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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. I have been to a few and feel like they just ...

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Mugshots Slimming World List On this page you will find a full list of Slimming World friendly products made by Mugshot. As always I must remind you that any values noted below have been calculated by myself and cannot be guaranteed.

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