



*Celebrating
with*

S L I M T O N E

SHARE THE
CELEBRATIONS

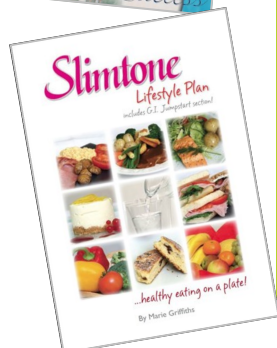
39+

FABULOUS
RECIPES
INSIDE!



Celebrations

Celebrating 39 years of Healthy Eating Success
with Marie Griffiths



Contents

3	Welcome
4	Quick & Easy Breakfasts
6	Soups & Salads
8	Light Lunches
10	Main Meals
14	Sweet Treats
16	Super Sauces
16	Celebrations
18	Marie's Story
19	Favourites, Recipes and Things To Try
20	What They Say....

NOTE: Milk used in recipes throughout the book is semi-skimmed milk. For all recipes, always choose the low fat or low calorie options for healthy eating.

Special thanks to:

Helen Murdoch, H M Marketing

Fran Blake

And all Slimtone members, past and present

HEALTH RECOMMENDATION

It is recommended that you consult your GP before starting any eating plan. The author and publisher shall not be liable for any injury to health arising out of any diet or physical exercise recommended in the Lifestyle Plan.

Copyright © 2021 Marie Griffiths

Welcome

Hello everyone!

Welcome to this special edition booklet celebrating 39 years of Slimtone!

Can you believe it ! And after this last year, I think we need all the celebrations we can fit in!

When I opened that first class in Pontycymer in 1982, I never imagined that Slimtone would still be thriving in 2021. My intention was to help people to help themselves and achieve lasting weight loss and improved health. It was also to make it fun.

And that's what we're continuing to do now.

It's been a challenge over the last period for all of us, but I'm so proud of all our Slimtone members.

Together we create an atmosphere that is fun but informative and no lockdown is going to stop that!

I've met so many interesting people and made so many friends over the last 39 years. I love catching up with people that have been part of Slimtone in that time and it's great to know that they are still enjoying a healthy lifestyle and that, thanks to Slimtone, they have kept the weight off.

I'm so pleased to finally be back in class and meeting everyone face-to-face. I love chatting on Facebook, writing the blog and helping people to lose weight and be healthy. Celebrate with me and enjoy this collection of recipes, hints and tips. Thank you all for your inspiration,

Marie

Slimtone Classes

Join us online or in person and discover for yourself that losing weight and healthy eating can be fun!

Full details of all our classes at www.Slimtone.co.uk



Let's Rise and Shine

There are over 50 breakfast ideas in your Lifestyle Plan - as well as some new suggestions here! Mix and match them to your taste for a healthy and varied start to the day.

Porridge is the perfect start to the day. Low in GI, it sustains you for longer.

Overnight Oats *Serves 1 - approx. 250*

Layer 40g/1½oz porridge oats in a jar with low fat vanilla yogurt and your favourite fresh or frozen fruit. Cover and pop in the fridge overnight. In the morning, stir all the layers together for a filling and nutritious breakfast.



Hot Bananas and Blueberry Toast

Serves 1 - approx. 200 cals

Slice a banana onto a thick slice of granary toast and sprinkle with a pinch of cinnamon. Top with blueberries and pop under a hot grill for a couple of minutes. Mmmm!

Cinnamon Toast with Raspberries

Serves 1 - approx 200 cals

Beat an egg with 75ml/3 fl oz milk in a shallow dish. Dip a slice of bread into the mixture and 'fry' in a non-stick pan misted with low cal spray until golden on each side. Sprinkle with 1 tsp sugar and a pinch of cinnamon - serve hot topped with raspberries.



Ham & Egg Muffins

Serves 2 - approx. 260 cals/portion

Preheat oven to 200C/180F/Gas 6.

Mist a non-stick pan with low cal cooking spray and add sliced mushrooms, 100g/4oz ham, chopped and sliced spring onions. Whisk together 4 eggs and 30ml/1 fl oz milk, season to taste. Line four holes of a muffin tin with paper cases. Spoon the mushroom mixture into the cases and top up with the egg mixture. Bake for 20-25 mins until slightly risen and golden.

