

# extra easy food diary

Check your Syn values in your book, using the Slimming World App or by asking the experts in-group!

**Slimming WORLD**  
teaching hearts, changing lives

Name \_\_\_\_\_

Group \_\_\_\_\_

Date \_\_\_\_\_

Week \_\_\_\_\_

## Free Foods

Day

Foods

other Free Foods

Healthy Extras

Syns

When it works, fill at least 1/2 of your plate with super-slimming Foods to boost your weight loss!

Rely on Free Food & make it the heart of your plan!

Measure Healthy Extras & Syns with care - they add, but subtract!

Total

Total

Total

please take care...

## Free Foods

Foods

other Free Foods

Healthy Extras

Write every single one down - even if you're well over your 8 to 10! Your honesty will pay off!

Fill up with unlimited Free Foods plus one measured A, S, one measured D, and 5-10 Syns carefully counted! You can do it!

When it works, fill at least 1/2 of your plate with super-slimming Foods to boost your weight loss!

Total

Total

Total

Total

# Slimming World Food Diary App

**Johnny Bowers**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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