

Slimming World Extra Easy Express

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if you've ever thought that curries pasta or hamburgers were the scourge of slimmers think again the slimming world approach to food optimising means that you don't have to miss out on your favourite foods you can enjoy quick and easy exotic meals every day of the week this cookbook from the uk's leading slimming organisation takes in all manner of international cuisine you'll be able to indulge in italy's irresistible plates of pasta india's spicy curries china's noodle and stir fry dishes as well as an array of mouthwatering recipes from france spain greece morocco thailand the usa and mexico packed with all the nutritional diet and lifestyle information you need if you're following the slimming world food optimising plan as well as more than 120 delicious low fat recipes this book is ideal for anyone who is trying to lose weight or simply those looking for an exciting selection of healthy flavoursome dishes

experience a smorgasbord of viking ships brooding castles and emerald fjords with rick steves inside rick steves scandinavia you'll find comprehensive coverage for spending a week or more exploring denmark norway sweden finland and estonia rick's strategic advice on how to get the most out of your time and money with rankings of his must see

favorites top sights and hidden gems from the tivoli gardens the viking ship museum and hans christian andersen s house to prehistoric monoliths and sleepy fjord villages how to connect with local culture admire the fjords on a summer day bask in the hygge of a cozy cabin café grab a picnic of nordic cheese and smoked fish from a farmers market and chat with friendly locals over a glass of avkvavit beat the crowds skip the lines and avoid tourist traps with rick s candid humorous insight the best places to eat sleep and relax with a cup of coffee self guided walking tours of lively neighborhoods and incredible museums detailed maps for exploring on the go useful resources including a packing list phrase books for danish norwegian swedish finnish and estonian a historical overview and recommended reading updated to reflect changes that occurred during the covid 19 pandemic up to the date of publication over 400 bible thin pages include everything worth seeing without weighing you down complete up to date information on copenhagen roskilde Årø odense justland oslo flåm aurland undredal sognejord gudbrandsdal valley the jotunheimen mountains bergen stavanger the setesdal valley kristiansand stockholm sigtuna uppsala vaxholm grinda svartsö sandhamn växjö glass country kalmar Öland helsinki tallinn and more make the most of every day and every dollar with rick steves scandinavia cruising scandinavia instead try rick steves scandinavian and northern european cruise ports

you can count on rick steves for what you really need to know when traveling in copenhagen in this slim guide excerpted from rick steves scandinavia you ll get rick s firsthand up to date advice on the best sights restaurants and hotels in copenhagen and beyond with rick s advice you ll bike the canals feast on danish kringles and tour opulent palaces and castles rick covers all the must see spots surrounding copenhagen as well including the viking ship museum in roskilde the moesgård museum in arhus and the isle of Årø and legoland with helpful maps and self guided tours to keep you on track you ll learn to travel smart and get around like a local as you ride the rollercoasters at tivoli gardens eat at one of the best restaurants in the world or order a hot dog from a streetside pølsevogn and toast to the denmark national football team with a triumphant skål more than just reviews and directions rick steves snapshot copenhagen the best of denmark is truly a tour guide in your pocket exploring beyond denmark pick up rick steves scandinavia for in depth coverage detailed itineraries and important planning information for a multi country trip

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