

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

Weigh Date:....Sep 7th... Previous Weight: 19st 7lb... Current Weight: 19st 8lb..... Lost/Gain: 1lb

		Healthy Extras		
Monday	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
<u>Snacks</u>	2 Weetabix with milk from daily allowance 2 Wholemeal Toast	✓	✓	
			✓	
Grapes				
Apple	<u>LUNCH</u>			
	Ham Salad with Pickled Onions			
	Fat free Yoghurt with Fresh Raspeberries (Speed)			
	<u>DINNER</u>			
	3 bacon Medalions, 2 Quorn Sausages			
	2 fried eggs, Beans & Tomatoes, Mushrooms (Speed)			
	1 Aldi Wholemeal Roll			7
Total SWIPS				
7				

		Healthy Extras				
Tuesday <u>Snacks</u> Fresh Fruit	<u>BREAKFAST</u>			Calcium	Fibre	SWIPS
	2 fried Eggs & Beans on 2 Wholemeal Toast				✓	
	Fat Free Yoghurt with Fresh Raspberries (Speed)					
	<u>LUNCH</u>					
	Ham with Birdseye Steam Fresh Veg Rice (1.5)					1.5
	<u>DINNER</u>					
	Gammon Steaks					
	Potatoes & Vegetables, Asparagus (Speed)					
	S/W Roast Potatoes					
Total SWIPS						
1.5						

		Healthy Extras		
Wednesday <u>Snacks</u> <				

		Healthy Extras		
Thursday <u>Snacks</u> Fresh Fruit	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	Toasted Bacon & Egg Sandwich			
	2 slices wholemeal bread		✓	
	Fat free Yoghurt			
	<u>LUNCH</u>			
	2 Farm foods 100% Chicken Breast Skewers (3)			3
	Egg Fried Rice using Uncle Ben's Jazmine Rice & 2 Eggs			
	Fresh Raspberries (Speed)			
	<u>DINNER</u>			
	Gammon Steak Boiled potatoes			
Total SWIPS				
3				

		Healthy Extras		
Friday <u>Snacks</u>	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	Ham & Mushroom Omlette, Beans			
	Fried Tomatoes on 2 Wholemeal Toast		✓	
	<u>LUNCH</u>			
	Ham Salad & boiled egg in a Roll (Aldi Wholemeal)		✓	
	Fat Free Yoghurt			
	<u>DINNER</u>			
	Sirloin Steak (Air Fried)			
	S/W Chips, Peas			
	Side Salad			
Total SWIPS				
0				

		Healthy Extras		
Saturday <u>Snacks</u>	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	Full Fried Breakfast			
	2 Quorn Sausages (1), 3 Bacon Medalions, 2 Fried Eggs			1
	Baked Beans, Fried Tomatoes, Mushrooms (Speed)			
	<u>LUNCH</u>			
	2 Farm foods 100% Chicken Breast Skewers (3)			3
	Birdseye Steam Fresh Golden Veg Rice			1.5
	<u>DINNER</u>			
	Chicken Chow Mein			
	Tesco chilled Noodles (2)			2
Total SWIPS				
7.5				

		Healthy Extras		
Sunday <u>Snacks</u>	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	2 Weetabix with milk from Daily Allowance	✓	✓	
	Fat Free Yoghurt & fresh Raspberries			
	<u>LUNCH</u>			
	2 fried Eggs & Beans on 2 Wholemeal Toast		✓	
	<u>DINNER</u>			
	Sunday Roast			
	Roast Pork , Potatoes, Lots of veg			
	S/W Roasties, Asparagus, 1 small Aunt Bessies Yorks (3)			3
Total SWIPS				
3				