a half. Then, when we went into lockdown, I'd decided to take a break. For a while, I carried on with my healthier new habits, such as using low-calorie cooking spray, and my partner, Kevin, still cooked a lot of our favourite Slimming World recipes. It was half-hearted, though, and before too long I was furloughed from my job as an account manager for 10 weeks. With only homeschooling my daughter, Evie, to keep me away from the cupboards, I soon fell into the trap of watching a movie with a bag of crisps or packet of biscuits.

Around the same time, something wonderful happened – well, two things! I fell pregnant again, and Kevin and I got engaged. While I couldn't wait to marry Kevin, the thought of how I'd look in a wedding dress put me off setting a date. My usual method of clothes shopping involved sending off for five items online and hating them all when they arrived. And any photos of me dressed up at pre-lockdown weddings and black tie work dos just reminded me how much I wished I was slimmer. As my baby bump grew, I thought back to how things had been when Evie was born. As a first-time mum, I'd be too busy feeding her to have breakfast, meaning I was ravenous by lunchtime and would pick up a supermarket meal deal. By evening, I felt too shattered to do anything except bung a ready meal in the microwave. My weight had gone up during maternity leave, which is what had brought me to Slimming World the first time around. This time, I knew that didn't have to happen again, because I had all the tools available to help me eat healthily while caring for a baby. I knew Food Optimising worked – I just needed to get back to group for that weekly dose of support and motivation.

I went back to Slimming World when Poppy was four months old and, from that very first group session, I knew I had made the right decision. The first time I'd been a member, my starting weight had been 15st 10lbs. This time it was 16st 3½lbs and I was barely fitting into stretchy size-18 maternity clothes. It was the heaviest I'd ever been, but even before I saw those numbers, I knew I was ready to make big changes. And even though I'd heard the new-member talk before, now I realised there was so much I'd forgotten! It reminded me that Food Optimising wasn't about denying myself, it was about eating more of what was good for my weight loss; that Speed Free Foods made a meal even more slimming, and how Syns meant I could have a little of what I fancied every day without a hint of guilt. Once IMAGE



BEFORE
I couldn't wait to marry Kevin, and longed to feel confident on my big day

Therapy started, the part of the session where members get personalised support for the week ahead, I got even more ideas, such as making enough spag bol or chilli to have leftovers for the next day's lunch, so when I had my hands full, there'd be something ready. The other members had great ideas for new recipes to keep things interesting, too, and within a couple of months, I'd already lost my first stone. Still, the thought of setting myself a dream target was daunting. Could I really keep this up and get all the way there this time? Kevin and I had now booked a venue for the wedding, and I wanted to feel my absolute best. But what did that look like? I'd been 16 when I had Evie, and I'd never been slim as an adult...

As a new year dawned, Poppy was 10 months old and another fresh start was on the horizon. My boss, Lindsey, decided to set up a new business, and asked me to come on board and help her build it. My weight loss motivation had been wavering over Christmas, but the prospect of a new beginning got me fired up again. When I chatted through my doubts about setting a target, Hannah, my Consultant, said: 'Well, why not start with your Club 10?'. This meant losing 10 per cent of my weight, which worked out at a stone and a half. Hannah explained it was a great goal because losing 10 per cent of my body weight would bring all kinds of health benefits, including lowering blood pressure, and my risk of stroke and type 2 diabetes – which seemed like a pretty good place to start! Now with something to aim for, I lost about half a stone every month, and could see it coming off when I looked in the mirror. By Easter, I was clutching my Club 10 certificate and ready to set a new target. Knowing that I'd done it once, I decided to shoot for another stone and a half.

Every time my motivation wavered, I thought about the wedding and how I was going to feel in that dress – slim and confident. And it was working! Week after week my clothes were getting a little bit looser, until they were so baggy they were consigned to the charity box. After almost a year, and with my size-14 trousers slipping down, I called Lindsey and my maid of honour, Vicki. 'Fancy coming wedding dress shopping with me?' I said. That weekend, as I stepped through the doors of a bridal shop, I couldn't wait to get started. 'I want to try on as many dresses as possible,' I said to the assistant. I didn't have a style in mind, I just wanted to see what suited me and enjoy the sheer joy of having so many dresses to choose from. Soon we were onto the next shop, and the next... The trouble was, now practically everything fitted – something I'd never experienced before. How would I ever narrow it down? In the end, I came up with a system. I'd choose one dress from each shop, decide on two among them that were the prettiest and finally, with Vicki and Lindsey's help, pick the winner. After dreading it for so long, I'd never dreamt wedding dress shopping would be this fun!

As I'd been losing pounds, I'd been feeling more and more energetic, and the time seemed right to start my Body Magic journey to help keep the weight off. I remembered how I'd once enjoyed completing a couch to 5K app, so I decided to >



“When I went shopping for my wedding dress, the sheer joy of having so many to choose from was a new feeling for me”



My day on a plate

THEN

Breakfast Bacon sandwich from the food van, or toast with peanut butter

Lunch Supermarket meal deal of a sandwich or wrap with crisps and a fizzy drink

Dinner Pasta bake made with sauce from a jar, or chicken enchiladas with lots of cheese

Snacks Crisps, chocolate and biscuits

NOW

Breakfast Healthy Extra cereal, or homemade mini quiche muffins

Lunch Jacket potato with tuna in spring water, extra-light mayo (½ Syn per level tbsp) and a Healthy Extra portion of cheese, or an omelette

Dinner Homemade chicken kebabs with a Healthy Extra wholemeal pitta bread, potato wedges and salad, or spaghetti bolognese

Snacks Fruit, seafood sticks and Hi-fi bars



SASCHA WEARS

p32: Dress,
Lipsy London at
Next. Earrings,
Accessorize London

p35: Dress,
ASOS. Earrings,
Accessorize London

Above: Dress,
Lipsy London at
Next. Shoes,
Hush. Bag, ASOS

download it again, except this time I challenged myself to complete the couch to 10K. It didn't take long to get from the initial stage of a lot of walking and a little running, to just running a lot! I enjoyed the freedom of it so much I was soon going out for a run four or five times a week, long after I'd finished the programme on the app. I loved that Evie could see me being so active – and I felt proud that my example was encouraging her to throw herself into sport. It was our family's new normal! A few months earlier I'd taken her to netball and saw a poster for a new Back 2 Netball club for parents who hadn't played for years. I'd enjoyed it when I was in school, but at first I thought, 'Nah, not for me – and I'm busy on Wednesday nights, anyway.' Then I checked myself. There I was automatically making excuses when I knew, if I wanted to, I could fit it in. A couple of weeks later I was on the netball court! I soon realised the benefits wouldn't just be for my fitness – it was so much fun socialising and making new friends. I also started wondering how I could take my running to the next level and found myself entering the London Landmarks Half Marathon 2023. I had to laugh – I was so ready for adventure these days I could almost hear the old me saying: 'Who are you and what have you done with Sascha!?'.

After going through quite a few stone-and-a-half mini targets, I was approaching my final one. And just before Christmas I hit my target of 10st 2½lbs. Then when I had a gain immediately over the festive period, group was my rock and I was determined not to let it get in my way. I even decided to lower my target to a nice round 10st. Two weeks later I got there. I knew I couldn't have done it without my group, and decided that I'd keep on going each week as a target member, knowing I could attend for free. It's worked! With the help of my new Consultant, Gail, I've stayed at or below target ever since, which makes every week feel like there's cause for celebration. There seem to be so many little wins, whether it's a great run, or another client won at work. And I've been winning at my Slimming World group, too – as well as being voted their Woman of the Year, I was recently given the group's Greatest Loser award. They're amazing moments, but it's the little things that have really changed my daily life. Larking about on the swings with Evie and Poppy, never worrying how I might look to others, and even trying out water-skiing for the first time. Every morning, I open the wardrobe and see a rail full of size-10 clothes I love to wear. I still order five outfits online to see which suits me – the trouble is, they all do! I'll need a second wardrobe soon. And when it comes to that special dress – all I can say is I can't wait to see Kevin's face as I walk down the aisle. ●

Join the Slimming World Clothes Throw!

Are your clothes looser since you started your weight loss journey? Now's the perfect time to have a clear-out for a great cause: the Slimming World Big Clothes Throw. From 16-19 April, Slimming World members can get a bag from their Consultant in group. Fill it up – not forgetting shoes and accessories – and return it to your group. Job done! All the money raised goes towards supporting our charity partner Cancer Research UK.



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HIGH-PROTEIN,
LOW SUGAR
GOODNESS

SUPER THICK
CREAMY YOGURT
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JUST LIKE GREEK
BUT HOMETGROWN

HIGH IN PROTEIN
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Did you know that $\frac{1}{2}$ of the UK's food is imported? That's why Super Thick – our thickest yogurt ever – is kernalled* right here in Somerset. Help us support British dairy and put nature first.

*Local Somerset word for 'thickened'



One-pan wonders

Cooking slimming-friendly dinners is a doddle with a little help from Frylight

Sometimes the simplest recipes are the tastiest. And that's certainly true when you're Food Optimising, as you can cook up delicious and filling dinners with just a handful of everyday ingredients.

And thanks to Frylight, which is Syn free when you're Food Optimising, it's ever so easy to get your food going, whether you're throwing it into a frying pan or your oven. With Frylight, you can bake, roast, stir-fry or grill your food. And as there are six versatile varieties to choose from – Extra Virgin Olive Oil, Sunflower Oil, Butter Flavour, Coconut Oil, Rapeseed Oil and Garlic Oil – you'll find the perfect match for every dish.

Take our veggie frittata (recipe far right) for example. You'll be able to soften your onions and mushrooms, and sizzle your garlic – saving on Syns, but not on flavour. Or if you love the simplicity of a traybake, our smoky chicken version (recipe right) is a breeze to make (and to wash up!). Pop your ingredients in the tin, spray with Frylight and let the oven work its magic. Whatever you're cooking up, Frylight is your helping hand in the kitchen!



Frylight is the original one-calorie cooking spray and is available from most major supermarkets, subject to availability. Discover more at frylight.com



Chicken traybake

SUPER SIMPLE

SERVES 4

Free

READY IN 1 hour 10 minutes

800g floury potatoes, such as Maris Piper or King Edward, chopped into small chunks

Frylight

2 red onions, sliced into wedges

4 skinless and boneless chicken breasts

1 tsp smoked paprika

400g cherry tomatoes on the vine

10g fresh flat-leaf parsley, chopped

Large bag of salad leaves, to serve

1 lemon, cut into wedges, to serve

1 Preheat your oven to 200°C/fan 180°C/gas 6. Spread the potatoes in a large, non-stick roasting tin – they should be well spaced out, so you may need 2 tins. Spray with Frylight and roast for 20 minutes.

2 Add the onions, spray with Frylight and roast for another 10 minutes. While the veg are cooking, dust the chicken with the paprika and season.

3 Turn the potatoes and onions, then nestle the chicken breasts and tomatoes in among them. Spray with Frylight and put back in the oven for 20-25 minutes, or until the veg are caramelised and the chicken is cooked through. Scatter over the parsley, and serve with the salad and lemon wedges.

With Frylight you can bake, roast, stir-fry or grill – and there's a perfect variety for every dish you're cooking up!



Spinach, mushroom & red onion frittata

SUPER SIMPLE

SERVES 4

Free

SP V

READY IN 40 minutes

Frylight

1 red onion, finely chopped

300g chestnut mushrooms, finely sliced

2 garlic cloves, crushed

100g spinach

10 medium eggs, beaten

100g mixed salad leaves

1 cucumber, peeled and sliced

150g cherry tomatoes, halved

Balsamic vinegar, to serve

1 Spray a large, non-stick frying pan with Frylight and put over a medium heat. Stir-fry the onion and mushrooms for 10 minutes until softened. Add the garlic with a splash of water and sizzle for another minute until fragrant. Add the spinach (you may need to do this in batches) and stir through until wilted, then season.

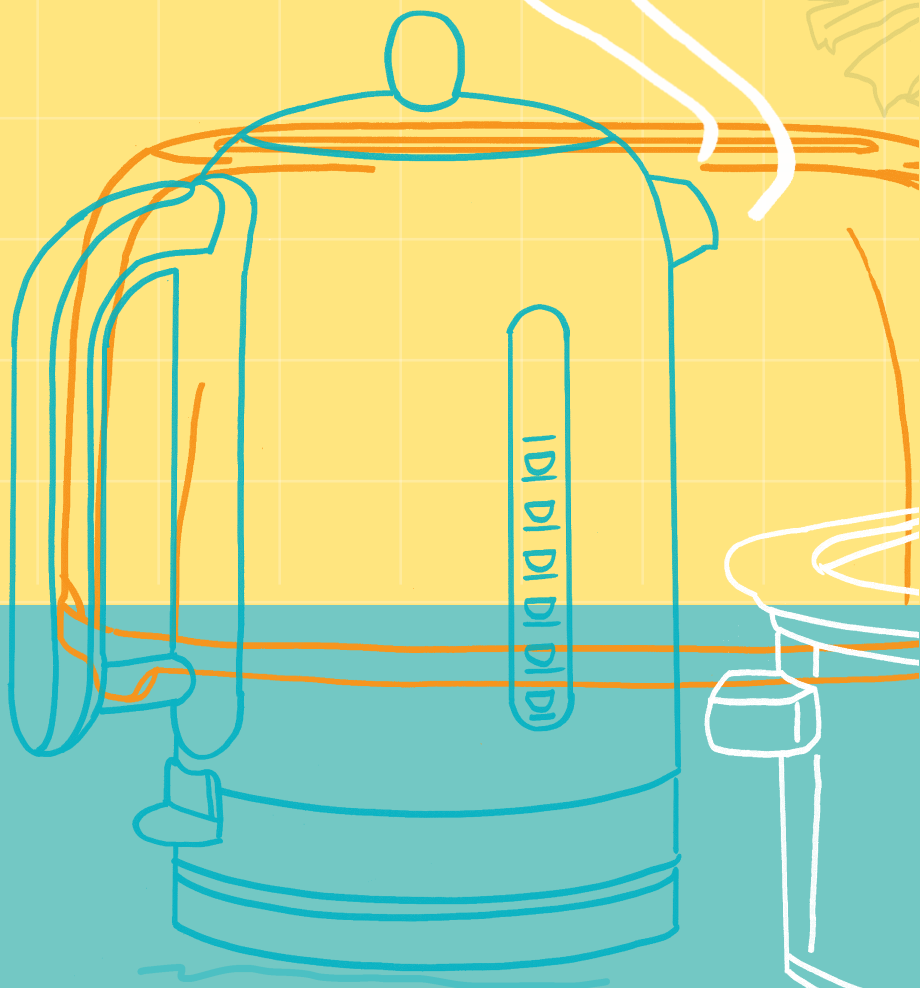
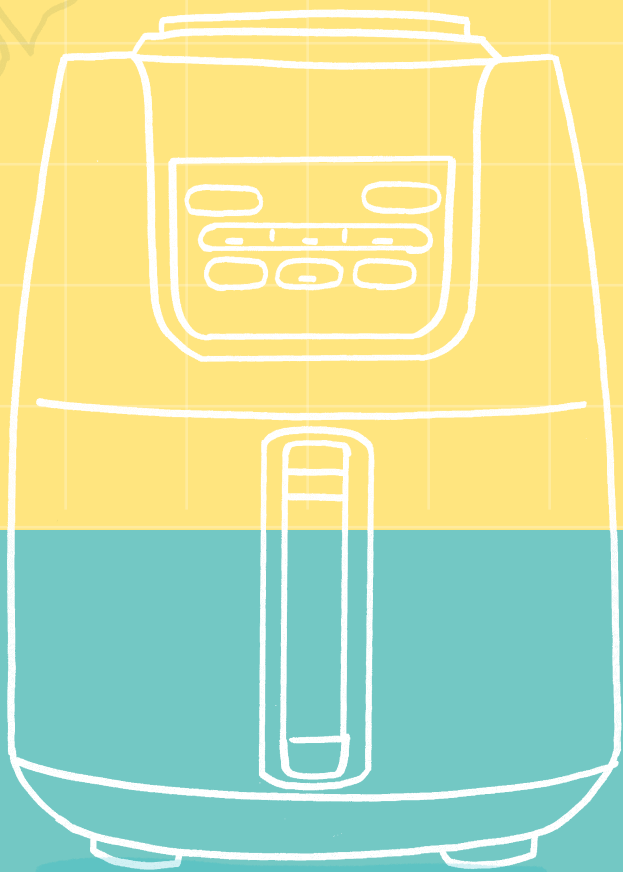
2 Preheat your grill to medium-high. Pour the eggs over the spinach mixture. Gently simmer over a low heat for 10 minutes until the eggs are set on the bottom, but runny on top. Finish under the grill for 5 minutes, or until the eggs are cooked through.

3 While the eggs are cooking, mix together the salad leaves, cucumber and tomatoes, and drizzle over a little balsamic. Slice the frittata into wedges and serve with the salad.

Get *the most* from your **GADGETS**

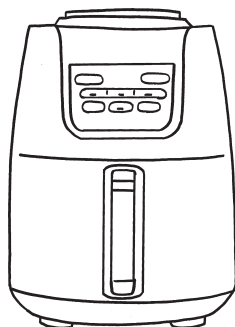
Whether you're looking to save time, money or effort (or even all three!), read on for our handy tips and hints to unlocking the potential of your favourite kitchen gizmos

WORDS: **REBECCA WOOLLARD**



Have you got a slow cooker that's gathering dust, or been given an air fryer for Christmas that you'd welcome some easy,

healthy ideas for? Or maybe you'd like to trim your energy bill by using your oven and hob less often (hello toaster and kettle!). These small appliances can give more bang for your buck, inspire you with new ideas for Food Optimising feasts and (in the case of the slow cooker) even cook delicious meals while you sleep! We've done the legwork for you and created a slimming-friendly guide to getting the most out of your gadgets, without the risks that can come with following hacks online, to help make your weight loss week even easier!



Air fryers

WHAT ARE THEY? Although called fryers, these actually work by convection: the food stays close to the heat source and is blasted with hot air. This speeds up the crisping process while also supposedly keeping food moist inside, so they're often used for cooking things that might usually be deep-fried. Plus, they're (mostly) compact, energy efficient and cost less to run than a conventional oven.

BEST USES? Larger foods tend to cook unevenly, as they're positioned so close to the heating element. So go small for the crispiest results: chips, prawns, low Syn chicken goujons or nuggets, and cauliflower or broccoli florets all work well.

OUR TOP TIPS

- Preheat the air fryer for 2-3 minutes before adding your food – this means it starts crisping instantly.
- Spray your food with low-calorie cooking spray before adding to the fryer, rather than spraying inside the fryer, to stop residue building up and make cleaning easier.
- Turn your food halfway through cooking to make sure it's browning evenly all over.

- While you're using your air fryer, position it somewhere open on a table or worktop so that the hot air it produces can circulate freely – if it's too enclosed there's a risk of it overheating.

GENIUS HACK

For a nifty breakfast omelette, the night before, finely chop spring onions, mushrooms and a pepper, then cover and chill. In the morning, spray a small, non-stick cake or sandwich tin with low-calorie cooking spray and tip in the veg. Preheat your air fryer to 180-200°C. Beat 2 medium eggs with a splash of water, add to the cake tin, season and cook for 6-8 minutes until firm.

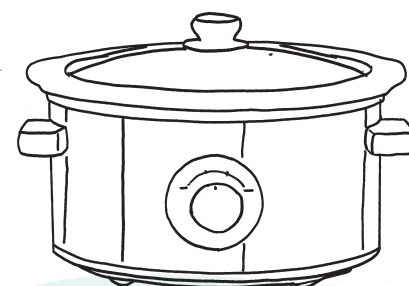
Slow cookers

WHAT ARE THEY? These energy-efficient worktop appliances tend to have low and high settings, and can be left on to cook food all day or night – even while you're out and about.

BEST USES? As its name suggests, it cooks slowly...up to 12 hours or so if used on the low setting. This means it's perfect for casseroles, stews and curries, and for getting the most out of tougher (and cheaper!) cuts of meat. If you don't open the lid it also keeps things moist, so you can cook joints of meat in there, and even a whole chicken if you've got room.