Bagel with Cream Cheese & Avocado

Serves 1 - approx. 220 cals

Toast a thin bagel or slice of granary bread. Spread with cream cheese. Top with sliced avocado for a tasty and nutritious breakfast.



Raspberry & Lemon Curd Treat

Serves 1 - approx. 250 cals

Pop a small vanilla yogurt in a bowl and swirl in 2 tsp lemon curd. Put 28g/1oz muesli or granola in a dish and top with the lemony yogurt. Sprinkle with 1 tbsp muesli and a few raspberries. Ideal for breakfast or a tasty snack.

Quick & Easy Breakfasts

Ultimate Big Breakfast Serves 1 - approx. 250 cals : with potatoes 350 cals

Toast a thick slice of granary bread and top with 2 bacon medallions and a poached egg. Serve with grilled tomatoes and a tbsp brown sauce. Enjoy with 140g/5oz Slimtone "fried" potatoes as a main meal.



Poached Egg Florentine

Serves 1 - approx. 250 cals

Wilt a portion of spinach, drain well and place on a thick slice of granary, wholemeal or seeded toasted bread. Top with poached egg and cheese sauce.

Make the cheese sauce by simply popping 56g/2oz Philadelphia Extra Light Cream Cheese in a non-stick pan with one tablespoon semi-skimmed milk, add mustard and black pepper to taste.

Egg & Bacon Potato Cakes Serves 2 - approx. 300 cals/portion

Preheat oven to 200C/180F/Gas 6. Mix 2 tbsp chopped chives into 300g/10oz mashed potato. Season and shape into two round cakes. Mist a non-stick pan with low cal spray and cook until golden on each side. Place on a baking tray and pop in the oven for 10-15 mins until piping hot. Grill 6 bacon medallions and poach 2 eggs. Serve with potato cakes, mushrooms and grilled tomatoes.

Eggs Benedict

Serves 1 - approx. 265 cals

Toast one slice of granary bread and spread with low fat cheese. Grill 2 bacon medallions. Pop onto the toast with a grilled tomato and a poached egg. Pour over hollandaise sauce made by mixing 1 tsp mustard with 1 tbsp extra light mayo. Philadelphia cheese with garlic and herbs is ideal for this recipe. Why not try low cal bagels instead of toast.

Creamy Mushrooms on Toast

Serves 1 - approx. 240 cals

Prepare button mushrooms and pop into microwave dish. Spoon over one tablespoon of Philadelphia Light Cream Cheese with chives and pop into the microwave for approx. 2 minutes or until mushrooms are soft. Serve on two medium slices wholemeal or granary toast and enjoy.



Soups & Salads

Spicy Parsnip Soup

Serves 4 – approx 110 cals per serving



2 onions, chopped
1kg/2lb parsnips, diced into small cubes
1 tbsp curry paste
1½ litres vegetable stock, hot
100g/3½oz Extra Light Cream Cheese
Freshly ground black pepper
Chopped leaf parsley to garnish

Mist large saucepan with low-cal cooking spray. Add the onions and cook over a moderate to high heat for 1-2 minutes until softened. Add the parsnips and cook over a low heat for 5 minutes with lid on to sweat vegetables. Stir in the curry paste and cook for a minute and then add the hot stock. Cover and simmer for 20-25 minutes until the parsnips are soft. Add three-quarters of the cream cheese to the soup and blend until smooth. Season to taste. Serve with the remaining cream cheese stirred into the soup and garnish with fresh parsley.

Cheesy Leek & Mustard Soup

Serves 4 - approx. 40 cals/portion

675g/1½lb leeks, washed and sliced	1 large onion, finely chopped
1 medium potato, diced	1 large carrot, diced
1 tsp mustard powder	2 tsp cornflour
1½ litres/2½pts water	1 vegetable stock cube
56g/2oz half fat cheddar cheese, grated	Salt & Pepper

Mist a large saucepan with low cal cooking spray. Sauté leeks, onions, potato and carrot over a low heat for 10 mins or until veg are tender. Mix mustard powder and cornflour with 100ml water to make a thin paste. Season the vegetable mixture. Stir in the mustard mix thickening, stock cube and remaining water. Reduce heat and simmer gently until thickened. Puree the mixture until smooth. Return to the pan and bring to the boil. Stir in the cheese and heat gently until melted. Pour into four warmed soup bowls and enjoy!

