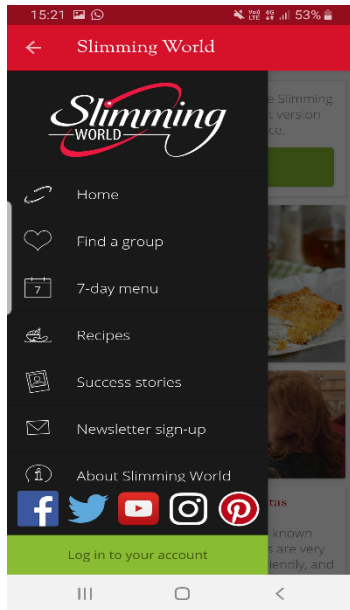
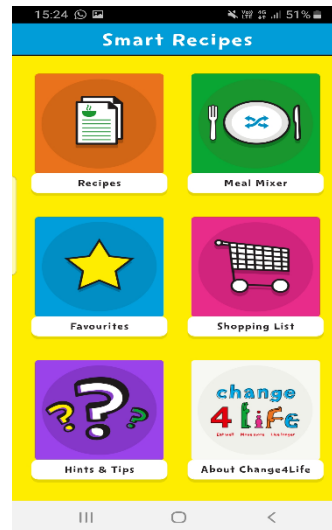


Useful mobile apps and websites for recipes

NHS change for life App and website:

<https://www.nhs.uk/change4life>



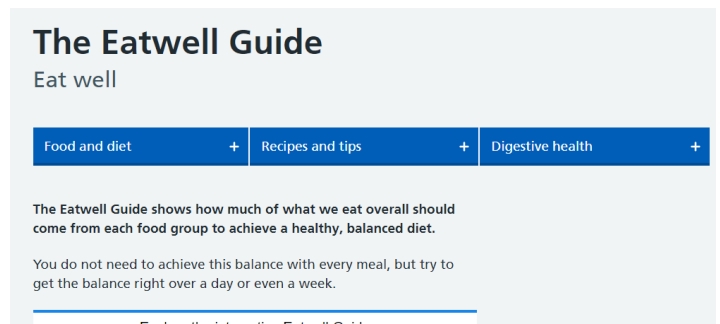
Slimming world free recipes on the app and browser:

<https://www.slimmingworld.co.uk/recipes>



NHS Eat well:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>



BBC good food:

<https://www.bbcgoodfood.com/recipes/category/healthy>

BBC iPlayer lose weight get fit Tom Kerridge 5 episodes. Accompanying website with calorie calculator

https://www.bbc.co.uk/food/articles/lose_weight_get_fit