OUR TOP TIPS

- There's no need to pre-sear your food. It adds colour and increases flavour, but if you're cooking something for hours you won't be able to taste the difference.
- It's best to preheat your slow cooker as soon as you start prepping your ingredients. As it cooks slowly, it takes quite a long time to get up to temperature with food in it.
- Put something on to cook just before bed and leave it on overnight. In the

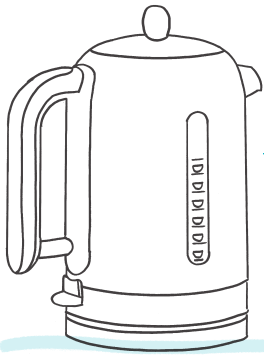


morning, cool your food and chill for later (unless you fancy it for breakfast!).

- To make cleaning easier, line the bowl with baking paper before cooking. You'll still need to wipe it out at the end, but there'll be no stuck-on food to deal with.
- Use more spices than you might normally in a recipe – around a quarter to a third more. The long cooking time mellows flavours out so they lose their punch.
- If your dish looks watery when it's done, open the lid and cook on high for 30-40 minutes and the sauce will thicken nicely.

GENIUS HACK

Batch cook pulses and dried grains in your slow cooker, portion up, then chill or freeze. Defrost in the fridge when ready to use. Reheat in a microwave or pop into a pan of boiling water for a few minutes until piping hot. >



Kettles

We don't need to tell you what a kettle does, but do you know its uses go way beyond a cuppa? Here are a few of our favourite tips where you just pop the kettle on and let the water do the hard work instead of the hob.

● **NOODLES** Soak dried vermicelli rice noodles in cold water for 10 minutes. Drain, rinse, then soak in plenty of just-boiled water for another 10-15 minutes. Drain and rinse in warm water for hot dishes. Or for noodle salads, rinse again in cold water and spray with low-calorie cooking spray to stop them from sticking.

● **EGGS** Put eggs in a bowl, pour over lots of just-boiled water, cover with a plate and leave for 30 minutes. Run the eggs under cold water until you can touch them, then shell or cut the tops off to eat – they will be soft to medium boiled.

● **FROZEN PEAS OR GREEN BEANS** Put in a bowl, cover with just-boiled water and leave for 4-5 minutes – they're already

cooked, so you just need to leave them in the water until they're piping hot, then drain.

● **LEAFY GREENS** Instead of parboiling tougher greens like kale or broccoli before stir-frying or adding to a hash, finely slice, then put in a colander and pour over a kettleful of just-boiled water. Cover with a plate and leave for 5 minutes to soften, then continue with your recipe.

STAY-SAFE TIP

You'll see a lot of suggestions online about boiling things actually inside kettles – this is never a good idea, as the water can easily overflow resulting in burns, or even cause a fire if it gets into the electricals.

'These small appliances can give more bang for your buck, inspire you with new ideas and even cook delicious meals effortlessly!'

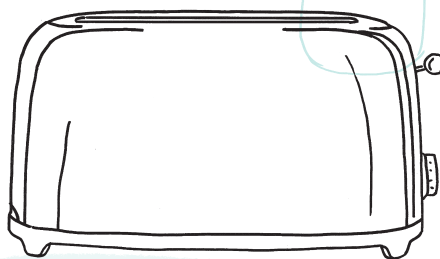
Toasters

It's a rare house that doesn't have a toaster, and if you pick up toaster bags (available from most supermarkets and online), you can cook a few things in there that aren't bread.

OUR TOP TIPS

● Slender veg, such as asparagus, thin-stemmed broccoli and slices of sweet potato, can be cooked in toaster bags – a clever way to prep your favourite Free or Speed Free Food vegetables while also saving on the washing-up!

● Make up batches of Food Optimising pancakes in advance (you'll find a recipe on the Slimming World members' website and app), then pop in toaster bags to reheat them from chilled or frozen at the press of a switch.



STAY-SAFE TIP

Toasters can catch fire if used incorrectly, so steer well clear of any social media trends that involve turning them on their sides. Clean the crumb tray out weekly if possible, and use a toaster bag if you're heating anything oily (such as cheese) or that might drip moisture (like frozen bread) if you don't have a defrost setting.



Best of the rest

PRESSURE COOKERS: yet another highly energy-efficient appliance, it seals in flavour and moisture, and also cooks food incredibly quickly – speeding up risottos, dhals, stews, you name it! You'll need to buy a specialist recipe book if you're going to use one, as the methods and timings are very specific. Once you've got the hang of it, it's easy to use Food Optimising techniques to make the recipes slimming. If you're worried about old stories of exploding pressure cookers, you'll be pleased to know modern ones are equipped with a whole bunch of safety measures, meaning they're very reliable as long as you follow the manufacturer's instructions.

TOASTIE MAKERS: for a traditional toasted sandwich made lighter, simply spray your toastie maker with low-calorie cooking spray, use a Healthy Extra 'b' serving of wholemeal bread, keep the fillings Free (such as baked beans or lean ham and sliced tomato), and add a Healthy Extra portion of cheese. For a delicious French toast, stir a pinch of ground cinnamon and nutmeg into beaten eggs, then dip in your Healthy Extra wholemeal bread. Spray the toastie maker with low-calorie cooking spray, pop in the eggy bread and close the lid. Cook for 5-6 minutes, and serve drizzled with a little maple syrup (½ Syn per level tsp) and topped with fresh fruit.

SOUP MAKERS: these heat and blend ingredients, which means as well as being ideal for soup, they're also a shortcut to making Food Optimising pasta sauces, with less washing-up! If the recipe basically calls for all the ingredients to be simmered together and then whizzed with a hand blender, it's likely to work a treat. With so many clever ways to make your kitchen gadgets work even harder, you'll never see them in the same way again! ●



Take a moment

Call time out on your hectic day and sit back with a tasty and satisfying snack – courtesy of Mug Shot



What does today have in store for you? Maybe it's a workday, a rainy keeping-the-kids-amused day, or a hectic out-and-about day? Whatever's keeping you busy, there's nothing like taking five for a warming, low Syn snack to help keep you fuelled up.

Cue Mug Shot's pasta and noodle sachets, which are perfect for keeping on standby, stashed in your bag or a drawer at work for whenever you need them. If you're a fan of the ever-popular classic recipe Tomato & Herb Pasta (3½ Syns per 64g sachet), you might just love the

Mug Shot pasta and noodle snacks fit easily into your Food Optimising day, so you can give the whole range a shot!

comforting taste of Roast Chicken Pasta (2 Syns per 55g sachet), or you could turn up the heat a little with deliciously tangy Sweet & Sour Noodles (1 Syn per 67g sachet). With 11 flavours to pick from, all of which fit easily into your Food Optimising day, you can give the whole range a shot!

Simply empty your sachet into your favourite mug, pour in just-boiled water, stir, then give it five minutes to come together and you've got your break-time treat – with no prep required.

As an added bonus, Mug Shot's paper sachets are all 100 per cent recyclable. So take a moment, pop the kettle on...and relax.

DISCOVER THE TASTE
The Mug Shot range – including Sweet & Sour Noodles, Roast Chicken Pasta and classic recipe Tomato & Herb Pasta – is available from most major supermarkets, 90p RRP per sachet. To see the full range, visit mugshot.co.uk.

My Risotto Perfetto. Feel like a chef.



You don't have to be a professional cook to prepare authentic, creamy risotto to perfection. Simply add water to **My Risotto Perfetto**: big grains of 100% Italian rice, expertly combined with natural, gluten-free and artificial-flavour-free ingredients in packaging suitable for recycling, to enjoy a perfect restaurant experience in just 12 minutes every day at home.


Riso Gallo. Cock-a-doodle do it.




EAT love & lose


DISCOVER A WORLD OF FRESH, FILLING FOOD THAT'S DELICIOUSLY SLIMMING


Look out for these symbols on our recipes:


 Free | Free when Food

Optimising

 SP | Extra Easy SP recipe

 V | Suitable for vegetarians

 Vegan | Suitable for vegans

 ❄️ | Suitable for freezing for up to 1 month

COOK'S NOTES

● When cooking with shop-bought spice mixes or blends, choose brands without Synned ingredients such as sugar, flour and oil. Otherwise, count ½ Syn per level tsp or 1½ Syns per level tbsp

● When using low-calorie cooking spray in our recipes, choose brands with one calorie or less per spray as they're Syn free. See page 6 for a complete list of recipes and Syn values. For an introduction to Food Optimising, turn to page 66

WHAT'S COOKING?

Share your photos of this issue's recipes on social media: #SWMMagazineMakes

126

brilliant recipes,
ideas & tips in
this issue

Coronation
treats, p86





Street food feasts

From an Indian sharing platter to Japanese-style noodles, recreate food market vibes at home with our vibrant, flavour-packed dishes

PHOTOGRAPHS: MAJA SMEND

Orange & paprika chicken with Mexican corn

With smoky paprika and zingy fresh orange and lime, your taste buds will have one heck of a fiesta!

EVERYDAY EASY

SERVES 4

SYNS PER SERVING 2½

READY IN 40 minutes, plus marinating

500g skinless and boneless chicken thighs, visible fat removed

4 garlic cloves, crushed

1½ tsp dried oregano

2 tsp smoked paprika

2 large oranges, 1 zested and juiced

Low-calorie cooking spray

4 corn on the cob

120g rocket

2 limes, 1 cut into wedges, 1 juiced

90g reduced-fat Greek-style salad cheese, crumbled

4 spring onions, finely sliced

20g fresh coriander, roughly chopped

Pinch of chilli powder (optional)

1 Put the chicken in a bowl with the garlic, oregano, paprika and orange zest and juice. Season with salt and toss to coat the chicken. Cover and leave to marinate in the fridge at least 2 hours, or overnight (the longer the better).

2 Preheat your oven to 180°C/fan 160°C/gas 4. Using a small, sharp knife, slice the top and bottom off the whole orange. Sit it on a cut side, then carefully slice off the skin and most of the white bits, following the curve of the orange, to reveal the flesh. Now cut out the segments, slicing as close to the white lines as you can, and set them aside.

3 Put a large, non-stick griddle or frying pan over a medium-high heat. Pat the chicken dry with kitchen paper and spritz

with cooking spray. Once the pan is hot, cook the chicken for 3-4 minutes on each side until well coloured. At the same time, boil the corn for 5 minutes, then drain well, pat dry and set aside. Move the chicken to a non-stick baking tray and finish in the oven for 10-12 minutes, or until cooked through. While it's in the oven, spray the corn with cooking spray and griddle or fry over a medium-high heat for 4-5 minutes until lightly charred, turning every now and then.

4 Toss the orange segments with the rocket and drizzle with the lime juice. Put on 4 plates with the corn, then slice the chicken and add to the plates. Divide the cheese, spring onions, coriander and chilli powder (if using) over the corn, and serve with the lime wedges.



Salt beef sarnies with chips & chimichurri

The punchy South American dressing gives these sandwiches a lip-smacking lift

EVERYDAY EASY

SERVES 4

SYNS PER SERVING 6

Deduct 6 Syms if using the wholemeal bread as a Healthy Extra

READY IN 50 minutes

½ white cabbage, shredded

Juice of 1 lemon

2 tsp cumin or caraway seeds

1kg floury potatoes, such as Maris Piper or King Edward, cut into chips

Low-calorie cooking spray

8 slices wholemeal bread from a small 400g loaf, or 8 x 30g slices from any unsliced wholemeal loaf

2 tsp mustard powder

300g ready-sliced salt beef, visible fat removed

2 gherkins, finely sliced lengthways

FOR THE CHIMICHURRI

½ red onion, finely chopped

2 garlic cloves, crushed

2 tbsp red wine vinegar

1 tsp dried oregano

1 green chilli, finely chopped (optional)

20g fresh coriander, finely chopped

20g fresh flat-leaf parsley, finely chopped

1 Start by tossing the cabbage with the lemon juice and cumin or caraway seeds. Season with a pinch of salt, then leave to soak while you carry on with the recipe.

2 Preheat your oven to 200°C/fan 180°C/gas 6. Spread the chips on a large, non-stick baking tray in a single layer. Spray with cooking spray and bake for 40 minutes, or until crisp and golden, turning halfway.

3 While the chips are cooking, make the chimichurri. Tip the onion and garlic into a bowl and season. Pour over the vinegar, then mix through the oregano, chilli (if using) and fresh herbs. Loosen up the mixture with a bit of water (about 5 tbsp) to make it easy to spoon. Set aside.

4 When the chips are nearly ready, start making up your sandwiches. Lay the bread out on a large board, then mix the mustard with 2 tsp cold water until smooth, and spread onto each slice. Divide the salt beef, then gherkins between the 4 bottom slices. Add a big dollop of chimichurri, then top with the other 4 slices of bread. Slice the sarnies in half and divide between 4 plates with the cabbage, chips and any leftover chimichurri.

Sticky pork yakisoba

A Japanese food-stall fave of fried noodles in a sweet and savoury sauce – delish!

SUPER SIMPLE

SERVES 4

Free

READY IN 25 minutes

FOR THE SAUCE

2 tbsp light soy sauce

1 tbsp Worcestershire sauce

1 tbsp oyster sauce

½ tbsp rice vinegar

FOR THE NOODLES

Low-calorie cooking spray

400g pork loin steaks, visible fat removed, thinly sliced

200g dried soba noodles

4cm-piece fresh root ginger, finely grated

2 garlic cloves, crushed

2 medium carrots, thinly sliced

½ Chinese leaf cabbage, finely shredded

200g sugar snap peas

4 spring onions, finely sliced

1 red chilli, finely sliced (optional)

1 Mix together the sauce ingredients and set aside. Spray a large, non-stick wok or frying pan with cooking spray and put over a medium-high heat. Once hot, fry the pork for 3-4 minutes, or until cooked through, turning every now and then.

2 While the pork's frying, boil the noodles in a large pan of water for 4-5 minutes. Drain well. Rinse under warm water, then cold water to wash off the starch. Set aside.

3 Move the pork to a plate, then add the ginger, garlic and carrots to the pan, and stir-fry for 2 minutes. Add the cabbage and sugar snap peas and stir-fry for 2-3 minutes until the cabbage is just wilted.

4 Add the sauce, pork and noodles to the pan, and toss together until everything is piping hot. Scatter with the spring onions and chilli (if using), and dig in – chopsticks optional!

“A deep-filled sandwich with crisp, golden chips is a glorious thing (especially when it’s slimming friendly!)”



– MAKE IT YOUR OWN

You'll find packs of ready-sliced salt beef with the other cooked meats in most major supermarkets. We've gone New York deli-style and packed our sarnie with lots of filling, but you can use as many slices as you like. If you fancy a swap, go for cooked skinless roast turkey slices (visible fat removed) – Syns will stay the same



Indian potato patties with spiced cauliflower & chutney

Dip our lightly spiced patties (that you can make ahead and freeze) into the cooling herby, garlic yogurt for a real burst of flavour

A LITTLE EFFORT

SERVES 4

Free

Vegan (if using the soya yogurt) * (patties only)

READY IN 1 hour

750g floury potatoes, such as Maris Piper or King Edward, peeled and cut into chunks

150g spring greens, finely shredded

Low-calorie cooking spray

4 spring onions, finely sliced

75g frozen peas

2cm-piece fresh root ginger, peeled and finely grated

4 tsp medium curry powder

1 cauliflower, cut into florets (keep the smaller, softer leaves)

400g can chickpeas, drained and rinsed

1 garlic clove, crushed

1 green chilli, roughly chopped (optional)

25g fresh coriander, roughly chopped, plus sprigs to serve

75g fat-free natural yogurt or plain unsweetened dairy-free soya yogurt with added calcium

Juice of 1 lemon

1 small red onion, finely chopped

400g cherry tomatoes, quartered

50g pomegranate seeds, to serve

½ tsp nigella seeds, to serve (optional)

1 Tip the potatoes into a large saucepan and cover with cold water. Bring to the boil, then simmer for 8-10 minutes until tender.

At the same time, boil the spring greens in a separate pan for 2 minutes. Drain both well and set aside.

2 Spritz a non-stick frying pan with cooking spray and put over a low heat. Gently fry the spring onions and peas for 2-3 minutes until the onions have softened and the peas are piping hot. Add the ginger and half the curry powder, and fry for 1 minute. Take the pan off the heat and set aside.

3 Preheat your oven to 200°C/fan 180°/gas 6. Mash the potatoes until smooth, then stir through the spring greens and spicy pea mixture. Season to taste, then when it's cool enough to handle, shape into 8 patties. Set aside to firm up a bit.

4 Now tip the cauliflower florets and leaves into a large, non-stick roasting tin. Spritz with cooking spray and roast for 15 minutes. Add the leftover curry powder and the

chickpeas to the tin. Toss to coat and roast for another 10 minutes until the cauliflower florets are just tender.

5 While the cauliflower finishes cooking, spritz a large, non-stick frying pan with cooking spray and fry the patties over a medium heat for 3-4 minutes on each side until crisp and golden. In a food processor, blitz together the garlic, half the chilli (if using), half the coriander and the yogurt until smooth. Season to taste and set aside.

6 Squeeze half the lemon juice over the cauliflower. Toss the remaining chilli (if using), chopped coriander and lemon juice with the red onion and tomatoes to make a fresh chutney, then season to taste. Arrange everything on a serving dish or tray, with the cauliflower, yogurt and chutney in bowls. Scatter the pomegranate seeds, nigella seeds (if using) and coriander sprigs over the patties, and drizzle some of the yogurt mixture over the cauliflower to serve.





Chicken doner loaded wedges

Recreate all the taste and texture of traditional kebab meat – no rotisserie (or Syns!) required

A LITTLE EFFORT

SERVES 4

Free

READY IN 1 hour 20 minutes

500g lean chicken mince (5% fat or less)

½ onion, finely chopped

4 garlic cloves, crushed

1 egg yolk

1 tsp each of ground cumin and coriander

½ tsp ground cinnamon

Low-calorie cooking spray

1kg floury potatoes, such as Maris Piper or King Edward, cut into wedges

¼ red cabbage, finely shredded

Juice of 1 lemon

75g fat-free natural yogurt

3 roasted red peppers in brine from a jar, drained and finely sliced

4 spring onions, sliced

8 pickled chillies

1 level tbsp hot chilli pepper sauce

1 Preheat your oven to 200°C/fan 180°C/gas 6. Tip the mince, onion, 3 garlic cloves, egg yolk and spices into a food processor. Season and blitz until smooth. Spritz a large sheet of foil with cooking spray. To make the doner, tip the mince mixture into the middle of the foil and use your hands to form it into a square sausage about 25 x 25cm. Roll up tightly in the foil like a Christmas cracker, then place in a roasting tin and bake in the middle of the oven for 45-50 minutes.

2 As soon as the doner is in the oven, spread the wedges on a large, non-stick baking tray in a single layer and spray with cooking spray. Add the wedges to the oven on the shelf above the doner and cook for 40 minutes until crisp and golden, turning halfway.

3 While the doner and wedges are cooking, toss the cabbage with the lemon juice. Season to taste, then set aside to pickle slightly. Mix the leftover garlic into the yogurt.

4 Remove the foil from the doner. Put a large, non-stick frying pan over a high heat and fry the doner for 3-4 minutes until lightly coloured, turning from time to time. Thinly slice the doner. Divide the wedges between 4 dishes and layer up the doner, cabbage, red peppers, spring onions and pickled chillies on top. Drizzle over the chilli sauce and serve with the garlic yogurt.

Vegan mac 'n' greens

Delight vegans, veggies and meat eaters alike with our creamy crowd-pleaser

A LITTLE EFFORT

SERVES 4

SYNS PER SERVING 1



READY IN 1 hour 15 minutes

1 butternut squash, halved, deseeded and cut into 2cm chunks

Low-calorie cooking spray

4 spring onions, roughly sliced

4 garlic cloves, crushed

1½ tsp smoked paprika

300g dried fusilli bucati or macaroni pasta (we used fusilli bucati)

200g spring greens, shredded

500ml vegan vegetable stock

2 tsp mustard powder

2 tsp cider vinegar

25g nutritional yeast flakes

2 little gem lettuces, quartered

Lemon wedges, to serve

1 Preheat your oven to 200°C/fan 180°C/gas 6. Tip the squash into a large baking dish and spray with cooking spray. Season and roast for 20 minutes. Stir through the spring onions, garlic and paprika. Cover with foil and roast for 15-20 minutes more until the squash is completely tender.

