

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

IMMINGHAM

The Christian Centre

Pelham Road

DN40 1QD

Tuesdays at 5:00pm & 7:00pm

Call Joanne on 07769 259624

be amazing

with
**Slimming
World**



save
£5
ask in group for
more details

*we look forward to
seeing you there!*

special offers...

- ♥ **Half price membership** – save £5 (pay £9.95 on week one)
- ♥ **Five or more friends join together, all get your first week free** (pay just £5 each on week one)

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

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*Ellie reached her dream
weight – read her story online*

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Slimming[®]
WORLD

touching hearts, changing lives



meet Ellie

Ellie, from Middlesbrough, lost 2st 9lbs in 11 months with Slimming World...

I started putting on weight in my teens. I'd tried to slim before, but it wasn't until my sister took me along to Slimming World that I discovered that losing weight didn't have to be torture! I was amazed to find out I could eat potatoes and pasta and still lose weight. Add to that the encouragement and inspiration I got from my Consultant and friends in group and it was the perfect plan for me!

So much has changed for me since losing weight, including the way I look, feel and act – my wardrobe oozes confidence because I do.

Ellie x

meet Dann

Dann, from Solihull, lost 5st 2lbs in 12 months, here's his story...

I'd always been unhappy with my weight so when my wife joined a Slimming World group and I saw the meals she was enjoying and filling up on I knew it was the right choice for me too.

Everyone in my group has been with me every step of the way, from how they welcomed me to how they celebrated when I reached my target weight. Their support and ideas have meant I've found a way of losing weight for the long term and being a healthy role model for my children. As a family we're now more active too and I can finally be the dad I've always wanted to be!

If you'd love to lose weight, join your local Slimming World group. I promise you you'll be glad you did!

Dann



a delicious Slimming World day!



breakfast – **eggs and beans on toast**
A delicious start to the day with scrambled **eggs** and **baked beans** on 2 slices of wholemeal toast.



lunch – **chicken and bacon salad**

Fresh and satisfying! Make the salad with cooked chopped **chicken**, grilled **bacon** (all the fat removed), hard boiled **eggs**, cherry **tomatoes**, boiled new **potatoes**, chopped chives and a drizzle of fat-free vinaigrette. Enjoy with a bunch of **grapes** and a **fat-free yogurt**.

dinner – **pasta and meatballs**

Make meatballs by shaping 5% fat or less minced **pork** into small balls and bake in the oven. Blend roasted **onions**, **courgettes** and red **peppers** with a tin of chopped **tomatoes** to make a sauce. Serve the meatballs and sauce with **pasta** of your choice, heaps of **salad**, a sprinkling of chopped parsley and a small glass of red wine.

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

Find more delicious recipes and meal ideas at slimmingworld.co.uk

snacks

Loads of fresh **fruit**, **carrot sticks** and a 2-finger **KitKat**.