MARIE'S TIP: A portion of soup or a side salad with a meal certainly helps you feel more satisfied and sustained for a longer time. A tasty “free” salad with a balsamic glaze is ideal. Any of the “free” soups in the Plan are great too.

Soups & Salads

Roast Vegetables & Pasta Salad

Serves 1 – approx. 300 cals

Mist a selection of vegetables with low cal cooking spray and pop into the oven to roast. Button mushrooms, sliced red onion, peppers, butternut squash, courgettes and sweet potatoes are all ideal. Meanwhile cook 56g/2oz dry weight pasta and stir into the roasted vegetables. Dress with balsamic vinegar or low calorie vinaigrette or French dressing.

Pineapple & Ham Pasta Salad

Serves 1 - approx. 250 cals

Mix together 84g/3oz cooked pasta, 56g/2oz lean chopped ham, 56g/2oz pineapple in natural juice, 1 tablespoon peas and sweetcorn and 1 tablespoon low-cal mayo. Season lightly with salt and pepper. Try tinned mandarin oranges instead of pineapple as an alternative.



Chilli Pasta Salad

Serves 1 - approx. 300 cals

Refresh 200g/7oz cooked pasta shapes in cold water and drain well. Place in a bowl with 2 spring onions, chopped, diced cucumber, diced red pepper, grated courgette and broccoli florets. Mix in 3 tablespoons extra light mayo and 1 tablespoon sweet chilli sauce. Serve with lots of green salad and cherry tomatoes.



Rice Salad

Serves 1 - approx. 300 cals

168g/6oz cooked weight rice

Frozen peas, cooked

Cherry tomatoes, halved

Peppers, diced

Wafer thin ham, chopped

Sweetcorn, cooked

Cucumber, cubed

Celery, diced

Add chopped ham, peas, sweetcorn, cherry tomatoes, cucumber, pepper and celery to the rice. Mix thoroughly. This is a really convenient packed lunch with a tasty green salad.

Light Lunches

Chicken & Bacon Bap

Serves 1 - approx. 300 cals

Spread a granary bap (approx. 84g/3oz) with 1 tbsp extra light mayo. Sandwich together with 60g/2oz cooked chicken, a grilled bacon medallion and lots of tasty rocket leaves. Serve with a side salad misted with Balsamic Vinegar Glaze.

Creamy Tagliatelle

Serves 1 - approx. 300 cals

Cook 56g/2oz dry weight tagliatelle. Melt 84g/3oz Philly low fat cream cheese with chives. Cook 112g/4oz frozen mixed veg (the individual microwave steam packs are ideal). Add to cheese with some chopped wafer thin ham. Spoon over the tagliatelle and enjoy!

MARIE'S TIP: Fresh pasta is really convenient and quick and easy to prepare. I freeze it into portions so it's ready to get out of the freezer whenever I want it.

Spanish Omelette

Serves 1 - approx. 300 cals

Preheat the grill. Lightly beat 2 eggs with 1 tbsp water and season. Mist non-stick pan with low cal cooking spray and sauté a small sliced onion until soft. Add 84g/3oz cooked diced potatoes and cook until golden. Pour in the eggs and add 1 tbsp peas. Stir to mix the veg evenly, cook until the base is set. Place pan under preheated grill to set the top of the omelette.



MARIE'S TIP: Sprinkle with mixed herbs for a fab pizza flavour!

Jules' Savoury Egg Pitta

Serves 1 - approx. 300 cals

Make up scrambled egg with 1 large egg and 1 seriously strong soft cheese cube. Season to taste and microwave for 30 secs. Add ½ diced red pepper and chopped spring onions. Microwave again until eggs are done to your liking. Toast a pitta. Cut in half and fill with your savoury egg mix. A great lunch with a bowl of "free" soup and a crispy side salad.

MARIE'S TIP: The Seriously Strong Lighter square cheese is ideal for this recipe. Try the Laughing Cow Blue triangles for a different flavour.