2 While the squash is roasting, boil the pasta in a large pan for 3 minutes less than the pack instructions, and add the spring greens for the last 2 minutes. Drain well and set aside.

3 Tip the squash and spring onions into a blender with the stock, mustard powder, vinegar and yeast flakes. Blitz until smooth, then stir through the pasta and spring greens. Spoon into the baking dish and bake for 20 minutes until bubbling and lightly golden.

4 Season the lettuce with freshly ground black pepper. Divide the mac 'n' greens between 4 plates and serve with the lettuce and lemon wedges.



RESCUE RECIPES

'What can I make for easy entertaining?'

With the bank holidays coming up, Slimming World member Tracey Astin wants a meal that's simple to make, but will still impress her friends. So we came up with this...



Tracey, 39, lives in Paignton, Devon, with her children, Alex, 21; Kayleigh, 12; Isabelle, 10; and McKenzie, eight. She's lost 8st 2½lbs and is a member of Kerrie Salmon's Slimming World group in Paignton

Our food editor, Rebecca Woollard, says: 'You get a lot of bang for your buck with orzo pasta – it's filling, versatile and cooks quicker than rice. And we've cut down on the clean-up by using one pan.'

Q 'I love spending time with my friends, so a dish that involves minimal prep and that I can just pop in the oven while we're chatting would be ideal. And if it means I'm not left with a mountain of washing-up to deal with once they're gone, that's a very welcome bonus!'



'This will go down a treat when I've got company, and I could easily double it up so the kids could have it, too!'

One-pan baked chicken & orzo

EVERYDAY EASY

SERVES 4

Free

READY IN 50 minutes

Low-calorie cooking spray

4 skinless and boneless chicken breasts

2 onions, chopped

1 large carrot, finely diced

2 celery sticks, finely diced

2 red peppers, deseeded and chopped

3 garlic cloves, crushed

½ tsp dried red chilli flakes

15g fresh flat-leaf parsley, stalks and leaves separated, then chopped

1 tsp fennel seeds (optional)

2 x 400g cans chopped tomatoes

300ml hot chicken stock, made with ½ stock cube

300g dried orzo pasta

Mixed salad leaves dressed with balsamic vinegar, to serve

1 Preheat your oven to 220°C/fan 200°C/gas 7. Spray a large, flameproof casserole dish with cooking spray and put over a medium-high heat. Brown the chicken all over for 3-4 minutes, turning halfway. Remove the chicken and set aside.

2 Give the casserole dish another spritz with cooking spray. Fry the veg over a medium heat for 8 minutes, stirring often, until softened. Add the garlic, chilli flakes, parsley stalks and fennel seeds (if using). Fry for another 2 minutes until they start to release their aromas.

3 Pour over the tomatoes and stock. Bring to the boil, stir through the orzo and nestle the chicken in the sauce. Bake uncovered in the oven for 20-25 minutes until the chicken is cooked through and the orzo is tender.

4 Lift out the chicken. Add most of the parsley leaves to the orzo and give it a good stir. Put the chicken back in the casserole dish, take it to the table and scatter over the rest of the parsley leaves. Serve with the salad and top everything with a twist of black pepper.

LOOKING FOR A HEALTHIER OPTION? PIECE OF CAKE.



Banana



Malt



Strawberry



Apple

50%
less sugar
than the average
cake bar*

**Low in
saturated
fat**

**Source
of
fibre**

Delicious and under 100 calories each

*To compare our nutritional values visit www.soreen.com/nutritionals

TAKE A BATCH OF *fresh pesto*

Once you know how to make this fragrant basil and cheese sauce, you can give almost anything a herby hit – including these three fab dinner recipes

PHOTOGRAPHS: MYLES NEW



Easy pesto

SUPER SIMPLE

MAKES 1 batch (or enough for a generous serving for 4)

SYNS PER SERVING 6

Deduct 6 Syms if using the Parmesan or vegetarian Parmesan-style cheese as a Healthy Extra

(if using the vegetarian Parmesan-style cheese)

READY IN 5 minutes

100g basil, leaves and stalks roughly chopped

120g fresh Parmesan or vegetarian Parmesan-style cheese, grated

Juice of ½ lemon

1 small garlic clove, crushed

1 Pop the basil, 100g of the Parmesan, lemon juice and garlic into a food processor with 50ml water. Whizz until you have a smooth purée, then scrape out and set aside.

2 Keep the remaining 20g Parmesan to one side – you'll use it later if you're following one of these three recipes. If you're using the pesto for a different dish for 4, to make up your Healthy Extra, evenly sprinkle over or stir through the remaining Parmesan.

PESTO PRONTO As this recipe doesn't contain oil it will oxidise quickly and turn brown. So it's best to make it just before you need to use it. If you do want to make it in advance, pack it into a jar, cover with a piece of clingfilm directly touching the pesto and screw the lid on tightly. Keep in the fridge for up to 12 hours – it won't be as green, but will taste just as good.

Griddled chicken with giant couscous & spring veg

EVERYDAY EASY

SERVES 4

SYNS PER SERVING 6

Deduct 6 Syms if using the Parmesan as a Healthy Extra

READY IN 35 minutes

200g baby carrots

200g radishes, tops trimmed

Low-calorie cooking spray

250g plain dried giant couscous

200g green beans, trimmed

200g mangetout

4 skinless and boneless chicken breasts, bashed with a rolling pin or meat tenderiser until around 2cm thick

1 x easy pesto recipe (see left)

Lemon wedges, to serve

1 Preheat your oven to 200°C/fan 180°C/gas 6. Spread the carrots and radishes on a large, non-stick baking tray in a single layer and spritz with cooking spray. Roast in the oven for 20-25 minutes until golden and tender.

2 While the veg are roasting, start on the couscous, cooking it following the pack instructions. Add the beans and mangetout for the final 3 minutes. Drain and run under cold water briefly (to stop them cooking); leave in a colander or sieve and set over the pan to drain fully.

3 Heat a griddle pan over a high heat (you can use a non-stick frying pan,

you just won't get the char marks). Spritz the chicken with cooking spray and season. Griddle for 2-3 minutes on each side until cooked through. If you need to do this in batches, keep the cooked chicken on a plate covered with foil.

4 Once the veg are roasted, tip them into a large bowl along with the drained couscous and veg, the pesto and the remaining 20g Parmesan from making the pesto. Toss everything together. Season, then divide between 4 plates. Slice the chicken breasts and sit on top of the couscous. Pop a lemon wedge on the side of each plate to serve.

BATON DOWN

If you can't find baby carrots swap in regular carrots, peeled and cut into batons



2

Italian potato & leek bake

EVERYDAY EASY

SERVES 4

SYNS PER SERVING 6

Deduct 6 Syms if using the Parmesan or vegetarian Parmesan-style cheese as a Healthy Extra

(if using the vegetarian Parmesan-style cheese)

READY IN 2 hours 10 minutes

Low-calorie cooking spray

1 onion, finely sliced

2 leeks, rinsed and finely sliced

1kg red-skinned potatoes, sliced as thinly as possible

1 x easy pesto recipe (see p56)

300ml hot vegetable stock, either from a pouch or made with 1 stock cube (if you're not vegetarian, you can use chicken stock instead, if you fancy)

Green salad, to serve

1 Preheat your oven to 200°C/fan 180°C/gas 6. Spritz a non-stick frying pan with cooking spray and put over a medium heat. Cook the onion and leeks for 10 minutes, stirring often, until softened and a little coloured.

2 Gently toss the onion and leeks with the potatoes and pesto in a baking dish or wide ovenproof pan. Pull up some of the potato slices to make an even top layer. Pour over the stock, then evenly scatter over the remaining 20g Parmesan from making the pesto, and spritz the top with cooking spray.

3 Cover the top tightly with foil (or use a lid if you have one), then bake in the oven for 1 hour. Uncover and bake for a further 40 minutes until the top is golden and crisp. Leave to stand for 5 minutes, then divide between 4 plates and serve with the salad.





3 Pesto pasta with prawns & scorched tomatoes

EVERYDAY EASY

SERVES 4
SYNS PER SERVING 6

Deduct 6 Syms if using the Parmesan as a Healthy Extra

READY IN 20 minutes

400g dried short pasta (we used fusilli)

400g cherry tomatoes

Low-calorie cooking spray

200g frozen raw peeled king prawns, defrosted and patted dry with kitchen paper

1 x easy pesto recipe (see p56)

80g rocket

1 Boil the pasta following the pack instructions. While it's cooking, heat a large, non-stick frying pan over a high heat and, once hot, add the tomatoes. Cook without stirring for 2-3 minutes, then shake the pan. Repeat 3 or 4 times until the tomatoes have scorch marks all over and are soft when pressed.

2 Spritz the pan with cooking spray, add the prawns to the tomatoes and fry for 2 minutes on each side until pink. Drain the pasta and toss with the tomatoes and prawns, then stir in the pesto. Season and divide between 4 bowls. Evenly sprinkle over the remaining 20g Parmesan from making the pesto and scatter over the rocket.

With peppery rocket, sweet charred tomatoes and prawns, this pesto pasta makes a seriously satisfying bowl!

Celebration watermelon cake

Ellie Gripton was looking for an on-plan centrepiece for a family party – so we came up with this juicy-sweet showstopper that’s perfect for any joyful occasion!

PHOTOGRAPHS: GARETH MORGANS

A LITTLE EFFORT

SERVES 8-10

Free

Vegan (if using the soya yogurt)

READY IN 1 hour

2 watermelons, 1 large and 1 small
300g each red and green grapes, cut into small bunches

150g strawberries, hulled and halved

150g mix of blueberries and raspberries

Sprigs of fresh mint, plus a few extra leaves

½ small cantaloupe melon, seeds removed, thickly sliced and cut into shapes with cookie cutters

1 clementine, peeled, pith removed and sliced widthways into rings

Fat-free natural yogurt or plain unsweetened dairy-free soya yogurt with added calcium, to serve

YOU’LL ALSO NEED

Small star and flower cookie cutters

4 wooden skewers

Wooden cocktail sticks

Spray bottle



1 On a large chopping board, cut off both ends of each watermelon with a sharp knife to get a flat, stable surface. Remove the rind, following the curve of the fruit, to expose the flesh. Check the smaller top tier watermelon is a little shorter than the larger bottom tier (ours were 8cm and 10cm tall).



2 Place an upturned bowl or glass on top of each watermelon (we used a 8.5cm diameter glass for the top tier and a 13cm diameter bowl for the bottom). Use as your guide to cut straight down the sides, turning the board as you go. Try not to angle the knife – you’re aiming for straight-sided cylinders.



3 Trim the 4 skewers so they’re 2.5cm taller than the bottom tier. Insert them in a square shape in the middle of the cake, making sure they’re not wider than the top tier. Transfer to a cake stand or serving platter. Carefully place the smaller tier on top – the skewers will hold it firmly in place.



4 To decorate your cake, have all the fruit and mint laid out ready. Picture an ‘S’ shape from the top to the bottom of your cake. Following this curve, gently start to fix the grapes and strawberries to the sides using the cocktail sticks. Leave some gaps as you go, so you can fill in with the smaller pieces of fruit.



5 Cover any exposed cocktail sticks with the blueberries and raspberries, and tuck mint sprigs in between. Add the melon shapes and clementine rings. Arrange any leftover fruit and mint in pretty piles around the base of the cake. Lightly spritz the whole cake with water to stop the watermelon from drying out.

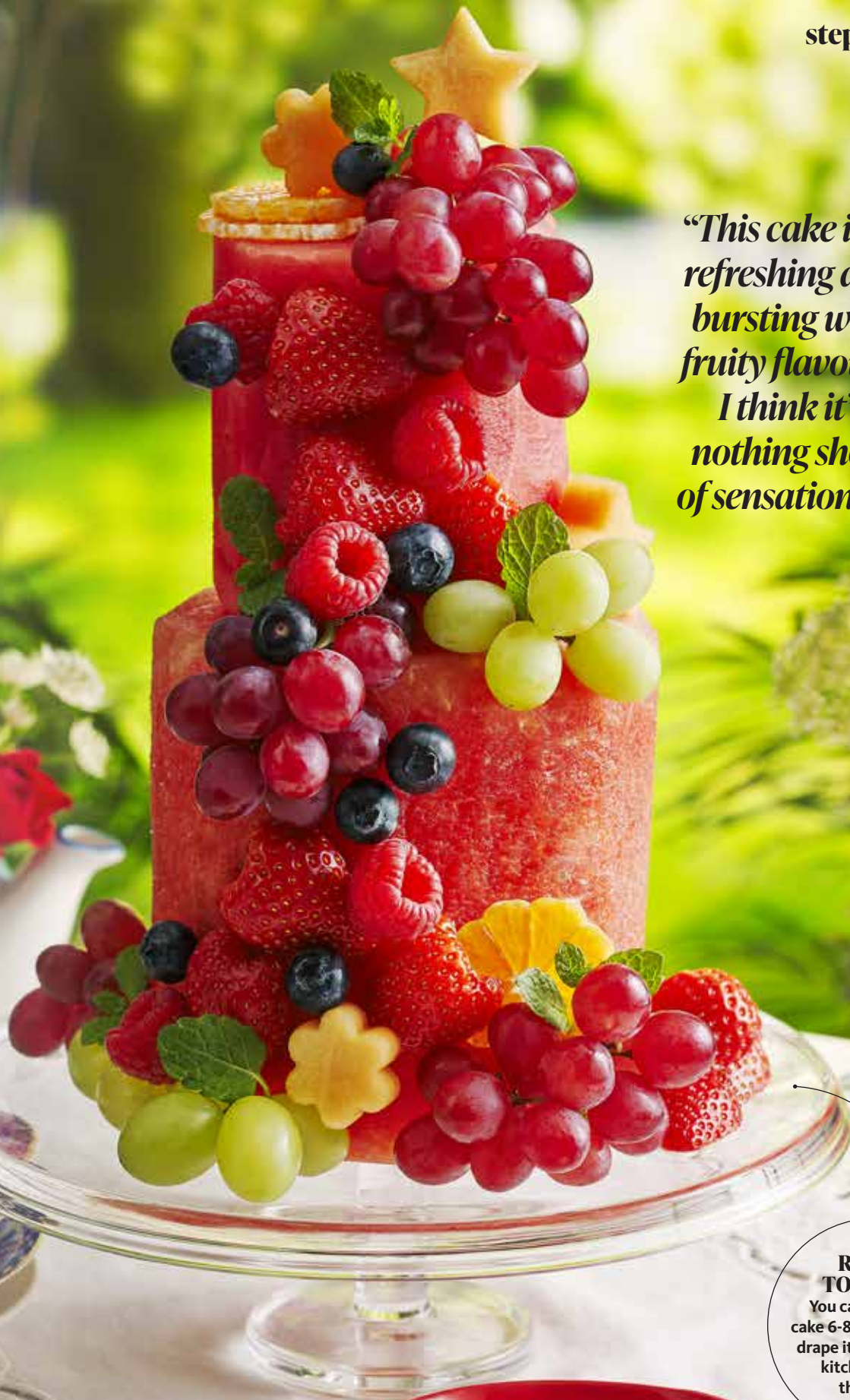


6 When you’re ready to serve, carefully remove the fruit and mint (and cocktail sticks) from the sides. Remove the top tier and the skewers from the base. Slice as you would a normal cake, and divide between plates with the fruit, mint and a dollop of yogurt.



Ellie Gripton, 39, lives in Tamworth, Staffordshire, with her son. She has lost 8st and is a Slimming World Online member

“This cake is so refreshing and bursting with fruity flavours. I think it’s nothing short of sensational!”



READY TO PARTY
You can make this cake 6-8 hours ahead – drape it in dampened kitchen paper, then chill

Kitchen SECRETS

GENIUS TIPS, TRICKS AND SHORTCUTS TO SEND YOUR COOKING CONFIDENCE SKY HIGH

How to get the best from your griddle pan

Our top tips for griddling your ingredients to perfection every time

Spray your food (not the pan) with low-calorie cooking spray, and season before griddling rather than after – that way the flavour cooks into the food.

Get your pan smoking hot before adding your ingredients. Once your food is cooking, turn down the heat slightly.

Give large items time on the griddle to develop char marks (usually 3-4 minutes each side will be plenty), then finish off in a hot oven. Leaving anything on a griddle pan for more than 8-10 minutes can mean your kitchen filling up with smoke.

Set to sizzle!



IN SEASON...

Watercress

In Victorian times, this peppery little leaf was sold in bunches on the streets as a snack! Here are some more creative ways to use this versatile Speed Free Food



IN PASTA: stir a handful of watercress into cooked dried pasta with some flaked hot-smoked salmon, lemon zest and plain extra-light soft cheese (1 Syn per 25g) – yum!

IN SOUP: boil peeled, chopped potatoes in roughly double the amount of veg stock (so 400g potatoes would need around 800ml stock). Once tender, stir in a few handfuls of watercress, then blitz until smooth. Season with salt, add a little lemon juice, then drizzle in fat-free natural fromage frais before serving.

IN SALAD: serve watercress on its own or mix with other salad leaves to give them a bit of a kick. It goes really well with chicken, smoked haddock and salmon – and tastes great with fresh oranges, too.

CITRUS FRESH

To remove smells like garlic or fish from a chopping board, rub it with the cut side of a lemon before cleaning. It works much better than just washing-up liquid!

SECOND HELPINGS

If you've got leftover cooked pasta, spray it with a little low-calorie cooking spray, then pop in an airtight tub and chill for up to 2 days. Reheat briefly in boiling water or leave to come to room temperature and use to make a pasta salad.



How to use gelatine leaves

Jelly stars in lots of our slimming-friendly desserts (you'll find one on p91) – follow our steps to getting deliciously firm results every time



1 Soak your gelatine leaves in a small bowl of cold water for 5 minutes, or until they're soft and completely floppy.



2 Grab hold of the gelatine and remove from the bowl. Squeeze out as much of the excess water as you can.



3 Pour some of the liquid you want to set into a pan, then heat to steaming. Take off the heat, add the gelatine and stir until totally dissolved.



4 Stir the warm gelatine mixture into the rest of your room-temperature liquid. Pour into your mould, and leave in the fridge to set.

touch hearts, change lives

as a
Slimming World Consultant



Asia Ali,
Coventry



Charlotte McNally,
Buckinghamshire



Zaheer Bhatti,
Birmingham



Zoe Mole,
Dorset

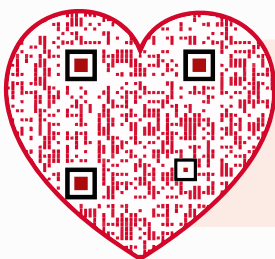
Inspirational, warm and caring, our Consultants know what it's like to struggle with being overweight, and they've experienced the joy of seeing their lives transformed. Now they're dedicated to helping others achieve the same success!

your *journey*
continues here...

If you're a member on your way to your final target weight and you'd love to share with others the support, motivation and success you've experienced, we'd love to hear from you.

As well as the satisfaction that comes from making a real and lasting difference to people's lives, as a self-employed Consultant you'll reap the rewards of:

- ✓ **flexible hours** that fit around family life
- ✓ an **excellent income**
- ✓ **first-class training** and **support**
- ✓ and all the other benefits that come with **running your own business**



Scan the QR code or visit
slimmingworld.co.uk/become-a-consultant
to discover more about this hugely rewarding role
and enquire about opportunities near you.

Slimming[®]
WORLD

touching hearts, changing lives



Ready, set, *slim!*

An entire week of meals to supercharge your weight loss, complete with delicious dinners that are quick to the table and a doddle to make. Roll on Monday...

