

Practically Slim®

The Practically Slim 'Real Food' plan...

- Fast weight loss while eating all the foods you enjoy and eat as much as you want of the right foods
- Scientifically & expertly researched so you don't go hungry
- More energy and improvements to your health
- Support from local group or 1:1 sessions, and the Practically Slim 'Real Food' App
- Simple and easy to follow

Contact your
local representative
to find out more:

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The
**REAL
FOOD**
Diet Plan

Your weight... Your way

www.practicallyslim.com