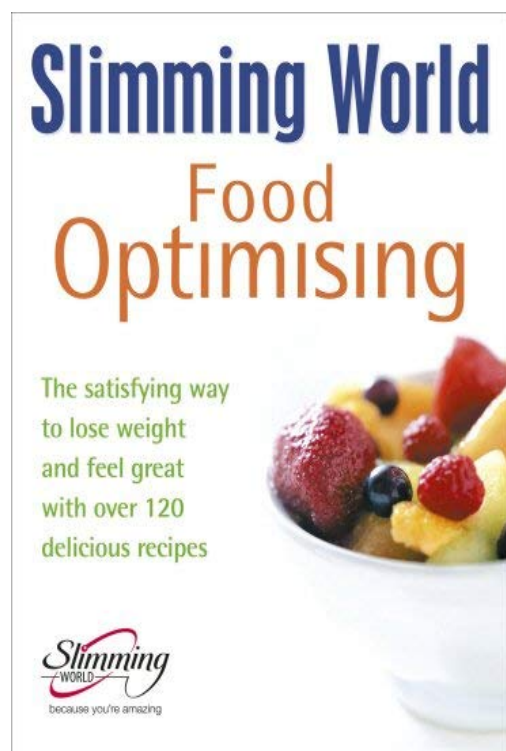


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## Book Description

Food Optimising by Slimming World enables you to make the most of healthy yet delicious food. No foods are banned, there's no calorie counting and there are hundreds of 'Free Foods' which can be eaten in unlimited amounts. Food Optimising was originally designed for Slimming World members to make slimming easier and more enjoyable. Now for the first time, this book makes it available to everyone. Packed with nutritional, lifestyle and diet information, as well as over 120 wonderfully healthy recipes, simply follow this healthy eating plan and see the weight fall off and keep off.