'The prawn
curry was
brilliant
for a busy
weeknight'



Taste tester

Amy Gilbert, 32,
lives in Aylestone, Leicester,
with her partner, Keiran, and
their three cats. She's lost
3½st at Roxanne Freeman's
Slimming World group
in Aylestone

See your week's menu at a glance below

Monday	BREAKFAST STRAWBERRY BIX: pour milk from your Healthy Extra 'a' allowance over 2 wholewheat biscuits (a Healthy Extra 'b'), eg Weetabix, and scatter with chopped fresh strawberries	LUNCH TUNA SWEET POTATO: cook a sweet potato until soft, then split open. Mix a small crushed garlic clove and a little lemon juice into fat-free natural yogurt, then stir through flaked drained canned tuna in spring water and sliced spring onions. Dollop it over the potato and serve with salad	DINNER One-pot Cajun chicken rice Free
Tuesday	BREAKFAST CARROT CAKE PORRIDGE: mix grated carrot, and a little ground cinnamon and mixed spice with 40g plain porridge oats (a Healthy Extra 'b'). Add water or milk from your Healthy Extra 'a' allowance and cook	LUNCH PACK-UP CHICKEN PASTA: mix cooked and cooled dried pasta shapes with cooked sliced skinless chicken breast, cherry tomatoes and sliced cucumber and spring onions. Dress with red wine vinegar and pop in a lunch box	DINNER Easy-peasy prawn curry Free SP
Wednesday	BREAKFAST STRAWBERRY BIX: pour milk from your Healthy Extra 'a' allowance over 2 wholewheat biscuits (a Healthy Extra 'b'), eg Weetabix, and scatter with chopped fresh strawberries	LUNCH GREEK SALAD: mix lots of chopped cucumber, red onion and tomato with drained and rinsed canned chickpeas and basil leaves. Toss through a little red wine vinegar, then slice 65g reduced-fat Greek-style salad cheese (a Healthy Extra 'a') and place on top	DINNER Quick carbonara 1 Syn
Thursday	BREAKFAST CHEESE & TOMATO OMELETTE: fry beaten eggs in low-calorie cooking spray. Add halved cherry tomatoes and crumble over 65g reduced-fat Greek-style salad cheese (a Healthy Extra 'a'), then finish off under the grill	LUNCH CHICKEN FRIED RICE: fry cooked dried rice in low-calorie cooking spray with a pack of stir-fry vegetables and sliced cooked skinless chicken breast. Drizzle with soy sauce and lime juice for some zing!	DINNER Baked eggs & pitta dippers 7 Syns <i>Deduct 7 Syns if using the pitta bread as a Healthy Extra 'b'</i> V
Friday	BREAKFAST CARROT CAKE PORRIDGE: mix grated carrot, and a little ground cinnamon and mixed spice with 40g plain porridge oats (a Healthy Extra 'b'). Add water or milk from your Healthy Extra 'a' allowance and cook	LUNCH ROAST BEEF & LENTIL SALAD: mix a drained and rinsed can of brown lentils with finely diced red pepper, cucumber and red onion. Stir through a little fat-free natural yogurt mixed with lemon juice and chopped fresh mint, and serve with sliced roast beef (visible fat removed)	DINNER Sticky hoisin stir-fry 1½ Syns V
Saturday	BREAKFAST EGG & SPINACH PITTA: stir spinach into beaten eggs, then fry in low-calorie cooking spray until set. Roll up and stuff inside a toasted and split 60g wholemeal pitta bread (a Healthy Extra 'b') with sliced tomato	LUNCH MED VEG PASTA: spray chopped courgette, red onion and pepper with low-calorie cooking spray and roast until softened. Cook dried pasta shapes following the pack instructions, then drain and toss through the veg. Add a squeeze of lemon juice and 30g grated fresh Parmesan (a Healthy Extra 'a')	DINNER Naked salmon burgers & chips Free
Sunday	BREAKFAST BACON ROLL: grill back bacon rashers (visible fat removed) until cooked through with cherry tomatoes until blistered and softened. Pack into a 60g wholemeal roll (a Healthy Extra 'b')	LUNCH MEXICAN EGGS: heat drained rinsed canned black beans with a splash of water, a pinch of ground cumin and smoked paprika, and spinach. Top with an egg fried in low-calorie cooking spray, fat-free natural yogurt, and 65g reduced-fat Greek-style salad cheese (a Healthy Extra 'a') if you fancy	DINNER Cheesy chicken with roasted veg 2 Syns

SNACKS & TREATS ● Carrot, celery and cucumber sticks, FREE ● Fresh blueberries, FREE ● Fresh cherries, FREE ● Smoked salmon trimmings, FREE ● Wafer-thin roast turkey slices, FREE ● Squirry cream, ½ Syn per 2 level tbsp ● Tomato ketchup, 1 Syn per 1 level tbsp ● Milk chocolate buttons, 1½ Syns for 5 ● Ginger nut biscuit, 2½ Syns ● Rum (25ml) and diet cola with a squeeze of fresh lime, 2½ Syns ● Potato waffle (grilled/baked), 3 Syns ● Reduced-fat garlic bread, 5 Syns per slice ● Lower-calorie salt and vinegar crisps (eg baked), 5½ Syns per 25g bag ● Mixed fruit and nuts, 5½ Syns per 25g ● White wine, 6 Syns per 125ml



Your introduction to Food Optimising

Fill up on Free Food

The power of Slimming World's unique eating plan lies in Free Food. These are the foods you can enjoy in unlimited amounts, with no weighing, counting or measuring – ever! Based on the science of energy density and satiety (how filling a food is), Free Foods fill you up for fewer calories. By basing your meals around Free Food, you're naturally limiting your calorie intake, meaning you lose weight without feeling hungry. Free Food includes lean meat, poultry, fish, plain Quorn and plain tofu, eggs, pasta, potatoes, pulses, and fresh fruit and veg. There are more than 350 to choose from, so you can personalise Food Optimising to suit your taste, lifestyle and dietary needs. Some Free Food has the bonus of being Speed Free Food – fruit and veg that are super-low in calories – so for the best results, include at least a third of a plate at every meal, where it makes sense.

Add in Healthy Extras

To support your calcium intake, you can enjoy two measured portions of milk or cheese each day – your Healthy Extra 'a' choices. Options include 350ml skimmed milk or 250ml semi-skimmed milk, 400ml plain unsweetened almond or soya drink with added calcium, 40g reduced-fat or 30g full-fat hard

cheese, and 40g Daiya Medium Cheddar Style Farmhouse Block or Koko Dairy Free Alternative to Cheddar. For fibre and other nutrients, also add one portion of wholemeal bread or high-fibre cereal each day, your Healthy Extra 'b' choice. To keep things simple, we've built your Healthy Extra 'b' into the menu plan each day.

Choose your Syns

Foods and drinks that pose a risk to your weight loss – those high in fat or sugar, as well as alcohol – can be enjoyed as carefully counted Syns. We recommend you plan 5 to 15 Syns into your day (see the bottom of page 65 for ideas).

Make simple swaps

To help protect your weight loss, choose the leanest meat and trim off any visible fat, such as the white bits off bacon, and remove skin from poultry. Dry-fry mince, fry veg with water, and use low-calorie cooking spray rather than fat or oil. Switch sugar for sweetener, and swap cream and crème fraîche for fat-free natural yogurt, plain quark, or plain unsweetened soya yogurt with added calcium.

So that's Food Optimising in a nutshell. You'll find lots more info and ideas in your Food Optimising book. Here's to a great weight loss week!



MINIMAL WASHING-UP!

Monday

One-pot Cajun chicken rice

SUPER SIMPLE

SERVES 4

Free

READY IN 35 minutes

Low-calorie cooking spray

500g skinless and boneless chicken thighs, visible fat removed, chopped into chunks

1 onion, finely chopped

2 celery sticks, finely diced

1 green pepper, deseeded and finely chopped

2 garlic cloves, crushed

2 tsp Cajun spice mix (see Cook's notes on p45)

250g dried long-grain rice

250g tomatoes, roughly chopped

400ml chicken stock, made with 1 stock cube

10g fresh flat-leaf parsley, sliced

- 1 Spray a large, deep, lidded, non-stick frying pan with cooking spray and put over a medium-high heat. Fry the chicken for 2 minutes on each side until browned. Tip the chicken onto a plate, then put the pan over a medium heat and fry the onion, celery and pepper for 5-6 minutes.
- 2 Add the garlic and Cajun spice mix, and fry for 2 minutes more. Add the chicken, rice, tomatoes and stock, then give it a good stir. Bring to a simmer, then cover tightly with the lid and turn down the heat to as low as it will go. Cook for 15 minutes (the liquid should have almost completely disappeared and the rice should be plump and tender).
- 3 Season, gently stir through most of the parsley, then spoon into 4 bowls. Scatter over the rest of the parsley.

SCAN & SHOP

SCAN TO FIND YOUR WEEK'S SHOPPING LIST

OPEN YOUR PHONE'S CAMERA



SCAN YOUR QR CODE



ACCESS YOUR SHOPPING LIST



YOUR QR CODE

Tuesday

Easy-peasy prawn curry

SUPER SIMPLE**SERVES 4**

Free

SP

READY IN 25 minutes**Low-calorie cooking spray****1 onion, finely sliced****3 peppers (red, yellow or orange), deseeded and sliced****2 garlic cloves, crushed****4cm-piece fresh root ginger, peeled and grated****2 tsp garam masala****400g tomatoes, roughly chopped****400g can chickpeas, drained and rinsed****200g frozen peeled raw king prawns, defrosted****250g ready-made plain cauliflower rice****Juice of 1 lemon****30g fresh coriander, roughly chopped**

1 Spray a large, deep, non-stick frying pan with cooking spray and put over a medium heat. Fry the onion and peppers for 5-6 minutes until softening. Add the garlic, ginger and garam masala with a splash of water, and fry for another 3 minutes.

2 Add the tomatoes and chickpeas. Bring to a sizzle and cook for 5 minutes until the tomatoes have thickened. Add the prawns and cook for 3 minutes, stirring often, until they turn pink. At the same time, heat the cauliflower rice following the pack instructions.

3 Season the curry and add the lemon juice to taste. Divide between 4 plates with the cauliflower rice, then scatter with the coriander.

WASTE NOT

Traditionally, carbonara only uses egg yolks, not the whites. We've used whole eggs here, so there's no waste and just as much flavour

YOU'D NEVER GUESS IT'S SLIMMING!

CAULIFLOWER POWER!

Wednesday

Quick carbonara

SUPER SIMPLE**SERVES 4****SYNS PER SERVING 1****READY IN 20 minutes****6 bacon medallions, visible fat removed****400g dried spaghetti****1 large garlic clove, crushed****4 medium eggs*, beaten****20g fresh Parmesan, finely grated****1 little gem lettuce, leaves separated****80g bag of watercress****Balsamic vinegar, to serve**

1 Preheat your grill to high and cook the bacon for 6-8 minutes, until cooked through and crisp, turning halfway. Roughly chop and set aside.

2 While the bacon's grilling, cook the spaghetti following the pack instructions. At the same time, mix the garlic into the eggs and season.

3 Drain the spaghetti, keeping 100ml of the cooking water. With the pan off the heat, tip the spaghetti back in. Quickly stir the water into the eggs with most of the Parmesan, then tip into the spaghetti and toss to coat. Stir through the bacon, then divide between 4 bowls. Divide over the rest of the Parmesan and add a twist of black pepper. Mix the leaves with the balsamic and serve on the side.

**Pregnant women, the elderly, babies and toddlers are advised to have eggs showing the British Lion stamp if eating raw or partially cooked eggs. If not using British Lion eggs, always ensure the eggs are cooked through*

Thursday

Baked eggs & pitta dippers

EVERYDAY EASY

SERVES 4

SYNS PER SERVING 7

Deduct 7 Syms if using the wholemeal pitta bread as a Healthy Extra

V

READY IN 35 minutes

Low-calorie cooking spray

1 onion, finely sliced

2 garlic cloves, crushed

2 tsp ground cumin

1 tsp ground coriander

2 x 400g cans chopped tomatoes

500g frozen spinach, defrosted and very well squeezed out

400g can butter beans, drained and rinsed

4 medium eggs

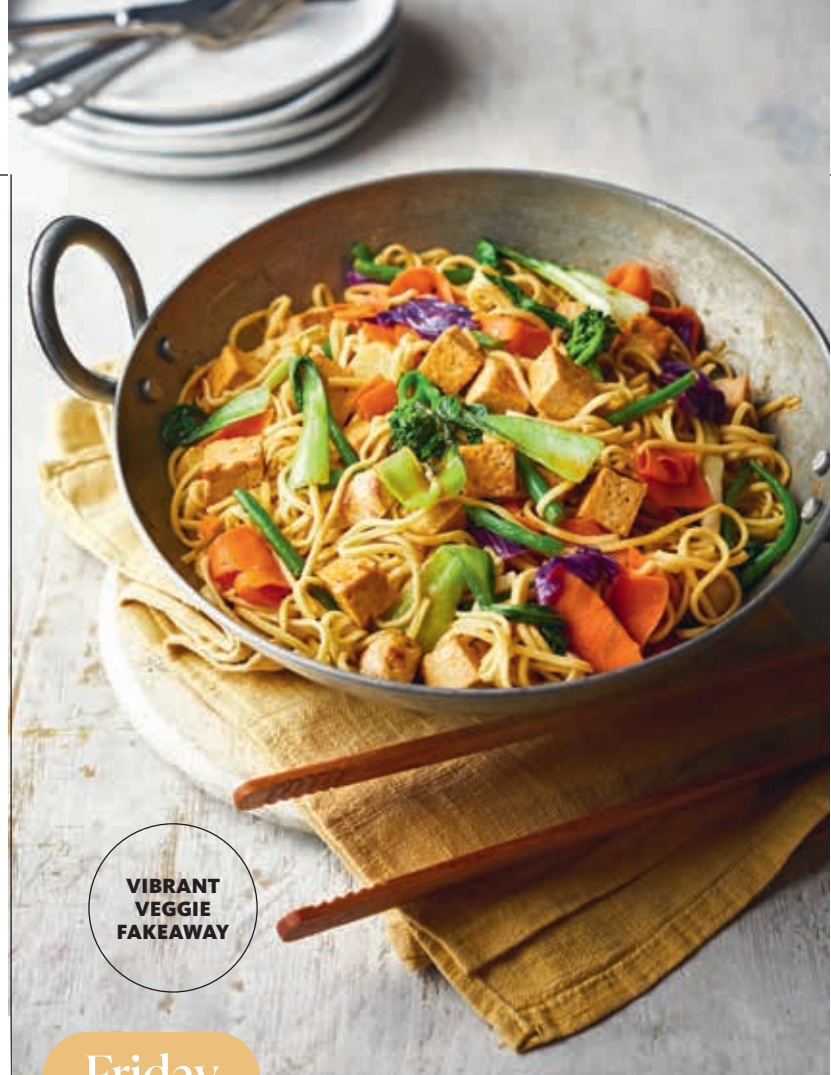
10g fresh flat-leaf parsley, finely chopped

4 x 60g wholemeal pitta breads, toasted, to serve

1 Spray a large, deep, lidded, non-stick frying pan with cooking spray and put over a medium heat. Fry the onion for 5 minutes, stirring often, until softening. Add the garlic and spices with a splash of water and fry for 2 minutes until fragrant.

2 Add the tomatoes, then bring to a simmer and cook for 5 minutes. Stir in the spinach and butter beans, and simmer for another 5 minutes.

3 Season, then make 4 wells in the mixture and crack an egg into each one. Pop the lid on and leave to simmer gently for 10 minutes until the eggs whites are set. Divide between 4 bowls. Add a twist of black pepper and scatter over the parsley. Serve with 1 pitta per person for dipping and scooping.



**VIBRANT
VEGGIE
FAKEAWAY**

Friday

Sticky hoisin stir-fry

SUPER SIMPLE

SERVES 4

SYNS PER SERVING 1½

V

READY IN 30 minutes

396-400g pack plain firm tofu, drained and cut into chunks

250g dried medium egg noodles

4 level tbsp hoisin sauce

2 garlic cloves, crushed

Zest and juice of 2 limes

Low-calorie cooking spray

2 x 300-320g packs stir-fry vegetables

1 Spread the tofu out on a couple of layers of kitchen paper, then top with a couple more. Leave for 10 minutes while you carry on with the rest of the recipe (draining the tofu on kitchen paper helps to firm it up).

2 Cook the noodles following the pack instructions. Drain, keeping 4 tbsp of the cooking water, then run under plenty of warm water to wash off the starch. Rinse in cold water briefly, then leave in the colander.

3 Mix together the hoisin, garlic and lime zest and juice with the reserved cooking water. Set aside (this will be your stir-fry sauce).

4 Spray a large, non-stick wok or frying pan with cooking spray and put over a medium-high heat. When it's hot, fry the tofu for 1-2 minutes on each side until golden, then tip out onto a plate. Spray the pan with cooking spray again, then stir-fry the veg for 3-4 minutes until softening. Add the tofu and noodles and stir-fry everything together for 2-3 minutes until sizzling. Pour in the sauce and toss to coat. Stir-fry for 2 more minutes, then divide between 4 bowls.

**CRACKING
EVERYDAY
IDEA**



Saturday

Naked salmon burgers & chips

EVERDAY EASY

SERVES 4

Free

READY IN 40 minutes

800g frozen Slimming World Chips (from Iceland)

Low-calorie cooking spray

200g sweet potatoes (about 2 medium), pricked

400g skinless and boneless salmon fillets, roughly chopped

2 cooked plain beetroot (about 140g), drained and patted dry, roughly chopped

10g fresh dill, roughly chopped

4 spring onions, finely sliced

1 medium egg

500g frozen trimmed green beans

1 lemon, cut into wedges, to serve

1 Preheat your oven to 220°C/fan 200°C/gas 7. Spread the chips on a large, non-stick baking tray in a single layer and spray with cooking spray. Cook for 25-30 minutes, turning halfway.

2 When the chips are in the oven, microwave the sweet potatoes on high for 5-6 minutes, then slice open and scoop the flesh into a food processor. Add the salmon, beetroot, dill, spring onions and egg. Season, then blitz until almost smooth, but with a bit of texture. Tip the mixture out into a bowl, then (with wet hands) shape into 4 large burgers, around 2cm thick. Lay them out on a baking tray lined with baking paper.

3 Spray a large, non-stick frying pan with cooking spray and put over a medium-high heat. When hot, fry the burgers for 2 minutes on each side. Put back on the baking tray and bake on the shelf below the chips for the last 8 minutes of their cooking time.

4 When the chips and burgers are nearly ready, boil the beans for 2-3 minutes, then drain. Serve the burgers with the chips, beans and lemon wedges.

NICE AND SIMPLE SUNDAY



Sunday

Cheesy chicken with roasted veg

EVERDAY EASY

SERVES 4

SYNS PER SERVING 2

READY IN 30 minutes

4 medium skinless and boneless chicken breasts
3 courgettes, sliced into batons

Low-calorie cooking spray
800g new potatoes, halved or quartered

400g carrots, sliced into batons

100g plain light soft cheese

10g fresh dill, finely chopped, plus sprigs to serve

1 garlic clove, crushed

1 lemon, cut into wedges, to serve

1 Preheat your oven to 200°C/fan 180°C/gas 6. Put the chicken and courgettes on a large, non-stick baking tray and spray with cooking spray. Roast for 20 minutes, or until the chicken is cooked through and the courgettes are browned.

2 At the same time, boil the potatoes for 20 minutes, adding the carrots after 5 minutes. Drain and set aside.

3 While everything's cooking, mix the soft cheese with the chopped dill and garlic. Set aside.

4 Divide the chicken, potatoes and veg between 4 plates. Top each chicken breast with a quarter of the herby cheese mixture and scatter over the sprigs of dill. Season and serve with lemon wedges.

"Trying dishes that had never been on my radar before was great – it kept things exciting all week long"

AMY

FREEZER-AISLE SHORTCUT



WE MADE 'EM
THIN
SO YOU CAN
FILL 'EM IN



Now available in packs of 4 from selected stores and subject to availability:
Asda | Waitrose & Partners | Morrisons | Ocado | Dunnes Stores | SuperValu
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FOOD *news*

WE'VE SEARCHED THE SHELVES TO BRING YOU THREE PAGES OF TASTY INSPIRATION



USE YOUR NOODLE
This recipe is a quick and easy way to use up any veg you've got in the fridge

Mushroom ramen

Free V

To serve 4, spray a large, non-stick frying pan with **low-calorie cooking spray** and put over a medium-high heat. Slice **500g mixed mushrooms** and fry for 5-6 minutes, stirring often, until coloured and softened. While the mushrooms are cooking, mix together **2 tbsp white miso paste (without added oil or sugar)** and **1 tbsp soy**

sauce with a little just-boiled water to loosen it, then set aside. Cook **250g dried egg noodles** following the pack instructions, then drain and run under cold water to stop them sticking together. Divide the cooked noodles between 4 bowls. Rinse out the noodle pan, then spray with cooking spray and put over a medium heat. Finely

slice **8 spring onions**, then cook the white parts for 3 minutes until golden. Add the fried mushrooms, the miso and soy sauce mixture, **100g shredded spring greens** and 1 litre just-boiled water. Bring to a simmer and season to taste with a little more soy sauce. Pour the broth over the noodles and top with the spring onion greens to serve.



