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Slimming World recommend you try to eat at least two portions of fish a week and one portion of oily fish a week. Meat & Poultry. To make sure the meat and poultry you are eating is free choose the leanest cut available. Mince should be less than 5% fat for it to be considered a free food. Make sure you remove all visible fat and any skin from poultry.

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A great guide to the Slimming World healthy extra B. If you are looking at following the plan and still very confused check out my ultimate guide to HEB. If you are new member of Slimming World and still completely confused I would highly recommend starting at Step 1.

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Pour the stock over the chicken and vegetables, cover with foil and bake in the oven for 1½ hours until the potatoes are soft and the chicken is tender, removing the foil for the last 10 minutes of cooking. Bring the tray to the table and let everyone help themselves. Recipes taken from Slimming World's Extra Easy Entertaining recipe book.

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