

# Slimming World Food Diary Template

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2023-06-07

## MACIAS ELIANNA

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selection of Slimming World Weekly Meal Plans for you to choose from. Each is a 7-day menu with every day set out for you, leaving you plenty of syns to enjoy the odd treat here or ... 7 Day Menu Slimming World Weekly Meal Plans | Slimming Eats Boxclever Press Food Journal. Perfect for use as a Meal Planner and Food Diary. Compatible with Slimming World and Other Weight Loss Diets. Includes Weight Loss Chart, Water Intake and Body Tracker.

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Slimming World Food Diary v1.0 The first printable food diary for Slimming World is broken down into Free Foods (includes Protein Foods (P)), which should be 2/3 of your plate, and Speed Foods, which should be 1/3 of your plate. Additionally, there is the space to record your Healthy Extras and Syns.

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Slimming World Food Diary printable - print double sided on A4 then fold for an A5 size booklet. Print over and over again as often as you want! 4 days to view Space to plan in advance or take extra notes Space for your free foods, healthy extras and syns Painterly stye coloured tags Change the tag colour easily in Word to whatever colour you want!

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I have searched and searched on the net and can't get what I need. I have some which were supplied but honestly my writing looks normal but takes up a HUGE amount of space on the page and it cannot be read if I use the tiny half A4 one.

[Slimming World: Going it Alone Guide & Free Printable ...](#)

Slimming World. In my last post I wrote about my weight journey and announced that I was planning to start Slimming World. You can read that post here if you haven't already. I have decided after careful deliberation that I won't be attending the weekly Slimming World groups - for now.

**Does anyone have a printable SW diary please? | Mumsnet**

New to Slimming World? or maybe you are stuck in a rut of the same foods every week and losing your motivation. Well if you are any of those things or more you have come to the right place. Here you will find a vast selection of Slimming World Weekly Meal Plans for you to choose from. Each is a 7-day menu with every day set out for you, leaving you plenty of syns to enjoy the odd treat here or ...

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menu that's bursting with filling Free Food and includes your daily Healthy Extra choices. It's easy to follow and super for your weight loss.

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This A4-sized template in PDF format allows you to quickly and easily record all your meals and snacks during the week, as well as your Healthy Extras, Syns, Water intake, and Body Magic. One of the main advantages over the official Slimming World diary is that it's much bigger, and gives you more space to record the food and drink that you have.

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