Sainsbury's Just Cook... Gammon Steaks & Pineapple with Cheddar Cheese, 3 Syns per half pack; £4 for 345g

Nestlé Shredded Wheat Red Berry Wheats, 45g is a Healthy Extra 'b'; £3.19 for 450g, Morrisons, Ocado and Sainsbury's Vegan



TOP SPOTS

We've selected a few best buys for a delicious week on plan!



Tesco The Grower's Harvest Unsweetened Soya Drink, 400ml is a Healthy Extra 'a'; 50p for 1 litre Vegan

Peperami Vegerami, 2½ Syns per stick; £1.75 for a pack of 3, Ocado, Sainsbury's and Tesco V



Aldi Ashfields Ready to Eat Mango Curry Chicken Mini Fillets, 1½ Syns per pack; £2.29 for 170g

You'll find these products in the freezer cabinets – look out for the symbol across the Food news pages

Jam it up!

This reduced-sugar strawberry jam has half the Syns of regular preserves, making it a top choice for your slimming week. Stir into your fat-free natural yogurt or Healthy Extra porridge. Sweet...



Ferne & Rosie Strawberry Jam, 1 Syn per 1 level tbsp; £3.30 for 300g, Ocado and Waitrose & Partners Vegan

Tastes like summer

Add smoky savouriness and filling power to a meat-free sarnie or stir-fry with this tasty marinated tofu. And when the weather plays ball, it's great for popping on the barbecue!



Cauldron Smoky BBQ Tofu, 2½ Syns per pack; £2.35 for 220g, Ocado, Tesco and Waitrose & Partners Vegan



Amie Lumsden, Bristol 'I fry potatoes with garlic and chorizo (3½ Syns per 25g), pop them in the air fryer with tomatoes and an egg, then top with parsley.'



Kay-Leigh Butler, Greater Manchester 'For my porridge, I use Healthy Extra oats with water, add grated carrot, fat-free natural yogurt and nutmeg, then top with fruit.'

YOUR MAKES!

The quick fixes and genius food tips you love – share yours on Instagram #SWMagazineMakes

Carys Teasdale, Rhondda Cynon Taff 'I use my air fryer to roast Med veg with seasoned salmon fillets, and have it with corn on the cob – delicious!'



Leeann Stirrup, Cheshire 'I sizzle strips of lean beef steaks with veg, garlic, soy sauce and dried red chilli flakes, then add to plain boiled rice – the kids love it.'



Jack and Nat, Kent 'We chop up lots of Speed Free Food veg, and add a can of tuna in spring water and some hard-boiled eggs for one of our fave lunches.'

Three ways to eat: peppers

This colourful Speed Free Food keeps for ages in the fridge and is delicious hot or cold!

- For vegan stuffed peppers, fry 1 diced onion in low-calorie cooking spray until soft. Add 2 crushed garlic cloves, 1 tsp each of cumin, smoked paprika and dried oregano, and fry with a splash of water for 2 minutes. Add 1 x 400g can chopped tomatoes, bring to a simmer and cook for 10 minutes until thickened. Add 3 x 400g cans drained and rinsed jackfruit in water and return to a simmer. Season well, then stuff it inside 4 large, halved and deseeded peppers. Pop on a non-stick baking tray and roast at 200°C/fan 180°C/gas 4 for

30-35 minutes until the peppers are soft. Scatter with chopped fresh coriander to serve.

- To make a Free houmous, grill whole peppers until charred and soft, then allow to cool. Peel off the skins, remove the stalks and seeds, then blitz in a food processor with 1 x 400g can drained and rinsed chickpeas, 1 crushed garlic clove and a dollop of fat-free natural yogurt until smooth (if it's a bit stiff, add a little water).

- For an easy salsa, finely chop 1 deseeded red pepper, 300g tomatoes, 3 spring onions and 1 chilli. Mix together with the juice of 2 limes.



TOP TIP
Don't fancy our jackfruit stuffing? Fill your pepper halves with leftover risotto instead!



Herby sundried tomato: a top match for fish

Birds Eye Chargrills 2 Fish Fillets with Sundried Tomato & Basil, 1 Syn per fillet (baked); £4.09 for 250g, Iceland, Morrisons, Ocado and Sainsbury's

Gin gin!

Alcohol-free spirits are a fantastic Syn saver – and there have never been so many to choose from! For a refreshing tippie, pour this fruity number over ice and top up with diet tonic. Feeling fancy? Add a sprig of fresh rosemary and a wedge of lemon, too.



Whitley Neill Rhubarb & Ginger Alcohol Free Spirit, ½ Syn per 25ml; £20 for 70cl, Sainsbury's



**Tastes
Like
Sugar**



CRAVING SAUSAGES?

DELICIOUS LOW FAT SAUSAGES

Tuck in!



FIND MORE RECIPE INSPIRATION AT
WWW.HECKFOOD.CO.UK

SNACK ATTACK

TRIED & TASTED

We sampled just-add-water noodles – here are our top of the pots!



1

1 Itsu Katsu Rice Noodles, 1 Syn per 63g pot; £1.75, Coop, Morrisons, Ocado, Sainsbury's, Tesco and Waitrose & Partners

Our testers were surprised how filling this Japanese-inspired noodle pot was and felt it was great for just 1 Syn. They found it mild and aromatic, rather than strongly curry flavoured.

2 Wicked Kitchen Late Night Noodles, 1½ Syns per 90g pot; £1.40, Tesco

Tasters enjoyed the unusual combination of flavours – basil, soy and smoky BBQ with a spicy kick. The thick sauce coating the noodles made for a satisfying vegan option.

2

3 Mug Shot Sweet & Sour Noodles, 1 Syn per 67g pot; 70p, Asda

Very much does what it says on the pot! Testers gave this a big thumbs-up for the sweet and sour flavour, and the thick sauce studded with small pieces of veg.

4 Kabuto Noodles Indian Masala Fusions, 3 Syns per 65g pot; £1.85, Ocado and Sainsbury's

The dense, wheat noodles made this seem particularly filling and its broth was full of Indian spice. If you're not keen on coriander, this one's not for you – our testers were divided by the hit of that love-it-or-hate-it herb.

3

4



Boost your stew

Soak this mix of pearl barley, yellow and green split peas, whole peas and red lentils overnight, then add to your soup or stew for a satisfying Food Optimising dinner.

Sainsbury's Soup & Stew Mix, £1.20 for 500g

Save prep time with ready-peeled squash and sweet potato – lovely in a curry!

Tesco Butternut Squash & Sweet Potato, £1.45 for 350g



Fake it away

Ready in just two minutes, this microwave rice is fast food that won't slow your slimdown!

Asda Chip Shop Curry Micro Rice, 2½ Syns per pouch, and **Biryani Micro Rice**, 2 Syns per pouch; both 75p for 250g

Find the Syn values of all advertised products here

Each issue, we round up all the Syns for products featured on the food adverts, so you can be sure they'll fit smoothly into your Food Optimising week

● **Arla**, B.O.B Skimmed Milk, 300ml counts as a Healthy Extra 'a' or 2 Syns per 100ml.

● **Belle & Co.**, Alcohol Free Sparkling Rosé and Sparkling wine, both 1½ Syns per 125ml glass.

● **Black Tower B**, Rosé and White wine (5.5% ABV), both 4 Syns per 175ml glass.

● **Cirio**, Passata Rustica, Pelati and Polpa, all Free.

● **Frylight**, cooking spray, all varieties, Free.

● **Heck**, Chicken Italia chipolatas, ½ Syn per chipolata.

● **Heinz**, Balsamic with a Hint of Garlic Salad Dressing Spray, 1 kcal spray, ½ Syn per 10 sprays; Chili & Lime Salad Dressing

Spray, 2 kcal spray, 1 Syn per 10 sprays.

● **Hi-fi**, Salted Caramel, 2 bars count as a Healthy Extra 'b' or 3 Syns per bar, available in Slimming World groups and to our online members.

● **Kingsmill**, No Crusts Wholemeal bread, 3 slices count as a Healthy Extra 'b' or 2 Syns per slice.

● **Mug Shot**, Chicken & Sweetcorn Noodles, 1½ Syns per 54g sachet; Roast Chicken Pasta, 2 Syns per 55g sachet; Creamy Cheese Pasta, 3½ Syns per 68g sachet; Tomato & Herb Pasta (classic recipe), 3½ Syns per 64g sachet.

● **New York Bakery Co.**, Soft Seeded Bagel Thins, 1 bagel thin

counts as a Healthy Extra 'b' or 6½ Syns.

● **Riso Gallo**, My Risotto Perfetto, all dried, Porcini Mushroom and Saffron, both 1 Syn per 175g pack; Four Cheese, 2½ Syns per 175g pack.

● **Shloer**, Zero, Red Grape and White Grape Sparkling Zero Calorie Fruit Drink, both Free.

● **Slimming World**, Balti Beef Burgers; Beef Koftas; Soy, Garlic & Ginger Chicken Skewers; Veggie Bangers. All Free, from Iceland.

● **Soreen**, Lunchbox Loaves, Apple, Original Malt, and Strawberry, all 4½ Syns; Banana, 5 Syns.

● **Splenda**, Minis, one tablet, Free; Granulated Sweetener,

1 level tsp, Free, and ½ Syn per level tbsp.

● **Sweet Freedom**, Caramel Syrup, ½ Syn per level tsp; Choc Pot Chocolate Spread, ½ Syn per level tsp; Choc Shot, ½ Syn per level tsp.

● **Yeo Valley**, Organic 0% Fat Super Thick Creamy Yogurt Natural, Free.

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all fingers and yums!

If this issue of *Slimming World Magazine* has you dreaming of sizzling, aromatic street food, lighter evenings and the joy of bank holiday get-togethers with friends, the Slimming World food range has four new treats in store. Our Middle Eastern-inspired beef koftas, Indian-spiced balti beef burgers, succulent soy, garlic & ginger chicken skewers and jumbo veggie bangers are all deliciously satisfying and super-speedy to prepare, from the comfort of your own kitchen. Simply gather your gang, whip up a Syn free slaw and serve!



soy, garlic &
ginger chicken skewers



balti beef burgers



shop online at iceland.co.uk,
with free delivery when you
spend over £40



Serving suggestion. The full Slimming World range may not be available in smaller Iceland stores. Please check with your local store for more details. All stock is subject to availability. Minimum order of £25 required to use online order and delivery service. Additional £3 delivery charge payable on orders £25 to £39.99. Free delivery for orders over £40. Delivery address must be within the delivery catchment area. Delivery slots subject to availability. Customers must register online to use the service. Terms and conditions apply, see iceland.co.uk/terms for full details.

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the food
WAREHOUSE

Slimming[®]
WORLD



veggie bangers

beef koftas

SKIMMED MILK



TASTES LIKE

SEMI



*Comparative test results with 208 consumers of semi-skimmed milk.





COOK THE BOOK

Slow
cooker
mushroom
risotto,
recipe p80

Favourite flavours

Slimming World's 50 Golden Greats cookbook brings our members' top weight loss loving recipes together in one place. So whether you're fancying comfort food, a big brekkie or a bit of spice, this book has got you covered!

PHOTOGRAPHS: GARETH MORGANS



Slow cooker mushroom risotto

EVERYDAY EASY

SERVES 4

Free

V

READY IN 3 hours 40 minutes

15g dried mushrooms

1 onion, finely chopped

375g chestnut mushrooms, quartered

2 garlic cloves, crushed

250g dried risotto rice

1.2 litres hot vegetable stock

4 tbsp plain quark

Small bag of rocket

1 Soak the dried mushrooms in 150ml just-boiled water for 20 minutes. Put a deep, non-stick frying pan over a medium heat and add the onion, chestnut mushrooms and 2 tbsp water. Cook for 4-5 minutes, stirring from time to time and adding a splash more water if the pan starts to look a bit dry.

2 Add the garlic, rice, dried mushrooms and all but the last teaspoon of the soaking liquid (which will be gritty), and cook for 1 minute, stirring to coat the rice well. Pour in the stock, season with freshly ground black pepper, then turn up the heat to high and bring to the boil.

3 Tip the mixture into your slow cooker pot and cover. Cook on low for 3 hours, or until the liquid has been absorbed and the rice is temptingly creamy (you might need to cook it for another 15 minutes or so).

4 Take the pot off the heat (or just switch off your cooker) and stir in the quark and half of the rocket. Divide between bowls and scatter over the rest of the rocket.

NO SLOW COOKER?

Once you've coated the rice in step 2, start adding the stock bit by bit over a low heat, stirring often, until absorbed. This will take about 25 minutes, then take the pan off the heat and pick up from step 4



Cheesy tuna pasta bake

EVERYDAY EASY

SERVES 6

SYNS PER SERVING 3½

READY IN 30 minutes

400g dried pasta shapes, such as fusilli or spirali

200g frozen or drained canned sweetcorn

3 level tbsp cornflour

400ml skimmed milk

300g plain quark

75g reduced-fat Cheddar, coarsely grated

400g can artichoke hearts, drained and halved or quartered

300g cherry tomatoes (a mix of colours looks great), halved

3 x 160g cans tuna chunks in brine or spring water, drained

1 Drop the pasta into a large saucepan of boiling water and cook for 8 minutes. Add the sweetcorn and cook for another 4 minutes. Drain well and tip it all back

into the pan. In the meantime, preheat your grill to high.

2 Mix the cornflour with 4 tbsp milk and set aside. Bring the rest of the milk to the boil in a small saucepan. Stir in the cornflour mixture and simmer for 1 minute, or until thick, stirring all the time. Take off the heat, then stir in the quark and half the cheese.

3 Stir the sauce into the pasta and sweetcorn, along with the artichokes, tomatoes and tuna. Season lightly and tip everything into a large, heatproof dish that will fit under your grill. Evenly scatter over the rest of the cheese and grill for 10 minutes, or until golden.

4 Divide the bake evenly between 6 plates. Serve with your favourite Speed Free Food vegetables or a mixed salad.

Chicken fajitas

EVERYDAY EASY

SERVES 4 (makes about 12)

Free

SP

READY IN 30 minutes

Low-calorie cooking spray

3 peppers (any colours), deseeded and sliced

1 red onion, halved and finely sliced

1 tsp smoked paprika

1 tsp ground cumin

1-2 red chillies, deseeded and finely chopped

350g red and yellow cherry tomatoes, finely chopped

15g fresh coriander, chopped, plus sprigs to serve

Juice of 2 limes, plus wedges to serve

4 cooked skinless and boneless chicken breasts

4 little gem lettuces, leaves separated

1 Spray a non-stick frying pan with cooking spray and put over a medium-high heat.

Add the peppers, onion, spices and half the chillies, and fry for 10 minutes, stirring from time to time. Spoon the mixture into a bowl.

2 While the veg are cooking, make the salsa by putting the tomatoes, chopped coriander, remaining chillies and half the lime juice in another bowl. Mix well and season to taste.

3 Shred the chicken using 2 forks. Pile into another bowl and sprinkle over the leftover lime juice.

4 Take all the bowls to your table, along with the lettuce leaves, coriander sprigs and lime wedges. Invite everyone to make up their own fajitas by filling the lettuce leaves with the veg, chicken, salsa and coriander sprigs, and squeezing over the lime wedges.

IF YOU LIKE THESE RECIPES...

...you'll love *Slimming World's 50 Golden Greats* cookbook, packed with 50 deliciously easy Free and low Syn favourites. Choose from filling brunches like the all-day breakfast omelette; fakeaway sensations including chicken tikka masala and Slimming World's famous chips, and comforting classics such as chilli-loaded wedges and diet cola chicken.

This is one cookbook that's worth its weight in gold!

● On sale in Slimming World groups and to online members, £4.95/€7.95 RRP.



change lives

as a
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*have you got what it takes
to lead the best?*

(✓)

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Find out more about our District Manager opportunities at
slimmingworld.co.uk/dmcareers



“I’m so proud to be part of Slimming World’s life-changing team”

Vanessa was a senior training manager for a charity when she joined Slimming World as a member in 2014. She went on to lose just over 2st, before becoming the District Manager for Hampshire and West Sussex.

“Whether I’m running training sessions for my team, supporting our self-employed Consultants in their groups, recruiting new people to the team, or driving up to our Derbyshire Head Office for meetings, every day is different. It’s hard work, but there’s nothing more satisfying than helping a member achieve their weight loss dreams, or working with a Consultant to develop their business. It’s a unique role where I can combine a fulfilling, challenging management position with genuinely helping people to transform their lives.”

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touching hearts, changing lives

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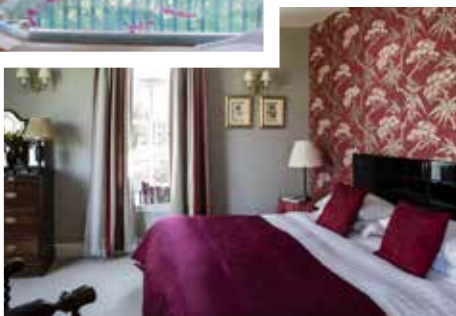


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Win a spa break worth £1,000

...at Lake Country House Hotel & Spa in Mid Wales

Get ready to relax and unwind with a two-night break at the Lake Country House Hotel & Spa, set in the pretty village of Llangammarch Wells in Mid Wales. Our lucky winner and their guest will stay in a Manor Suite or State Room, with views of the beautiful grounds. There's full access to the spa, too, including a pampering treatment each. With the stunning Welsh countryside to explore, you can spend time getting back to nature, and in the evening you'll be able to sit back and enjoy a delicious four-course meal. It's a perfect me-time package – and when it's time to go home you'll feel rested and recharged.



READER OFFER

Save 33 per cent on a stay at Lake Country House Hotel & Spa

Take a three-night stay at the hotel by 22 June 2024 and pay from £430 based on two people sharing a double or twin room. Offer includes breakfast each morning and unlimited use of the hotel's spa and gym. Offer is subject to availability and restrictions apply. Guests must be aged 16 or over to use the spa. To book, call 01591 620202 or visit lakecountryhouse.co.uk and quote code 3FOR2.

For full offer terms and conditions, see p120.

PRIZE DETAILS

- Two nights' accommodation for two sharing a Manor Suite or State Room, with a bottle of Champagne on arrival
- Four-course dinner for two on both nights at the hotel's restaurant
- Spa access for two on both days with full use of the facilities, including indoor pool, outdoor hot tub with lake views and fully equipped gym, plus one 60-minute full-body massage each

For more information about the Lake Country House Hotel & Spa, visit lakecountryhouse.co.uk. The prize must be taken by 22 June 2024, subject to availability, and restrictions apply. The competition is open to UK and Republic of Ireland residents aged 18 or over; guests must be aged 16 or over to use the spa.

No purchase necessary. For full terms and conditions, see p120.

HOW TO ENTER

For your chance to win, answer the following question:

what is the name of the village where you'll find the Lake Country House Hotel & Spa?

Name

Address

Postcode

Email

Daytime tel

Visit slimmingworld.co.uk/magcomps to enter online no later than 25 May 2023. Or send your competition entry form to **Lake Country House Hotel & Spa Competition**, *Slimming World Magazine*, Clover Nook Road, Alfreton, Derbyshire DE55 4SW, to arrive no later than 25 May 2023.

DATA PROTECTION: By entering the competition, all entrants consent to the use of their personal data by Slimming World, Bellevue Marketing and Lake Country House Hotel & Spa for the purpose of the administration of this competition. The winner's name and county will be published in the October 2023 issue of Slimming World Magazine.