Light Lunches

Chris's Tasty Lettuce Wraps

Serves 1 - approx. 80 cals/wrap

56g/3oz minced chicken, turkey or lean pork

1 onion, finely chopped

1 tsp grated garlic

1 tsp grated root ginger

1 fresh chilli, finely chopped (optional)

Iceberg lettuce

1 tsp Chinese 5 Spice

Soy sauce and black pepper



Prepare lettuce and place whole leaves in bowl of iced water - you'll be surprised how it crisps up. Mist a wok or large pan with low cal cooking spray, add onions and cook until soft. Crank up the heat and add garlic, ginger and chilli - fry for 30 secs. Add minced meat and stir in the flavourings. Stir fry until cooked. For a tasty meal with a difference, stir in some cooked rice (30 cals for 28g/1oz). Spoon into lettuce leaves, add a misting of soy sauce, roll up and enjoy!

Savoury Cauliflower Cheese & Baked Potato

Serves 1 - approx. 300 cals

224g/8oz cauliflower, lightly cooked

56g/2oz smoked wafer thin ham

28g/1oz medium fat cheddar, grated

28g/1oz wholemeal breadcrumbs

140g/5oz jacket potato (uncooked weight) Salt & pepper

Place the cauliflower in a shallow heatproof dish. Season and top with chopped ham. Mix the cheese and breadcrumbs together and sprinkle over the cauli. Place under a hot grill until golden brown. Serve with the baked potato.

Savoury Mushroom Brunch

Serves 1 - approx. 300 cals

Soften 2 large flat mushrooms under grill for a few mins.

Remove and chop the stalks, mix with 50g/2oz low fat soft cheese and top one of the mushrooms with the mixture. Place a slice of beefsteak tomato on top and sandwich together with the remaining mushroom. Pop onto health grill for a few mins and serve with 3 grilled bacon medallions, poached egg, grilled tomatoes and 140g/5oz Slimtone 'fried' potatoes. (Don't forget the brown sauce!)



Main Meals

Corned Beef Hotpot

Serves 4 - approx. 300 cals/portion

325g can corned beef, thickly sliced

Dried thyme, to taste

550g/1 lb potatoes, peeled and thinly sliced

Freshly ground black pepper

1 large onion, finely sliced

175ml/6fl oz chicken stock

Preheat oven to 200C/180C/Gas 6. Mist the inside of a small ovenproof dish with low cal cooking spray. Place a layer of corned beef into the bottom, top with a layer of onions, sprinkle over the thyme and black pepper and cover with a layer of potatoes. Repeat the layers, finishing with the potatoes. Pour the stock over the top. Cover the dish with foil and bake in the oven for 1 hour or until the potatoes are just tender. Remove the foil and return to the oven to cook for 15 mins or until golden brown on top. Serve the hotpot with lots of your favourite 'free' vegetables.

MARIE'S TIP: I always add a tsp brown sauce to this recipe - it really enhances the flavour. Frozen onions are great for all our recipes and are so convenient.

Corned Beef & Baked Bean Hash

Serves 4 - approx. 300 cals/portion

200g can corned beef

280g/10oz cooked potatoes, cubed

2 x 415g tin baked beans

56g/2oz low fat cheddar cheese

Cube the corned beef and place in an ovenproof dish. Top with the baked beans, potatoes and grated cheese. Pop into a hot oven for approx. 20 mins or until cooked through.

MARIE'S TIP: Don't forget to freeze corned beef into 4 portions. This is really convenient for adding to gravy, Slimtone soup, toasties and jacket potatoes.

Quick Shepherd's Pie

Serves 1 - approx. 320 cals/portion

Cook two Brains Pork faggots as directed and pop into an ovenproof dish. Top with 140g/5oz cooked mashed potatoes with swede or leeks and sprinkle 14g/½oz grated medium fat cheddar cheese over the top. Place under a hot grill until the cheese is bubbling and serve with lots of your favourite veg.

