

Best Ever Recipes 40 Years Of Food Optimising

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Published to coincide with the 40th anniversary of Slimming World, "Best Ever Recipes" draws on Slimming World's 40 years of unrivalled experience in helping slimmers achieve their target weight. Packed with nutritional, lifestyle and diet information, as well as more than 120 new, healthy yet delicious recipes, it is the definitive guide to successful - and enjoyable - weight loss.

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Amazon.co.uk: Slimming World: Books

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