Coronation treats

Are you looking for a bit of street-party inspiration? These pretty sweets are the perfect way to celebrate a right royal weekend

PHOTOGRAPHS: MYLES NEW





MAKE AHEAD

These are best on the day they're baked, but can be made the day before and kept in an airtight container somewhere cool. Just before serving, warm in a low oven to re-crisp them



Apple & custard coronets

Our light and crisp tarts go beautifully with a cuppa

A LITTLE EFFORT

MAKES 12

SYNS PER CORONET 3



READY IN 45 minutes

3 x 39g sheets filo pastry

Low-calorie cooking spray

125g low-fat custard from a can or carton

Large pinch of ground cinnamon

3 dessert apples, such as Pink Lady

1 level tbsp clear honey

YOU'LL ALSO NEED

12-hole fairy cake tin

1 Preheat your oven to 190°C/fan 170°C/gas 5. Layer the pastry sheets on top of each other, then cut into 12 equal-size squares so you end up with 36 in total.

2 Spritz the cake tin holes with cooking spray. Lay a pastry square in each hole and press down gently. Repeat with a second and third pastry square, spritzing with cooking spray between each one and overlapping them at angles until you have 3 layers in each hole with star-shape edges. Divide the custard between the pastry cases and sprinkle with a touch of cinnamon.

3 Cut the apples into quarters, remove the cores, then cut each quarter into 8-10 very thin slices using a sharp knife. Fan out 4-5 apple slices and place on top of each tart. Repeat, laying a second fan of 4-5 slices at a different angle so you have 2 apple fans on each tart.

4 Bake for 12-15 minutes until the pastry is golden brown and the apple is tender, but still pink. Mix the honey with 1 tsp just-boiled water, then brush all over the tarts. Move the tarts onto a wire rack and leave to cool to just warm or room temperature before serving.

Mini meringue crowns

Put on a happy and glorious spread with these majestic bakes

A LITTLE EFFORT

MAKES 12

SYNS PER CROWN 1½



READY IN 1 hour 30 minutes

2 medium egg whites

90g caster sugar

5 tbsp fat-free natural Greek yogurt

1 tsp vanilla extract

12 large raspberries, to decorate

Edible gold lustre powder, to decorate

YOU'LL ALSO NEED

Piping bag with small star nozzle

1 Preheat your oven to 150°C/fan 130°C/gas 3. Line a large baking tray with baking paper, then draw 12 x 2cm-diameter circles

on the baking paper, leaving a gap between each one.

2 Using an electric hand whisk, beat the egg whites until they form soft peaks, then whisk in the sugar in a slow, steady stream. Beat for a minute more until they form stiff peaks, then spoon the meringue into the piping bag.

3 Starting from the middle of each circle, pipe a spiral of meringue to form the bases of the crowns. Next, pipe little stars around the edge of each base, so they're touching each other, lifting the nozzle sharply to get them to spike up. Pipe a second layer of stars on top of the first to give a crown effect. Pop in the oven and bake for 40 minutes.

4 Take out of the oven and leave to cool and harden on the baking tray. Mix the yogurt with the vanilla extract, then put a small spoonful in the centre of each crown. Sit a raspberry on top and finish with a dusting of gold lustre. Serve straight away.



MAKE AHEAD

The meringues can be made up to 24 hours in advance, then stored in a tin somewhere cool and dry. Fill them just before serving, though, as they'll go soft if left too long



"Break out the bunting and make our celebratory afternoon tea an occasion to remember!"



MAKE AHEAD

While these are best on the day they're baked, they can be frozen for up to 3 months – defrost at room temperature before splitting and filling



Royally good strawberry shortcakes

Rain or shine, each bite tastes like a glorious British summer

EVERYDAY EASY

MAKES 14
SYNS PER SHORTCAKE 4



READY IN 30 minutes

300g self-raising flour
½ level tsp baking powder
2 level tbsp caster sugar
200g fat-free natural Greek yogurt, plus 12 extra dollops
1 tsp vanilla extract
1 medium egg yolk, beaten with 2 tsp water
125g strawberries, hulled and thinly sliced

YOU'LL ALSO NEED

5cm round plain or fluted biscuit cutter

1 Preheat your oven to 220°C/fan 200°C/gas 7. Line a large baking tray with baking

paper. Put the flour, baking powder, sugar and a pinch of salt in a bowl. Add the yogurt and vanilla with 100ml water. Next, with a flat-bladed knife, use a cutting motion through the mixture so that it starts to form clumps. Bring together with your hands.

2 Tip it all out onto your worktop. Knead briefly to make a pliable dough, then pat down to about 2cm thick. Cut out 14 rounds, re-rolling the trimmings when you run out of space on the dough. Arrange on the lined baking tray, brush with the egg yolk mixture and bake for 12 minutes until golden and risen. Set aside on a wire rack to cool.

3 Carefully split each shortcake in half. Put a dollop of yogurt and some strawberries on the bottom halves. Top with the lids and serve straight away.

Regal blueberry jellies

Kids will love helping to make these sparkling puds (and helping to eat them, too!)

SUPER SIMPLE

MAKES 12

SYNS PER JELLY ½

READY IN 15 minutes, plus setting

4 sheets leaf gelatine
300ml clear apple juice
Pink food colouring
230ml sparkling water
120g blueberries

YOU'LL ALSO NEED
12 x 50ml glasses

1 Soak the gelatine in a bowl of cold water for 5 minutes, or until floppy. Put the apple juice in a small pan with a tiny drop of pink food colouring (it should turn just a pale pink) and bring to steaming over a medium heat.

2 Lift the gelatine sheets out of the water, then squeeze them out and add to the pan. Let them gently melt, stirring, then pour into a jug and leave to cool for 5 minutes.

3 Stir in the sparkling water. Divide the blueberries between 12 x 50ml glasses, then evenly pour over the jelly. Chill in the fridge for at least 3 hours before serving.



MAKE AHEAD

These beauties will sit happily in the fridge for up to 48 hours before you need to serve them

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ORDERS MUST BE RECEIVED BY 25 MAY 2023 TO START WITH THE JULY 2023 ISSUE

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Zwilling Enfinigy white digital kitchen scale

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The first 50 readers to subscribe to the print edition will receive a Zwilling Enfinigy white digital kitchen scale†, £39.95 RRP. The beauty of Food Optimising is there's so little weighing and measuring. And for those moments when you do need to weigh Healthy Extras such as cereal or cheese, or to rustle up your favourite magazine recipes, this stylish digital scale will look the part in any kitchen. Accurate weighing from 1g to 10kg, as well as USB charging so it never runs out of batteries, means this wipe-clean scale will make cooking up a storm in the kitchen even easier!



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Meet Josh

Josh Beal, 26, is a customer service representative and lives in Norwich, Norfolk, with his fiancée, Molly

Height: 5ft 8ins
Starting weight: 20st 7lbs
Weight now: 12st 5½lbs

WEIGHT LOST:
8st 1½lbs

Josh is a target member of Rebecca Jones's Slimming World group in Norwich



BEFORE

I was stuck in an unhealthy cycle and I felt so low



How Josh aced an 8st weight loss!

By letting go of the habits that were no longer serving him, Josh Beal smashed his weight loss goals and has discovered a love of getting active – whether it's out walking or scoring points on the tennis court

As I walked through the park with my fiancée, Molly, the tennis club came into view and I felt my heart race. 'I really don't think I can go in there,' I said. 'Look at those people racing around the courts – I'll never fit in.' Molly placed a reassuring hand on mine. 'It's just an intro lesson. A lot of them will be novices, too. You've come this far, why not give it a go?'

I took a deep breath and nodded. She was right – I hadn't already made such a commitment to my health to back out now. Molly and our miniature dachshund, Chip, watched as I went to introduce myself to the tennis coach, then turned away to take a walk around the park. Well, I'm here, I thought to myself, trying to be calm and act like I wasn't way out of my comfort zone.

At that point in January 2022, weighing around 20st, I had very little energy and certainly wasn't >

expecting to become the next Andy Murray. I was just happy not to miss the ball completely. There was a spark of hope in me, though. Two weeks earlier, something that happened had started to change my mindset. I'd joined a Slimming World group... and now anything, even this, seemed possible.

I'd always struggled with my weight, and even as a kid I was never confident about the way I looked. In September 2019, a new job came with unexpected consequences.

Up until then, I'd been working at a supermarket, where I was always on the go. Now I had a role in customer services with an insurance company and, as well as sitting down for most of the day, I'd eat cakes and pastries at my desk.



BEFORE
I spent a lot of time sitting, either at a desk or on the sofa

Stuck in a rut

I'd already gained a few pounds by the time the office Christmas party came around – complete with a free bar! A great time was being had by all, until I jumped off a low stage a little too enthusiastically and rolled my ankle. It turned out I'd broken it, and for the next few months I was off my feet. Fed up, I ate to relieve the boredom. Then in March 2020, as I was about to throw away my crutches, the pandemic struck and I began working from home.

Just as I'd been anticipating my glorious freedom, here I was stuck in lockdown. I fell into a cycle of eating takeaways and drinking too much lager, and put on more and more weight. Feeling rubbish about everything, I sank into the lowest mood I'd ever known. Then came a light at the end of the tunnel – Molly and I had been invited to our friends Jack and Amy's wedding in September 2021, and with Covid restrictions eased, it was on!

We had a great time, and in December Amy sent us some pictures from the day. As I flicked through them on my phone, I saw someone I didn't recognise wearing a similar waistcoat to mine. He was standing next to Molly, looking away from the camera, with his oversized waistcoat straining at the buttons. The shock when I realised it was actually me went straight to my stomach. I felt physically sick, and it took me a while before I could even show the photos to Molly. For such a long time I'd been feeling so drained and hopeless, and this felt like the final straw. 'I think I may need help for the way I'm feeling,' I told her, the words suddenly tumbling out in a rush

of emotion. She nodded and squeezed my hand. 'It might be best if you go to the doctor,' she said.

I spoke to my GP, who prescribed me medication to help with my mood, and then I sat down with Molly to talk it all through. There was no question in my mind that I needed to find a way to lose weight – I just wasn't sure how. 'Well, I've got on well with Slimming World in the past,' she said. 'How about we both go? That way we'll be able to support each other.'

We decided to join different groups, partly because of our work schedules, but also because we



It felt so good to be getting results that I could see on the outside, at the same time as feeling so full of energy

didn't want to get into a weight loss competition with one another – my confidence was too low to deal with that. So on 5 January 2022, I went to my first group. Although everyone was friendly, I stayed quiet, and I didn't say a word during IMAGE Therapy – the bit where members share their experiences and, with the help of the Consultant, make plans for the week ahead. When my Consultant, Rebecca, took me aside afterwards for my weigh-in, seeing the numbers 20st 7lbs gave me a jolt. That meant I'd put on about 6st in just 18 months... All I could think was: how long is it going to take me to get it off again?

For the first couple of weeks, while I was still the quietest, I was taking it all in. After hearing about the Body Magic activity support programme, I chatted it through with Molly back home. We agreed that we wanted to start getting active straight away, to get the benefits from the earliest possible stage of our weight loss. Knowing that we could take it at our own pace with activities that suited us really helped us feel in control – which couldn't have been further from my memories of PE at school! Molly decided to start running, but I didn't fancy that. I wanted something more structured, yet as someone who'd never much liked sport, what could it be?

A new perspective

After a bit of searching online, I saw that the National Tennis Association had a club in our area and were doing introductory lessons for beginners. It's strange – I've never particularly been a fan of tennis, but something about it appealed to me. And just two weeks of being a Slimming World member had shown me that a leap into the unknown could bring some surprising benefits – so with a bit of encouragement from Molly, I made it to my first session. Sure, I was the biggest person at the lessons, but it didn't seem to matter to anyone else, and I soon realised it didn't matter to me either.

By then, I'd lost almost a stone. As well as learning so much from Rebecca and the other members, I'd started to share how my weeks had been going, too, and the more I put out there, the more I got back. In IMAGE Therapy, we talked about how helpful planning was for staying on track. Molly and I would choose our meals for the week ahead and shop for just what we needed, often batch cooking so that we had dinners ready to heat up when we came in from work. Molly did most of the cooking because, if I'm honest,

she was better at it! I gave a couple of things a go, though, and I soon became a dab hand at making burgers from scratch using lean mince and a kick of Cajun spice and paprika. They tasted so good, and the more recipes we tried, the more I knew I could keep this up until that 6st disappeared.

At the same time as I was discovering just how much I could eat while losing weight, I was having a very different realisation about alcohol. Since lockdown, I'd been in the habit of buying four cans every day and cracking them open after work. Then, when I looked up my favourite lager on the Slimming World members' app and found a can was 9 Syns, I realised how much my daily beers must have added to my weight gain. For the first time, I felt ready to confront just how much I had been drinking – and I knew it had affected more than my weight. Although I could have carried on having beer using my Syns, >



BEFORE
When I saw the photo above, I could hardly believe it was me





My tennis is getting better and better, and my outlook is so positive now



BEFORE
I felt so drained of energy – and I wanted to change that

back on plan? It was such a simple strategy to cope with a setback – and it worked, as I know it's how I avoided a gain that week. With each week that passed I was getting a little slimmer and a little fitter – and a little better at tennis! Molly and I started going on long walks with Chip most days and we enjoyed it so much we signed up for a 13-mile charity hike along the Norfolk coast. As my weight was going down, my spirits soared. It felt so good to be getting results that I could see on the outside, at the same time as feeling so full of energy.

Good times ahead

It took me seven months to erase the 6st I'd gained so quickly, and 11 months to reach my target loss of 8st. I had to smile when last New Year's Eve my weight loss

story was splashed across the front page of our local paper. Molly and I chuckled at the strange sight of me looking down from the newsstand. 'What a difference a year makes,' I said. Funnily enough, it was almost the same thing my tennis coach had told me. 'It's only been a year since you joined us and you look like a completely different person!' he'd said. And there was no denying I looked very different, as did Molly, who'd lost 4st with the support of her group.

The life we live together now is unrecognisable from when we spent most of our free time on the sofa. I'm now medication free and feeling great, and my tennis game is getting better and better! We also love to go out on long walks in the Norfolk countryside, which I'm sure has helped my mental health, too – we both enjoy the freedom of the outdoors and the feeling of wellbeing that brings with it. Our outlook is so positive, and that's probably because we have so much to look forward to. Although we haven't yet set a date, we're looking forward to tying the knot in the not-too-distant future. When that day comes, one thing is certain: I know I'll be standing in front of the camera feeling and looking so much happier than that stranger in the waistcoat at Jack and Amy's wedding. And I have my Slimming World group to thank for that! ●

● **If you're concerned about your mental health, finding the right support can help. Talk to your GP, or visit slimmingworld.co.uk/mentalhealth for more information and to find out about the services available in your area.**

JOSH WEARS

p94, 95, 97 and above: Hoodie, Primark. T-shirt, shorts and bag, all Marks & Spencer. Trainers and water bottle, both Adidas. Cap, Puma at TK Maxx. Sweatbands and socks, both Decathlon. Tennis racket, Josh's own. Tennis racket cover, Sports Direct

p96: T-shirt, Topman at ASOS. Jeans and sunglasses, both H&M. Shoes, French Connection. Watch, Josh's own. Bag, as before

I decided I wanted to break that habit. I asked Rebecca for some other options, and found I could have a rum and diet cola for just 2½ Syns. It became my go-to drink if I was on a night out and I quickly found I didn't miss my evening beers at all. In fact, I enjoyed the alertness, the better sleep and the feeling of waking up in the morning with a clear head and more positive attitude.

One of Rebecca's favourite sayings was: 'If you have one bad flower, you don't throw away the whole bunch'. What she meant was that if you had one bad day, it didn't mean your entire week had to go the same way, and it didn't take long before I was putting her advice into practice. On a break to a holiday park, we'd stayed on plan all week – until Molly and I happened on an Indian restaurant. I had chicken korma, with a naan, rice, onion bhajis and a pint. Afterwards, knowing I could have made choices that would have been better for my weight loss, I felt so disappointed in myself. 'No,' I said to Molly, 'I'm not going to throw away the entire bunch. Tomorrow I'm

HEINZ SALAD DRESSING SPRAYS

DON'T LET IT ALL POUR OUT



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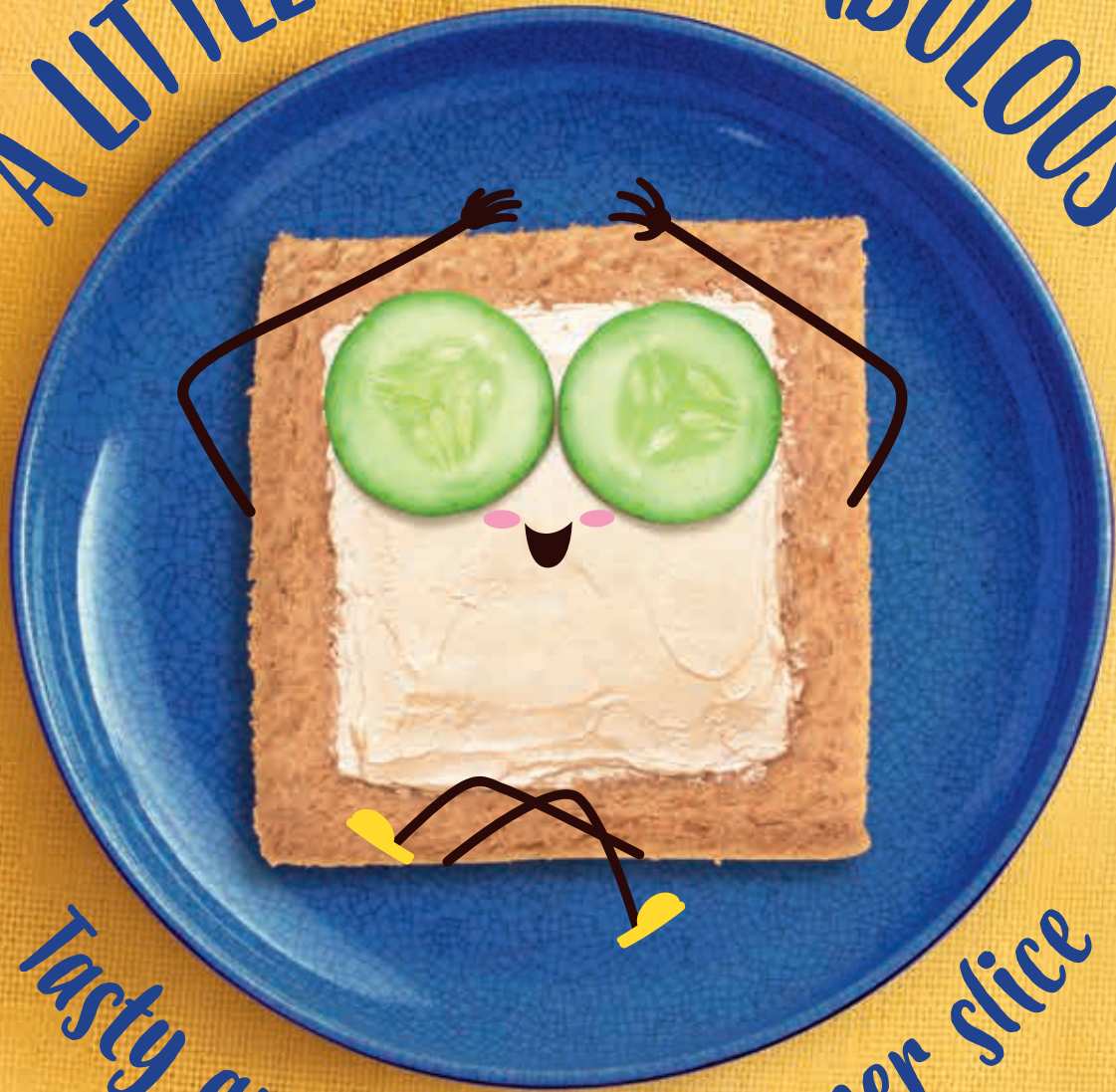
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*Margaret Miles-Bramwell OBE,
Slimming World’s founder and chair*

If you’d love to feel more in control of your weight loss, turn to page 104.

Be the boss of your own weight loss



Do you make a plan to lose weight and then find that something – almost anything – derails you, sending you back to square one? Read on to discover the easy, everyday lifestyle changes that will help you stay in control, keep on track and lose those pounds for good!

