

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

AYTHORPE RODING
Aythorpe Roding Village Hall,
Dunmow Road

Mondays 7:30 pm

Tel: Kata 07972 171007

***New Group Opening From 8th
September***

*we look forward to
meeting you! x*

great offers in group...

- ♥ **Half price membership** – save £5 until 29th November (pay £9.95 on week one).
- ♥ **First week free** – save £4.95 from 30th November (pay £10 on week one).
- ♥ **Five friends join together and save even more.**

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

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love life
**love .
Slimming
World**



save up to £5
– ask in group
for more details

Slimming
WORLD

know you're amazing

slimmingworld.com

0844 897 8000

*More people in the UK choose to attend a Slimming World group each week than any other weight loss group.

meet Tina...

Tina, from Lisburn in Northern Ireland, lost over 3st with Slimming World. Here's her story.

"Growing up and in my twenties, I never really admitted how unhappy I was with my weight even to myself but deep down, it was getting to me. I hated clothes shopping, I was exhausted all the time — and with two young children to look after, I needed all the energy I could get."

All that changed when I joined my local Slimming World group. From the word go, I was welcomed with open arms — by my Consultant and the other members — and I loved the fact that no one told me what I 'should' weigh. The support I get in group, plus the dozens of new ideas every week, helps me stay on track — it makes a world of difference.

I was amazed at all the gorgeous and varied meals I can enjoy with Food Optimising — and how easy it is to fit into family life. We're always tucking into big bowls of chilli and rice, curries or pasta — no one ever realises they're slimming recipes! And we're definitely never hungry!

I lost 4lbs in my first week, and from there, as the numbers on the scales went down, my energy levels (and my confidence) went up, up, up! My husband jokes that he's got a brand new wife.

It's true what they say — Slimming World really does change your life, for life. Your nearest group is on the back on this leaflet, so go along and find out for yourself. You'll be so glad you did!"

Tina x



Tina's favourite
Slimming World
meal



spaghetti carbonara

serves 4

ready in 20 minutes

400g dried spaghetti

6 lean bacon rashers, visible fat removed, roughly chopped

4 eggs*

salt and freshly ground

black pepper

4 tbsp fat free natural
fromage frais

2 level tbsp freshly
grated Parmesan

small handful of roughly
chopped fresh chives

Cook the spaghetti according to the packet instructions. Drain well and return to the saucepan.

Meanwhile, heat a large non-stick frying pan over a high heat. Add the bacon and dry-fry for 2-3 minutes, then turn off the heat.

Lightly beat the eggs, season to taste and stir in the fromage frais; 1 tablespoon of Parmesan and most of the chives.

Add the bacon to the drained spaghetti and mix well over a low heat, then remove from the heat and stir in the egg mixture. Toss thoroughly so that the eggs thicken in the residual heat, making a sauce that coats the pasta.

Scatter over the remaining Parmesan and chives and serve hot.

**Pregnant women, the elderly and babies are advised to avoid eating raw or partially cooked eggs.*

visit slimmingworld.com/2014
for your free 7 day slim-down plan!