Main Meals

Pork Chops with Roasted Vegetables

Serves 4 – approx. 300 cal/portion

4 boneless pork loin chops

1 onion, chopped

Butternut squash, Carrots, Parsnips, Peppers,

350g/16oz potatoes

1 eating apple, peeled & chopped

Clove of garlic, peeled

Balsamic vinegar

Dry mixed herbs/curry powder



Chop onions, butternut squash, carrots, parsnips, peppers, potatoes and eating apple and peeled garlic clove. Pop into a roasting tin and spray with low cal cooking spray. Add a dash of balsamic vinegar and some dry mixed herbs or curry powder. Cook in the oven at 180C/160C/Gas 5 until they just start to soften, then add the pork. Turn the oven up to 200C/180C/Gas 6 and cook until the chops are cooked through and the veg is nice and brown.

This is tasty drizzled with balsamic vinegar or sweet chilli sauce. Use whatever vegetables you enjoy roasted. Chicken breasts are also ideal for this recipe.

Beef & Beer Casserole

Serves 2 – approx. 300 cal/portion

200g/7oz lean diced beef

Clove of garlic, crushed

10g/½oz chopped sun dried tomatoes

250ml/8fl oz beef stock

150g/5oz small button mushrooms

1 red onion, diced

1 stick celery, diced

250ml/8fl oz ale or stout

1 tbsp gravy granules

2 tsp mixed herbs

Mist a large non-stick pan with low cal cooking spray and gently fry onion and garlic until they start to brown. Add diced beef, season with black pepper and continue cooking until the meat is sealed. Add celery, sun dried tomatoes and the ale/stout and bring to the boil. Stir in the beef stock and gravy granules. Pop in the button mushrooms and mixed herbs. Simmer for approx. one hour or until the meat is tender. You can make the consistency of the sauce to your taste by adding a few more gravy granules or extra water. This is a delicious recipe and can be served with all your favourite vegetables.

Main Meals

Sweet Chilli Salmon & Noodles

Serves 1 - approx. 355 cals

Mist a non-stick pan with low cal cooking spray and lightly fry a 140g/5oz portion of salmon.

When cooked, add 2 tablespoons light sweet chilli sauce and a little splash of water to the pan. Meanwhile microwave 125g/4½oz egg noodles. Spoon the sauce over the salmon and serve with the noodles and your favourite mixed vegetables.



Baked Salmon & Potato Parcels

Serves 2 - approx. 350 cals/portion

280g/12oz small new potatoes

2 skinless salmon fillets

2 leeks

Salt and black pepper

Preheat oven to 220C/200C/Gas 7. Par-boil the potatoes for 10 mins until just tender. Lay out 2 very large, double-thickness squares of baking paper or foil. Drain the potatoes and place on one half of each paper/foil square. Season well and then top with the finely diced leeks and salmon fillet. Make a parcel of the paper/foil, folding well to seal. Transfer to a baking tray and bake for 15-18 mins until the salmon is cooked. Serve the salmon parcels with steamed green veg, opening the parcels when ready to enjoy.

MARIE'S TIP: Baking fish in a parcel (or 'en papillote' as the French say) seals in more of the flavour and goodness. All fish is delicious cooked this way - lemon juice or sweet chilli sauce can be drizzled over before sealing the parcels to cook.

Bolognese Bake

Serves 2 - approx. 300 cals/portion

Dry fry 112g/8oz extra lean beef mince in a non-stick pan and drain off excess fat. Add 2 finely chopped carrots and 1 small, chopped onion and continue to fry for 4-5 mins. Add 280g/10oz button mushrooms and 1 large can chopped tomatoes with herbs and heat through. Cook 112g/4oz wholewheat (dry weight) pasta or orzo. Drain and stir into the meat mixture. Season to taste. Place in an ovenproof dish and top with 15ml/1 tsp fresh breadcrumbs mixed with 1 tbsp Parmesan or grated medium fat cheese. Grill until brown and crispy. Serve with a large side salad.

Main Meals

Potato Topped Chicken Pie

Serves 4 – approx. 300 cals/portion

400g/14oz peeled potatoes

56g/2oz low fat spread

340g/12oz cooked chicken

113g/4oz diced carrots

Salt & pepper

425ml/³/₄ pint skimmed milk

1 chicken stock cube

28g/1oz plain flour

113g/4oz sliced mushrooms

Boil potatoes, drain well and mash with half the low fat spread. Put to one side. Lightly cook the carrots,; chop chicken into bite-sized pieces. Melt the remaining low fat spread in a pan, add flour and gradually add the milk, stirring well. Sprinkle the stock cube over the milk, bring to the boil until you have a thick sauce. Add the chicken and veg and mix well. Transfer to an ovenproof dish. Top with mashed potatoes. Bake at 200C/180C/Gas 6 for 35 mins. Serve with lots of green vegetables and you'll have a meal all the family will enjoy.