WORDS: DONNA FERGUSON

‘I generally avoid temptation unless I can’t resist it,’ the American actress Mae West once famously said. While her words may provoke a chuckle, for some of us it may be a rueful one! When you’re trying

to lose weight, sometimes it can feel like you’re locked in an endless battle with food – struggling to resist – or constantly trying to force yourself to exercise and feeling like a failure when you don’t.

‘This can really hammer our self-esteem,’ says Deborah Sanderson, Slimming World’s director of training and development. ‘We start to think: *Why am I being so stupid? I know what I should do to lose weight.* And

talking to yourself like that isn’t helpful, because when you’re down on yourself you’re more likely to seek comfort in choices that don’t support your weight loss.’

Breaking the cycle

So how do we get out of this downward spiral? It’s all about finding ways to put ourselves back in the driving seat. And you’ve already taken the first step by reading these pages, because deciding you’re going to take charge of an area of your life – any area – is really powerful.

The second step is to make the most of what you *can* control...and that might be more than you think. ‘One of the most

Deciding you're going to take charge of an area of your life and making the most of what you can control is very powerful

important things we do at Slimming World is to give members ownership,' says Deborah Sanderson. 'We never tell you how much you should weigh, we ask: what is it that you want? Not what society wants, not what you think we want at Slimming World – what is it that *you* really want?'

It's also the reason you're not given strict meal plans you have to follow, because while being told exactly what to do might sound helpful and get results for a bit, this won't work long term – and that's why it's important that you're supported to make your own adult choices. At Slimming World, there's loads of tailored support to help you decide how you'll use the plan in a way that works best for you. So, unlike a diet, you're being empowered from day one, and as Deborah puts it: 'Ultimately, this is *your* journey, and you're in the driving seat.'

Turning the tables

If there are times when you feel like food's been calling all the shots, you're not alone. That's where Food Optimising to the full is your secret weapon: being able to eat as much as you like to satisfy your appetite from a huge list of Free Foods will help to put you back in control. Based on the science of energy density and satiety (how filling a food is), Free Foods are brilliant at filling you up for fewer calories. So planning your meals around them busts hunger – and when we're comfortably satisfied, it's easier to stick to our guns when we're faced with Syns we hadn't planned in for the day. And that's backed up by research. In a study comparing Food Optimising with calorie counting, those following Food Optimising lost twice as much, found it more enjoyable, felt more motivated to carry on, and, crucially, felt more in control of their eating and food choices*. Although those following Food Optimising were eating

bigger portions than the calorie-counters, because they were filling up on low energy-dense foods they were actually having fewer calories overall.

So satisfy your appetite, fill up on Free Foods including pasta, potatoes and lean meat as part of your balanced meals, and use your Syns for those times when you fancy a treat. The flexibility of eating this way means you won't feel restricted, so there's nothing for your inner rebel to push back against. Simply put, when you're enjoying the freedom of Food Optimising to its fullest, there's no wagon for you to fall off!

Letting others in

When we're grasping for a sense of control, we might feel like we have to steer the ship on our own. But actually, having a good crew pulling behind us can put us firmly back at the helm of our weight loss. 'Things can happen in the week that can blow us off course,' says Deborah, 'such as eating and drinking for emotional reasons. While that might make us feel better in the short run, it can become a cycle that gets in the way of weight loss.' Turning to your Slimming World friends is a great way of resetting after a difficult

week. 'It's always OK to share how you're feeling with your group, or with the online community,' says Deborah. 'It's a guaranteed place to get reassurance from people who want to help lift you up.' And by picking up new skills and techniques at a Slimming World group, or from the resources for Slimming World Online members, we can take the control away from food, and give it back to ourselves.

One blocker many of us struggle with is letting one night when we feel we lost control snowball into days or even weeks off plan. 'Remember any single night out is just one meal out of 21 that week,' says Deborah. 'If you see that one meal as a disaster, and it means you don't continue Food Optimising for the rest of the week, that can chip away at your self-esteem. You might even find yourself not wanting to go to group and get weighed. And even if you find you had a gain, that doesn't mean you've messed everything up. At those times when things get tricky, just showing up is a very positive step for your weight loss.' Not only will your Consultant and group help you put it into perspective, they'll give you support for the week ahead and you'll feel better for sharing your worries, which will help put you back in control. >

Make it personal

Basing your shopping list on food you already like will make it easier to adopt healthier habits...and to keep them up. List all the delicious Free Foods and Healthy Extras you enjoy, then promise yourself you'll keep

your fridge, freezer and cupboards stocked with your favourites – including measured amounts of those foods you'll spend your Syns on. 'You'll be able to say to yourself: I'm not going to ever have to be hungry

or feel deprived, and that feels good!' says Deborah. It's also a practical solution – whatever you fancy in the moment (Slimming World chips, anyone?), you'll already have all the ingredients you'll need on hand.

all about you



Every little daily success reinforces your own ability to slim and builds your confidence that you can achieve your bigger goals

Developing mental toughness

So why is it important to be given the tools and support to do things your own way, rather than following a strict, prescriptive plan long term? It's because each day you show yourself you can make healthy choices, you're reinforcing your own ability to slim. Every little daily success gives you a sense of mastery and builds your confidence that you can achieve your bigger goals. 'Going to group every week, or using the online service regularly, keeps you far more motivated,' says Deborah. 'When you lose weight and get praised in group, or on the online community, it gives you positive feelings. And that makes you want to keep going.'

Last year, a study found members of Slimming World groups lost weight more successfully than people who were trying to lose weight without the support of a group**. Intriguingly, it also found that the Slimming World members showed a significant

increase in their mental toughness. That meant they achieved higher scores for characteristics such as their ability to focus on goals under pressure, rise to challenges and feel confident and in control. And when you think about it, it makes sense. Each week you go to group, you're proving to yourself that you're capable of making helpful, life-affirming choices that are driving you towards your weight loss goal. And in IMAGE Therapy, you're learning more about what makes you tick – self-knowledge that you can use to make sure your next slimming week is more successful, too. And here's the best bit: mental toughness doesn't just help you make healthy lifestyle choices – it's something that's been shown to give elite athletes an edge. In fact, that supercharged mindset you develop at group could well have a positive effect in all areas of your life, as well as putting you firmly back in control of your weight loss! ●

See yourself nailing it

Visualise yourself making healthier choices in those times you'd usually feel out of control – like if you always buy a cake in the coffee shop, then instantly wish you hadn't. Visualise the venue in detail, cake counter and all, with all its evocative sounds and smells. Then see yourself stepping into the shop, full of confidence. When the barista asks if you'd like anything with your coffee, you say with a smile: 'No thanks, I'm good.' Imagine this scenario over and over, including how good you'll feel, and when you're actually there, the choice will feel much easier.

CREATE YOUR PERSONAL BACK-IN-CONTROL PLAN

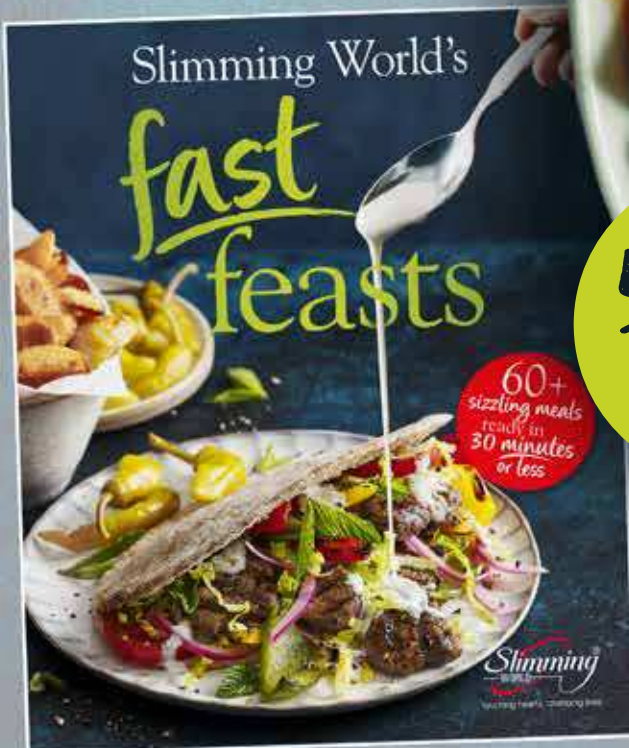
There are some things in life we can't control – because that's life! We can't magic wand all the petrol station chocolate displays into oblivion, but we might be able to find somewhere that's pay-at-the-pump. Zoning in on things like this helps us feel more in control, and it's also a great way to identify personalised slimming strategies. Grab a pen and see how many of your everyday weight loss challenges you can overcome!

What I can't control	What I can control	So I could...
<ul style="list-style-type: none"> ● <i>There will always be tempting new chocolate bars in the supermarket</i> ● <i>The weather</i> 	<ul style="list-style-type: none"> ● <i>How I plan ahead, and how hungry I am when I head out to buy groceries</i> ● <i>Deciding on some rainy-day alternatives to going for a walk</i> 	<ul style="list-style-type: none"> ● <i>Make a shopping list to stick to. Fill up on Free Foods before I go, so I'm not hungry and tempted to impulse buy</i> ● <i>Do one of the free activity videos for members on the Slimming World website, or play Just Dance with the kids</i>
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*THE SOLUTIONS FOR WEIGHT THROUGH PSYCHOLOGY OF SATIATION AND SATIETY STUDY. **LONGITUDINAL INVESTIGATION INTO MENTAL TOUGHNESS, WEIGHT LOSS, AND EATING BEHAVIOURS. PHOTOGRAPHS: GETTY IMAGES

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SIMPLE STRATEGIES

'I can't cook and it's scuppering my plans'



OUR EXPERTS



CAROLINE WILLIAMS is a Slimming World Consultant with groups in Tonteg and Pentyrch, Cardiff. She's lost 5st 7lbs



LAURA NOLAN is a registered nutritionist from Slimming World's nutrition, research and health team, who ensure Slimming World's services are in line with the latest advances in nutrition, health and weight management



SUE MOLLOY 67, is a Slimming World member. She's lost 2st 6½lbs at Zoe Cox's group in Sutton, London, and has been at target for eight years

Our experts offer advice to a member who's not into cooking and worries her lack of kitchen confidence could be holding her back from achieving the weight loss she wants



'I lost 3st in six months after joining Slimming World, but since then my weight loss has stalled. I'm finding slimming hard to stick with, and I think it's because I've never enjoyed cooking and I don't have confidence in my ability to learn. With seven-year-old twins and a part-time job, I don't have the time or energy, either. Part of the issue for me is I don't eat much veg, and tend to stick to peas and carrots. I love pasta and Slimming World chips, but I get bored of having the same thing all the time. So I've fallen back into the habit of getting takeaways. Then I feel upset with myself afterwards – particularly after the third takeaway of the week, which puts me off going to group even though I know my Consultant, Lorraine, will always lift me back up again. How can I raise my cooking game so I actually look forward to making dinner from scratch?'



Jo Hadley, 30, lives in Rainhill, near Liverpool, with her seven-year-old twin sons, Jacob and Michael. She has lost 3st 2½lbs and is a member of Lorraine McCartney's Slimming World group in Rainhill



confidence grows, you can even start to adapt your favourite takeaways. I used to love to order in a chicken curry, but then I learnt to make my own and I think it tastes even better. Honestly, the first time I made it, I thought I could open a restaurant by the end of the evening! There's this misconception that every meal has to be perfect and "Instagrammable" – but that's really not the case. Take it one step at a time. Before you know it, you'll get there, and you'll be so pleased when you do!

LAURA SAYS:

'Congratulations on losing 3st 2½lbs, Jo – that's a great achievement! While cooking from scratch is at the heart of Food Optimising, there are loads of easy shortcuts that involve no or very little cooking. There are lots of time-saving sauces in the Slimming World Free Food range, from Iceland, that can make dinner easier. And they're great standbys in the freezer for when you're too tired to cook and the takeaway's calling.

'You can create cheesy chips using frozen Slimming World Chips and topping them with a Healthy Extra portion of cheese, along with your favourite Speed Free Food. Or enlist the kids to help you make a slimming-friendly pizza. Top a Healthy Extra tortilla or pitta bread with passata, a Healthy Extra portion of cheese and maybe some lean ham – it tastes great and it's a way to make spending time together in the kitchen more fun. There are also plenty of simple throw-everything-in-a-pan-style recipes on the members' website, or look for the recipes in the magazine marked 'Super Simple'. Lots of them use ingredients that can be kept in the freezer, so you don't have to go out with a long list every time you go shopping.

As you start to feel more confident, getting creative with your veg may turn you on to ones you don't currently like. A roasted red pepper is a world away from a raw one, for example (you don't even need to cook them – you can buy them in a jar in water). You can also "trick" yourself into eating more veg by blending a little

into sauces. If you're toying with having a takeaway, try remembering how you've been feeling after having one – and imagine how different you'd feel knowing you'd cooked something that would help you get to your target. Nothing is ever off limits with Slimming World, though. So if you decide to have that takeaway, your Food Optimising book will help you make the most slimming-friendly choices. And if you end up having more Syns than planned for, please don't feel guilty, draw a line under it – as one meal off plan won't ruin your whole week.'

SUE SAYS:

'Believe me, Jo, I was never a great cook. Before I joined Slimming World I could only muster the energy to sling a ready meal in the microwave. Now, with my group's support, I've gained more confidence in the kitchen, I'm loving my food and I have so much more energy as a result. Learning to cook is all trial and error, but honestly, there's no big secret; most things aren't that difficult even if they look like they will be.

'Batch cooking is a great way to make sure you have healthy meals ready when you need them and might be tempted to reach for the takeaway menu. There are lots of simple Slimming World recipes – such as pasta bake, chilli and cottage pie – that can be cooked, portioned up, then kept in the freezer. I'd never made

a cottage pie until I joined Slimming World and I couldn't believe how easy it was.

'What's worked for me is planning – I write a meal plan for the week and never go to the supermarket without a list. I've found it's when I decide what to eat on the spur of the moment, or find myself veering off down the biscuit aisle, that I start heading for trouble!

'Other members in my Slimming World group inspire me with simple recipe and meal ideas, which is why staying to IMAGE Therapy is worth its weight in gold! I'm sure there'll be other mums in your group who'll probably have lots of tips you can adapt to suit you. Above all, remember, you lead a very demanding life and still managed to lose over 3st already – you've got this!'

“Learning to cook is all trial and error – once you've made a couple of simple meals from scratch, you'll want to try some more”

CAROLINE SAYS:

'Jo, please don't be so hard on yourself. It sounds like you lead a very busy life, so time and energy are going to be tight. With all the food shows on TV, it's easy to get hooked into feeling that you need to rustle up a *MasterChef*-worthy meal every night. The truth is, you really don't need to be a great cook or have a cupboard full of ingredients to stay on plan with tasty, varied food. And I should know – I used to think I was a chef if I added seasoning to a ready meal!

'Whenever a new member tells me they can't cook, I tell them what I did, which was to get hold of the *Slimming World's Take 5* and *Take 5 Second Helpings* recipe books. They're very simple, quick recipes that use just five ingredients. You can find similar recipes on the members' website as well. Over time, you'll build up enough confidence to throw in a few extra ingredients. And you can save time on chopping veg by buying it frozen or ready sliced. That way, you'll also save money and avoid waste. Another tip is to take a picture of the ingredients lists of your favourite recipes and keep them on your phone so you've got them to hand when you're out shopping.

'The beauty of Food Optimising is that it's flexible enough to fit around you, so think about what you really enjoy. As your

Have you got a slimming dilemma?

If there's something that's sending your weight loss off track and you'd love our experts' help, email us at editorial@slimmingworld.co.uk or call on 01773 546 071.

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Silver Quilted Asymmetric Clutch Bag, £19, River Island

Nail Polish in Diamond Diva, £12.50, Leighton Denny



Luxury Faux Fur Cushion, £24.99, Bean Bag Bazaar



All Kinds of Wonderful Cubic Zirconia Circles Pendant Necklace, £21, Estella Bartlett at John Lewis & Partners



Stockholm Stainless Steel Bowl, £19, Ikea

Amore Key Ring, £14.95, Annabel James



Party pieces!

Sterling Silver Crystal Lightning Bolt Earrings, £10, Accessorize London



Elements Fresh Lemon & Mint Hand Wash, £3.25 for 500ml, Baylis & Harding at Sainsbury's

Iced Berry Fragranced Diffuser, £22 for 180ml, Next

Milk Cotton Luxury Hand Cream, £8.50 for 75ml, The Somerset Toiletry Co.



50 best-ever recipes inside

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Real-life cover star Rasha lost 3 stones

Real-life cover star Rasha lost 3 stones

Real-life cover star Rasha lost 3 stones

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Most 3 one in 4 months

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42 pages of sizzling sunshine food

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'Bye-bye baby weight, hello confidence'

'WE'VE LOST 48 STONES'

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THE UK'S BEST-SELLING SLIMMING MAGAZINE

Real-life cover star Kirsty

'How I lost 2st 3lb'

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Make weight loss work with family life

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The secrets that changed her life

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Water for life

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Real-life cover star Sara lost 2st 3lb

How she got this body!

42 pages of delicious ideas

Win at staying slim (find out how, p42)

Escape! A holiday in Barbados

Real-life cover star Rasha lost 3 stones

Real-life cover star Rasha lost 3 stones



FROM THE HEART

25TH
BIRTHDAY
ISSUE

Our dream comes true

When I shared my vision of launching a glossy weight loss magazine in a small town in Derbyshire, people said it couldn't be done... 172 issues later we've proved them wrong with bells on, says Margaret Miles-Bramwell

1998 has become a key date in the history of Slimming World, for it was then when, finally, we had an amazing magazine team.

After years of wishing and hoping, we had now found the key people willing to commit themselves to this very exciting new project. To join us, they had needed to give up their homes and lifestyles in London to join our Slimming World family here in Derbyshire. This had been a dream of mine since the 70s and now here, in 1998, we had the dream team we had been waiting for.

Of course, we are trailblazers at Slimming World, but I'm not sure if any of us knew what sort of trail we were about to blaze with our very own magazine. All I wanted was the most professional magazine ever (unlike my own disastrous early efforts in the 70s!) and we needed a team who lived and breathed and worked in our own unique culture, and who really 'got it!'.

Not much to ask then! It was so important way back then and it still is today. At the risk of sounding corny, we are family.

Our magazine needed to reflect the professionalism, and the culture of how we live and breathe at the very heart of Slimming World. And it needed to let the world see the respect and the love that we have for each and every member who does us the honour of bringing their problems and their dreams to us. This magazine had to be that window into Slimming World and into our very soul. **Now, we could reach more people and help their dreams come true.**



Yes, our dreams came true in 1998 and since then we have won many, many awards and achieved the highest ranking possible in magazine publishing. At first, we were the number 1 'diet title' and, soon after, we became the number 1 glossy magazine in the whole nation. This trailblazing success was such a wonderful delight for us all, and especially our magnificent magazine team. Your continued loyalty to this magazine is how we see *your* thank you to them.

So, to both our new and existing loyal readers, please know you play a huge part in our success and we thank you from the bottom of our hearts.

Together is how we achieve so much. Together is how we make dreams come true. Together is how it will always be.

Yours, with love always

Margaret Miles-Bramwell OBE is Slimming World's founder and chair





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Good to glow

Even though we wear it every day, we don't always give our skin the TLC it deserves. Here we share five ways to show yours some love – wherever you are on your weight loss journey

FEED YOUR FACE (AND BODY)...

...it's as easy as (vitamins) A, B2, B3, B6, C, D and E – along with the minerals selenium and zinc. OK, so it doesn't sound that easy, until you realise you can get all of these by Food Optimising and eating everyday foods! By doing this, you'll also be eating protein, which gives you the amino acids to make collagen and elastic fibres, for stronger and more supple skin.

'The secret is variety,' says Alexandra Clark, a registered nutritionist at Slimming World. 'Eating plenty of fresh fruit and veg will help you get your vitamins and minerals, while pulses, fat-free or low-fat dairy, and lean meat, fish and poultry, or veggie and vegan alternatives, are good sources of protein.'

WHAT SUPP?

