

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

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

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!

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

Jonathan Bowers



Slimming World Food Diary App:

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **Slimming World Food Diary App** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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