Chris's Mushroom Chicken Philly

Serves 2 - approx. 300 cals/portion

Finely chop 1 onion and 56g/2oz mushrooms and fry in low cal cooking spray until soft. Add a handful of fresh parsley. Allow to cool and mix with 56g/2oz Philly light - pop in the fridge. Make a pocket in 2 medium chicken breasts (cut about 1 cm from one end along to 1cm from the other end - don't cut right through, just make a hole.) Season with salt and pepper and stuff with the mushroom Philly mix. Refrigerate for ¹/₂ hour. In 3 dishes place seasoned plain flour, beaten egg and breadcrumbs. Place the chicken breast through the flour, egg and breadcrumbs. Using low cal cooking spray, lightly fry the chicken on both sides until golden, then finish on a baking tray in the oven at 200C/180C/ Gas 6 for about 20 mins until the chicken is cooked. Serve with new potatoes and salad or free veg of your choice.

This is a bit like Chicken Kiev, without the garlic butter but with crunch!

MARIE'S TIP: I recently tried roasting mince and must admit that it was tasty and a totally different flavour. Simply line a baking tin with parchment and pop on the meat, breaking it down with a wooden spoon. Make up a Knorr beef stock pot and pour over before roasting on a low heat until the mince is cooked through. Drain off all fat before continuing with your chosen recipe as before.

Sweet Treats

With the Slimtone Lifestyle Plan, there's no need to sacrifice life's little pleasures. Here are some delicious sweet treats for you and your family to enjoy. There are lots more low fat, great tasting puddings and desserts on page 56 of your Lifestyle Plan.

Summer Pudding

Serves 6 - approx. 120 cals/portion

- 8 thin slices wholemeal bread (no crusts)
- 224g/8oz strawberries, hulled (halved if large)
- 448g/16oz mixed soft fruits (can be frozen)
- 5 tbsp apple juice

Granulated sweetener to taste (add to fruit after cooking)

Place 1 slice of bread in the bottom of a 1½ pint pudding basin. Reserve 2 slices of bread and use the rest to line the sides of the basin. Gently simmer fruit with apple juice for 2-3 mins until slightly soft; add sweetener to taste. Fill the basin with the fruit, pressing down firmly. Place the rest of the bread on top. Place a saucer on top of the basin within the rim. Place a heavy weight on top and refrigerate overnight. To serve, remove weights and saucer, carefully run a knife inside the basin and invert onto a plate.



Slimtone Stewed Fruitwith a difference!

Serves 1 - approx. 100 cals

Microwave a small portion of frozen Fruits of the Forest. When cooked, pop into a dish. Slice two fresh strawberries, some blueberries and raspberries and mix through the warm fruit. Top with a portion of Walls Light Soft Scoop ice cream or vanilla yogurt.
Mmmm!

Fruit & Marshmallow Kebabs

Approx. 100 cals/kebab

Thread your favourite fruit onto skewers with a couple of sugar-free marshmallows in between. Serve as they are or with a low fat yogurt dip or Muller chocolate dessert (99 cals).
Or pop on the BBQ or under the grill until the marshmallows start to soften.



Sweet Treats



Tea Bread

Makes 10 slices - approx. 165 cals/slice

2 cups mixed dried fruit

$\frac{1}{4}$ pint strong black tea

$\frac{1}{2}$ cup brown sugar

1 egg

168g/6oz SR flour

Soak mixed fruit in hot black tea for 30 mins. Beat in the egg and sugar (keeping back 1 tsp sugar for the top.) Sift in the flour and mix together. Add a tsp mixed spice if you wish. Put into a 2lb loaf tin and level top.

Sprinkle the teaspoon of sugar on top.

Bake for 50 mins until cooked through.

Slice into 10. This recipe can be frozen into convenient slices.

