

All meat has fat removed and cooked in Air Fryer
Anything fried is using Fry Light

Week 1: Starting Date: 29th June 2026

		Calcium	Fibre	Syns
Mon	<u>Breakfast</u>			
	2 Fried Eggs, 3 Bacon Medalions			
Total Syns	Tomatoes			
4				
	<u>Lunch</u>			
	Large Ham Salad with Pickled Onions			
	<u>Dinner</u>			
	2 Chicken Breasts, Pasta, Frozen Peas			
	Mutti Pasta Sauce			4

Tues	<u>Breakfast</u>			
	Baked Beans, Scrambled eggs			
Total Syns	2 Small Wholemeal bread		✓	
6	Fat Free Yoghurt			
	<u>Lunch</u>			
	3 Quorn Sausages			3
	Aldi Wholemeal Roll with 2 Laughing Cow Triangles	✓	✓	
	<u>Dinner</u>			
	Stir-Fry Chicken Chow Mein, Green Beans, Mushrooms			
	Onions, Beansprouts, Spring Onions, Tesco Noodles (3 Syns)			3

Weds	<u>Breakfast</u>			
	Baked Beans & Tinned Tomatoes			
Total Syn	2 small wholemeal toast		✓	
7	<u>Lunch</u>			
	Quorn Burger, Bacon Medalions, 1 Fried Egg			
	1 Wholemeal Roll (7)			7
	<u>Dinner</u>			
	Gammon Steak, potatoes Green Beans			
	Lots of vegetables			

Thurs	<u>Breakfast</u>			
	2 Eggs, Bacon, 2 Wholemeal Toast		✓	
Total Syns	<u>Lunch</u>			
10	Ham Roll with Tomatoes & Cucumber			7
	Aldi Wholemeal Roll			
	<u>Dinner</u>			
	Fried Pork & Onions with Mushrooms & Beansprouts			
	Straight to wok noodles (3)			3

Fri Total Syns 2	<u>Breakfast</u>			
	Baked Beans on 2 Wholemeal Toast		✓	
	2 Tblsp Brown Sauce			2
	Fat Free Yoghurt			
	<u>Lunch</u>			
	Large sliced Chicken Salad			
	<u>Dinner</u>			
	Mutti Pasta, mini S/W roast potatoes & Asparagus			
	Mutti Pasta Sauce			

Sat Total Syns 2	<u>Breakfast</u>			
	Ham Omlette, Tomato's, Mushrooms			
	<u>Lunch</u>			
	Quorn Burger (2 Syns) & 3 Bacon Medallions			2
	1 Wholemeal Bread Roll		✓	
	<u>Dinner</u>			
	2 Chicken breasts, Mushy peas			
	S/W Chips (Airfryer)			

Sun Total Syns 10	<u>Breakfast</u>			
	2 fried eggs, Baked beans 2 W'meal Toast		✓	
	<u>Lunch</u>			
	Ham Salad Roll			
	Aldi Wholemeal Roll (7 Syns), 2 Laughing Cow Triangles	✓		7
	<u>Dinner</u>			
	2 Pork Steaks, Potatoes, Lots of Veg			
	1 small Aunt Bessies York (3), Asparagus			3

Start Weight :	21st 10lb
Weigh in:	21st 2lb
Loss / Gain :	-8lbs