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Slimming ...
Hi, this looks
amazing. I would
like to give it a go.
Hope you don't mind
a quick question, I
am new to slimming

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world and
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understand about
choosing HEA and
HEB. So this recipe
requires a lot of
cheese, effectively
two off the HEA list
in the food
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is that why it has
asynchronous
value? Thanks.

Welcome to Food

Page 6/11

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Slimming World's
Head of Research
and Scientific
Affairs, Dr Jacquie
Lavin, explains how
Slimming World
Free Foods work...
"Food Optimising
has always been
based on science:
not just the
physiological

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science of weight loss but also the psychology – how we think about (and our emotional reactions to) food, our weight and the process of losing weight.

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