Slimtone Raspberry Mousse

Serves 4 - approx. 30 cals/portion

Place a few frozen raspberries into 4 sundae dishes. Make up a raspberry sugar free jelly with $\frac{1}{2}$ pint boiling water topped up to 1 pint with low cal lemonade. When cool, divide 300ml/ $\frac{1}{2}$ pint jelly between the dishes and leave to set. Stir a raspberry low fat yogurt or fromage frais into the remaining jelly and pour over set jellies. Chill before serving.

Top with a swirl of aerosol cream and a raspberry and sprig of mint.



Orange & Lemon Pavlova

Serves 1 - approx. 150 cals

Beat 56g/2oz Philly extra light with 1 tsp lemon curd and pop into a meringue case. Top with a few slices of mandarin oranges canned in their own juice.

Frozen Yogurt Treat

Makes 6 - only 15 cals each

Divide a yogurt between 6 shot glasses and pop in a cocktail stick. Freeze (run under tap to release) and enjoy a low fat frozen yogurt ice!

The mint with chocolate sprinkles is like having a mint choc chip ice cream!

Super Sauces

Satay Sauce

Serves 1 - approx. 80 cal

This recipe will make a tasty sauce to serve with chicken.

It is so easy to make and a low cal alternative to the original.

Simply add curry paste and peanut butter to 56g/2oz extra light Philadelphia.

Delicious as a spread for sandwiches, toasties and paninis, it is also great for creamy mashed potato and as a topper on a jacket or roasted sweet potato.

A tablespoon in one of our soup recipes makes it really creamy - especially good in the Leek & Potato or Spicy Parsnip soup.



Herby Cheese Sauce

Serves 4 - approx. 43 cal/portion :

In a pan slowly heat a 200g/7oz low fat soft cheese with herbs and gradually add 150ml/¼ pint skimmed milk. Stir in 1 tbsp chopped fresh parsley or chives and season with black pepper. Delicious served with fish.

For a Cheese sauce Serves 4 - approx. 80 cal/portion

Substitute the parsley for 56g/2oz grated half fat cheddar cheese for a delicious cheese sauce.

Celebrations

Dreamy Raspberry Cheesecake Serves 8 - approx. 139/portion

1 twin pack raspberry sugar free jelly

100g/4oz crushed digestives

50g/2oz low fat spread, melted

200g tub Light soft cream cheese

200g pot low fat raspberry yogurt

Dissolve one sachet of jelly in 150ml/¼ pint boiling water. Cool in the fridge for 15 mins. Mix the biscuit crumbs and melted spread together and press into a 20cm/8" cake tin. Chill in the freezer for 10 mins. Whisk the cheese and yogurt until smooth then mix in the jelly. Pour over the base and chill for 1 hour or until firm. Make up the second jelly to 450ml/¾ pint and pour over the cheesecake. Chill for 1 hour until set.

Serve topped with a few raspberries.



Celebrations

Afternoon Tea.....Slimtone Style

It's time to have a double celebration - being able to meet up in class with our Slimtone friends and see family again after the long lockdown is great news. Also Slimtone has now been open for 39 years! Thank you all for your continued loyalty. What better way to celebrate than to enjoy an afternoon Tea!



Selection of Sandwiches and Savouries

- * Cut the crusts off thin sliced granary bread and cut into delicate fingers. Fill using a selection of these tasty fillings. Wraps are also popular and make a great addition to your display!
 - ◇ Spread with cream cheese, fill with smoked salmon and a squeeze of lemon
 - ◇ Grated cheese and onion
 - ◇ Shredded chicken and spring onion wrap - mix together ½tsp extra light mayo and ½tsp pesto. Top a tortilla with lettuce, 56g/2oz shredded chicken and finely sliced spring onions and cucumber. Drizzle with pesto dressing roll up.
 - ◇ Pulled Chicken Wrap - warm through 56g/2oz shredded chicken seasoned with barbecue or chilli sauce and pop into a wrap or 2 Warburton's thins.
- Mix up a bowl of tasty salad to enjoy - spicy coleslaw would be tasty too. Simply add curry powder or for a fruity flavour, add black and green grapes to our Slimtone coleslaw (page 41 of your Lifestyle Plan).