'There's really not much evidence to support taking pricey skin supplements if you already have a healthy, balanced diet,' says Alexandra Clark. 'The one exception, which you can pick up cheaply from supermarkets and chemists, is vitamin D – that does play a part in skin health and we don't tend to get enough from food.' Your body can make enough vit D from sunlight between March and October, yet the catch is that wearing sunscreen (at least SPF 30 and four-star UVA) is recommended during these months for protection from skin cancer – with the bonus that it also helps keep skin looking younger, too. So if you're following this advice or don't get much sun, it could be worth taking vitamin D all year round.

INSIDE AND OUT

Moisturisers and body lotions don't need to come with an eye-watering price tag to benefit your skin – you'll find lots of low-cost options in supermarkets and chemists. Other than avoiding ingredients you're sensitive to, the best cream or lotion for you is one that leaves your skin feeling nice. 'And one of the best ways to keep skin moisturised from the inside out is drinking water,' says Alexandra. 'Any fluid

other than alcohol helps with hydration. And fresh fruit and veg are also filled with water, alongside all those important nutrients that help your skin.'

AS YOU SLIM

'Naturally, some slimmers worry that they might end up with looser skin, especially if they've got a lot of weight to lose,' says Alexandra. 'While it's impossible to know who'll experience this (our genes, age, whether we smoke and all kinds of other factors play a part), members who have excess skin nearly always say the benefits of losing weight have been so life changing they'd do it again in a heartbeat!' If it's something that's putting you off committing to your weight loss, it's worth knowing that losing as little as five to 10 per cent of your starting weight can benefit your health. And if you're staying hydrated, moisturising, and eating a lovely range of nutritious food, these are all things that help to nurture your skin as you slim. Exercise deserves a special mention, too – done regularly it builds muscle, which can improve the appearance of loose skin and help you look more toned. This can improve your body confidence so much that you feel more confident in all areas of your life.

SOOTHE STRESS

'I find stress makes a big difference to my skin,' says Alexandra. 'And if that's chiming with you, upping your activity levels can help with this, too. As well as being great for busting tension, it boosts your blood flow and that's good for your overall skin health,' she continues. Spending a little time pampering your skin, such as using a body scrub and top-to-toe moisturising, can be relaxing (when you get a few moments to yourself!). 'It's a way of accepting and loving your body, at any stage of your weight loss journey,' says Alexandra. And when you feel better about yourself, it helps give you the confidence to get out there and go for your goals! ●

- *If you're planning to start a new activity programme, we recommend you check with your GP first – especially if you have an existing health condition, such as high blood pressure, diabetes or asthma. If you're pregnant, check the suitability of the activity with your midwife.*

WALK THIS WAY to fitness



Putting one foot in front of the other is a brilliant way to boost your health, wellbeing and fitness levels. Here we share how you can get in on the benefits whatever your starting point, plus a simple walking plan to help you gradually step things up...

What costs nothing, is great for your health and is something you can do almost anywhere? Walking! Yet, as most of us do a little of it naturally as part of our day, we often don't think of it as 'proper' exercise.

That's where Slimming World's Body Magic activity support programme comes in, because it's all about forming habits that suit you and your lifestyle – and what could be more natural than getting yourself from A to B?

'So many Slimming World members have found walking the perfect way to build up to a more active lifestyle,' says Evie Lovell, a registered nutritionist at Slimming World. And as well as all the physical benefits it brings, it can help your mental wellbeing, says Evie. 'Activity helps to boost mood and ease stress, while getting out in the fresh air and (if you're lucky!) sunshine can be really uplifting.' If you use walking aids or push yourself in a wheelchair, you can still enjoy all these benefits just by slowly upping the time that you're active.

Once you discover how far small steps can take you towards a more energetic, happier and healthier life, who knows where your fitness journey might lead? Walk with us to find out what's so great about this everyday activity, and discover motivational tips and challenges that will help to keep things interesting every step of the way!

Healthy, happy habits

So, just how good for us is walking? A big clue to the all-round benefits is that it ticks off not one, not two, but three of Slimming World's five active habits in one fell swoop! Here's how...

Active habit: sitting still less

Just getting up off the sofa or away from your desk to walk across the room nails this one. Breaking up periods of sedentary (sitting) time helps lower the risk of a range of health conditions, including type 2 diabetes and high blood pressure.

Active habit: everyday movement

This is all about looking for opportunities in your day-to-day life to move more, more often – while you're out and about, at work or at home. Anything from housework to parking further away at the supermarket to get a few more steps in counts – and the more time we spend being active, the greater the wellbeing benefits. What's more, adding in any kind of movement you weren't doing before – even a single five-minute walk – bags you a Magic Mover award if you're a Slimming World member.

Active habit: moderate-intensity cardio activity

Even more of the benefits kick in once you've built up to a moderate intensity. For walking, that just means taking it at whatever's a brisk pace for you. You'll know you're there when you're feeling a little warmer and your heart rate is faster, but you can still hold a conversation. And it's this kind of moderate-intensity activity that gets you your Bronze, Silver and Gold awards as part of Slimming World's unique Body Magic activity support programme.

YOUR GET-STARTED WALKING PLAN

Maybe you're already doing a bit of walking and would like to ramp it up, or perhaps you're planning to do a charity event? Having a plan can help to keep you motivated. 'We're all different, but if you're aiming for a 3km walk, that's likely to mean walking for around 30-40 minutes,' says Evie Lovell. 'We've put together a plan based on brisk walking that can help you build up to half-an-hour walks in just four weeks. And if your walks get your heart and breathing rate up, you'll be doing moderate-intensity activity, which means they'll count towards those Body Magic awards. In fact, if you just did week one's plan for four weeks, you'd be taking home your Bronze award!' Here are Evie's top tips (right) for tailoring it to you.

- The days across the top of this plan are just a guide; choose whichever days work best for you.
- If you get to week four and want more, repeat some weeks, keep on increasing the time, or add in another day.
- Our plan can be adapted for everyone, including those who currently only walk short distances, need mobility aids or use a wheelchair, because what's most beneficial is building on

the amount of activity you do now. The key is to aim for moderate-intensity activity, where you feel your heart and

breathing speed up, to get that added health and fitness boost.

'Having a plan can help to keep you motivated, and you can tailor it to you by going at your own pace and choosing your own starting point'

- Go for a pace that feels achievable for your current fitness and mobility. And if 10 minutes is too long, choose your own starting point – it could be a realistic number of steps, a comfortable distance using your wheelchair, or once around the garden, for example. Then build on that gradually over four weeks. This is your activity journey – do it your way! >

	MONDAY	WEDNESDAY	FRIDAY	SATURDAY	TOTAL TIME
WEEK 1	Walk for 10 minutes	Walk for 15 minutes	Walk for 10 minutes	Walk for 15 minutes	50 MINUTES
WEEK 2	Walk for 15 minutes	Walk for 15 minutes	Walk for 10 minutes	Walk for 20 minutes	60 MINUTES
WEEK 3	Walk for 20 minutes	Walk for 15 minutes	Walk for 15 minutes	Walk for 25 minutes	75 MINUTES
WEEK 4	Walk for 25 minutes	Walk for 20 minutes	Walk for 15 minutes	Walk for 30 minutes	90 MINUTES

4 WAYS TO UP THE FUN FACTOR

Keep yourself on your toes by taking your walk to the next level...

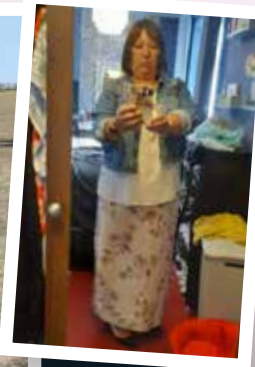
● 'A charity walk or event, such as Cancer Research UK's Race for Life (which you can walk or run), is a great motivator as well as an opportunity to help a good cause,' says Evie Lovell. 'It gives you something to aim for and is an added incentive to build up your distances in the weeks leading up to the event.' Read more about Race for Life, below right, and get a 30 per cent discount when you sign up for this year's event.

● Stepping outside your comfort zone could boost your social life, says Evie. 'I've been on a couple of walks through established local Facebook groups and it's a lovely way to meet people. Plus, it takes you to interesting places you wouldn't necessarily find on your own.'

● 'If you're feeling artistic, you could draw a picture using a walking or running app that shows your route on a map,' says Evie. Search 'GPS art' online (also known as Strava art after the most popular app for this) and you'll get an idea of the kinds of things people have 'sketched'. Some of the pictures are jaw-dropping. Print out a map of your area, draw on your shape, for example a heart, and use it as your route – then admire your handiwork on the app!

● Some of us live near beautiful walking spots – some of us not so much. If you're not inspired to get out into your neighbourhood for the views, there are other ways to make things more interesting. 'You could listen to a favourite podcast,' says Evie, 'or turn it into a bit of a challenge by walking much faster between specific lamp-posts or trees.' As well as keeping your mind busy, varying your speed by adding in little bursts of higher intensity activity makes it even better cardio exercise. Or you could challenge yourself by trying our walking plan on the previous page.

'I've gone from walking with a stick to running for charity'



At a size 22, I had to walk with a stick – now I'm 8st lighter and doing 5K runs!

Karen Wittman, 53, lives in Ramsgate, Kent, with her mum, Janet. She joined Slimming World weighing 18st 9lbs and has lost 8st to reach her target at Jan McCarthy's group in Ramsgate.

With my finger hovering over the mouse, I said, 'Are we doing this then?' My daughter, Nicola, smiled and replied: 'Let's go for it, Mum'. And with another click, we'd signed ourselves up for the Margate 5K Race for Life.

Even signing up was a real milestone for me. When I joined Slimming World with my mum in July 2021, I was a size 22 and had to walk with a stick. By Food Optimising, I'd dropped four dress sizes in a few months and it gave me the confidence to begin the Body Magic activity support programme.

I started small in the beginning, building active habits like parking a little further away from the shop and

getting off the bus a stop early. To most people it was just walking, but to me getting my steps in and collecting my Body Magic awards in group was the start of a whole new relationship with exercise.

During this time, my mum received a letter from Cancer Research UK, who were recruiting volunteers for a blood test trial. She put herself forward and, to our shock, was diagnosed with lung cancer.

Suddenly, the Race for Life, which had started out as a simple activity goal, had taken on a whole new meaning and I was more motivated than ever. While I knew I could walk the course, receiving those Body Magic awards

had really boosted my self-confidence, and I decided I wanted to run it!

In July 2022, as I jogged the final few metres towards the finish line, with Mum's name on my back, I felt an overwhelming sense of gratitude.

Those small steps

I'd taken months before had allowed me to achieve something I'd never thought I was capable of. Mum was so proud of Nicola and me for taking part. And without the funds raised for Cancer Research UK by events like Race for Life, her diagnosis might not have been possible, and I can't wait to run for her again this year. ●

'Taking small steps allowed me to achieve something I'd never thought I was capable of'

● If you're inspired by Karen's story and want a brilliant reason to build up your fitness, take part in this year's Race for Life. Whether you choose to walk, jog or run, it's a great way to raise money for a good cause, and some courses are suitable for wheelchair users, too. Slimming World's partnership with Cancer Research UK has so far raised £19 million, and we're delighted to be one of this year's event sponsors. To get 30 per cent off your Race for Life entry, sign up at raceforlife.org using our exclusive code SWRFL23. For full terms and conditions, see page 120.

SHOP THE ISSUE

Carolann Hicks
lost 12st 9lbs and
feels ready to
take on the world.
Turn to page 12
for her story



PHOTOGRAPH: PAUL BULLER. STYLING: SHARNA VALENTINE. HAIR & MAKE-UP: ALICE THEOBALD. CAROLANN WEARS: DRESS, COAST. SHOES, ASOS. EARRINGS, JOHN LEWIS & PARTNERS; BRACELET AND CLUTCH, BOTH ACCESSORIZE LONDON; RING, LOVISA. SEE RIGHT FOR STOCKISTS

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Deputy Editor Sarah Davison
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Circulation Manager Tim Harris

Slimming World In-house Photographer Graeme Simpson

Nutrition, Science and Research Teams Sarah-Elizabeth Bennett PhD RNutr; Alexandra Clark MSc RNutr; Laura Holloway MSc; Jennifer Kent MNutr RD; Jacquie Lavin PhD RNutr; Evie Lovell BSc RNutr; Laura Nolan BSc RNutr; Carolyn Pallister BSc RD

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Clover Nook Road, Alfreton, Derbyshire DE55 4SW

Editorial: 01773 546 071
editorial@slimmingworld.co.uk

Advertising: 01773 546 312/07770 807 760
julian.oiller@slimmingworld.co.uk

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TERMS & CONDITIONS

Lake Country House Hotel & Spa Competition (p85)

1. Visit slimmingworld.co.uk/magcomps to enter online on or before the closing date, 25 May 2023. Alternatively, send your entry form by post to Lake Country House Hotel & Spa Competition, *Slimming World Magazine*, Clover Nook Road, Alfreton, Derbyshire DE55 4SW. Entry form must be received by the promoter on or before the closing date, 25 May 2023. **2.** Only one entry per person is permitted. No purchase necessary. **3.** The competition is open to UK and Republic of Ireland residents aged 18 or over, except employees of Slimming World (or any other company that trades under the name Slimming World), Miles-Bramwell Executive Services Ltd, Lake Country House Hotel & Spa, or anyone professionally connected with this promotion (this does not include Slimming World's self-employed Consultants and Team Developers). **4.** No bulk or third-party entries will be accepted. No responsibility is accepted by the promoter for entries lost, damaged or delayed in the post. Proof of posting not accepted as proof of delivery. By submitting a competition entry, you are agreeing to be bound by these terms and conditions. **5.** The winner will be chosen at random by the promoter from all qualifying entries within 28 days of the closing date of the competition. They will receive a stay for two (winner must be aged 18 or over; guest must be aged 16 or over to use the spa) comprising: two nights' accommodation for two people sharing a Manor Suite or State Room (twin occupancy is available on request) with a bottle of Champagne on arrival; four-course dinner for two (excluding drinks) on both nights at the hotel's restaurant; full access to the hotel's spa on both days for the winner and their guest, including indoor pool and outdoor hot tub, plus fully equipped gym; and a 60-minute full-body massage each. All subject to availability. Travel to and from the hotel and any other expenses are not included in the prize. The winner and their guest are responsible for ensuring they have valid and appropriate travel insurance. Dinner reservations and spa treatments should be booked at the time of booking your break. The prize must be taken by 22 June 2024, excluding: 22-26 July 2023; 26-28 August 2023; 23 December 2023 to 14 January 2024; 29 March to 1 April 2024; 4-6 May 2024; and 25-27 May 2024; and is subject to availability. **6.** No correspondence will be entered into and the promoter's decision is final. The winner will be notified in writing by 22 June 2023 using the details provided on the entry form. Visit slimmingworld.co.uk/privacy-policy to find out how your data is handled. If Slimming World cannot contact the winner or the winner fails to claim the prize by 20 July 2023, the winner will forfeit the prize and the promoter may draw another winner. The prize is non-transferable and there is no cash alternative. The prize value is correct at time of going to press. The prize cannot be used in conjunction with any other offer or any existing bookings. **7.** By entering, the winner agrees to take part in publicity relating to the competition. The winner's name and county will be published in the October 2023 issue of *Slimming World Magazine*, unless a written objection is submitted to editorial@slimmingworld.co.uk. **8.** Slimming World is not responsible for: (i) any loss, damage or liability to entrants in relation to their entering the competition or accepting the prize; (ii) any failure by the winner to comply with Lake Country House Hotel & Spa terms or

instructions; (iii) any delay or failure due to an event outside Slimming World's reasonable control; (iv) any costs associated with the prize; (v) any terms or decisions of Lake Country House Hotel & Spa in relation to the fulfilment of the prize. **9.** The promoter is Miles-Bramwell Executive Services Ltd trading as Slimming World. Promoter's address: Clover Nook Road, Alfreton, Derbyshire DE55 4SW. The prize provider is Lake Country House Hotel & Spa, Llangammarch Wells, Powys LD4 4BS. **10.** Miles-Bramwell Executive Services Ltd is part of a group of companies that operates the Slimming World business through a network of self-employed Consultants. Full details can be obtained from the promoter upon request. **11.** The laws of England and Wales apply to this competition.

Lake Country House Hotel & Spa Reader Offer (p85)

1. Offer valid until 22 June 2024, excluding: 7-10 April 2023; 29 April-1 May 2023; 6-8 May 2023; 27-29 May 2023; 22-26 July 2023; 26-28 August 2023; 23 December 2023 to 14 January 2024; 29 March to 1 April 2024; 4-6 May 2024; and 25-27 May 2024; and is subject to availability. To book, call 01591 620 202 or visit lakecountryhouse.co.uk and quote code 3FOR2 to receive your 33 per cent discount. **2.** You'll pay from £430 for a three-night stay at Lake Country House Hotel & Spa, based on two people sharing a double or twin room. Offer includes breakfast each morning (including tea, coffee and fruit juice) and unlimited use of the hotel's spa, including indoor pool and outdoor hot tub, plus fully equipped gym. All subject to availability. **3.** Guests must be aged 16 or over to use the spa. The offer cannot be used in conjunction with any other promotional offer or discount. Offer applies to new bookings only.

Race for Life Entry Discount (p118)

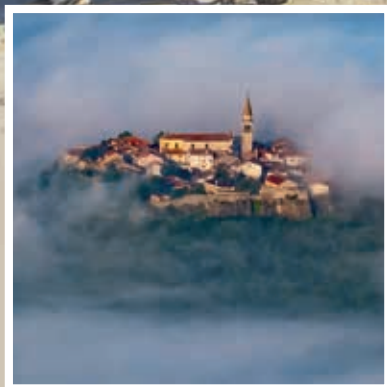
1. The 30 per cent off registration is available to the first 5,000 people who enter Race for Life 2023 using the code SWRFL23. The code will be valid until either 5,000 redemptions have been made or 31 July 2023. Registration is now open at raceforlife.org and will close 24 hours prior to your chosen event. **2.** Participants are responsible for ensuring that they are sufficiently fit and healthy to take part. All participants and spectators enter and attend Race for Life events entirely at their own risk. Slimming World shall not be liable for any injury, damage or loss to participants or their property that might occur as a result of their participation or attendance at Race for Life, other than in respect of any injury or loss arising as a result of Slimming World's negligence. **3.** It is the responsibility of the participant to familiarise themselves and comply with the event rules and any race information as may be published by Cancer Research UK Trading Limited on their website at: raceforlife.cancerresearchuk.org/prepare-for-your-event/race-for-life-rules.

Congratulations to our Nov/Dec 2022 competition winner!
Treat Yourself Competition Karen Wild, Nottinghamshire



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SlimmingWorld
magazine
ON SALE 25 MAY
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ABTOT 
Member 5370



The things I know...

Jackie Wynter, 58, works in the pastoral team at a secondary school. She lives in Reading, Berkshire, with her husband, Derek, and they have two grown-up children. Jackie is a member of Linda Haines' Slimming World group in Tilehurst, Berkshire. She is 5ft 7ins tall and weighs 10st 2lbs, having lost 6st 8lbs

● You're never alone

My best friend, Judy, is also a Slimming World member and we knew we'd be able to help each other with our weight loss. What I didn't realise was how much support I'd also get from my Consultant, Linda, and all the other members in the group.

● Get busy days in the bag

I used to come home from work and put a ready meal in the microwave. These days I'm still just as busy, but I make my own 'ready meals' by batch cooking – chillies, stir-fries and soups are perfect for freezing.

● You can do so much for your health

My GP had been suggesting I lose weight to improve my health for ages. I had lymphoedema, which led to swelling around my body, and sciatica that caused lower back and leg pain. Losing weight improved my symptoms, making walking much easier. My doctor was really impressed with how well I was doing!

● Confidence will come

Before I lost weight, I was worried the students in the school where I worked would comment on my size and so I kept my head down in the corridors. Now, I hold it high. I even had the confidence to go for a promotion – and got it!

● There's so much living to do

I used to avoid going out much because of my low self-esteem. Living through the pandemic made me realise that you never know what's around the corner, and I didn't want my weight to mean missing out. Now Judy and I are both target members, and we love getting dressed up to go out – we feel like teenagers again! ●



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