Cakes and Sweet Treats



- * For mini, bite-sized treats use petit four cases for cup cakes and 1" heart or star shaped cutters for Welsh cakes (page 61 in the Lifestyle Plan).
- * Make up sugar-free jelly in shot glasses and top with a raspberry or orange segment for a spectacular jewel-effect treat.
- * Decorate cake stand with fresh berries, apple slices or cubes of tropical fruit.
- * Fill mini meringues with lemon curd or Philadelphia chocolate spread.
- * Take a look at some of the tasty treats on page 58 and 60 of your Plan.

Marie's Story

Slimtone is celebrating its 39th anniversary! In June 1982, South Wales entrepreneur and healthy eating expert Marie Griffiths opened a class in Pontycymer in the Garw Valley.

Today Marie is as committed as ever to helping people lose weight.

"39 years ago losing weight was all about expensive supplements, unusual ingredients and special meals – was way out of reach of ordinary people. If you had a family to feed and a limited budget, you just had to get on with it yourself. I wanted to change that and offer a sensible and healthy eating plan based on "real" food that fitted into any lifestyle. And I wanted to encourage people by having a class that provided information but was fun and friendly too."




Marie's original approach has never been compromised. With classes running throughout the Bridgend area and a thriving online business, Slimtone continues to offer friendly and sympathetic encouragement, supported by diet plans based on everyday food and the very latest in nutritional information.

"This last year has been difficult for everyone. Who'd have thought we'd be so restricted in all that we do. We've always tried to keep the business fresh and up-to-date and look for innovative and different ways of doing things. Our online business has been active for over 20 years, so when the first lockdown hit, we geared things up and offered online classes to our local members as well.

"It worked a treat too. As well as the online classes on the website, we were very active on Facebook, tweeted regularly and added WhatsApp as a way for class members to chatter and share info. Every week I did a personal video for class members, so no-one missed out on our regular weekly talks and new recipes.

"It's great to be back to face-to-face classes now and to see all those smiling faces. I'm also very impressed with how disciplined members were during this last year. Quite a few managed to lose or maintain their weight, and although some put on a few pounds, it has proven that the Slimtone plan works."

So what's next for Marie? "I love what I do. It's great to give people new and fresh ideas to help them reach their goals. As long as people want my help, I'll continue to support and motivate them."



Favourites, Recipes and Things To Try

Make notes of all your Slimtone favourites here.....

Share your ideas with us on our Slimtone Facebook page, on Twitter and the Slimtone Members Facebook Group.

“What they say...”

I was delighted when Marie asked me to run the Danyminydd class. I first joined Marie's class when I was in my 30s and at least 2 stone overweight! It has been an incredible journey and it has changed my life completely!

It definitely isn't a diet, it's a healthy lifestyle that is suitable for all the family! Lockdown affected us all but we got through it with online support from Marie! I was really impressed with my ladies in Danyminydd, within three weeks of our class restarting they are all back on track and have lost every week! No gimmicks with Slimtone, just healthy eating, fantastic support and Marie's down-to-earth attitude is testimony to how successful it is!

Sue Russell

Slimtone member and lecturer

A weight loss plan that really works. The classes are so friendly and you'll have all the help and encouragement you need. I got to my goal weight in 8 weeks and stayed there for over a year just by following the plan. Then with lockdown and one thing and another, the weight crept back on! So back to Slimtone and in the second lockdown I lost 8lbs. I'm now back to target again which is great. It's ordinary, everyday food, nothing special or expensive. Try it, you won't be disappointed!

David Watkins,

Slimtone member

I kept thinking 'I can do this on my own', but I'd lose a couple of pounds and then put it back on. I needed help, so I joined Slimtone. And this time it just clicked. I loved the Lifestyle Plan and the meals were straightforward, easy and family-friendly. I've now lost over 7 stone and love the way I look and how I feel

in my clothes.

Lucy Bridgman

Slimtone member

Slimtone works because it's not a fad diet, it's a healthy eating regime that can fit into the busiest of lives. When I started at 19st 5lbs in August 2000, I was a busy mum of three small boys. The meal plans fitted in perfectly with family life. I lost almost 10 stone and, through all the ups and downs of life, now, 21 years on, I've still kept it off. Thank you Marie and Slimtone!

Sammi Robinson

Slimtone's first ever online member in 2000