

All meat has fat removed & cooked in Air Fryer

Anything fried is using Fry Light Spray

All my menu's & other stuff are available at: www.toms-world.co.uk

Date:...**Sep 28th** Previous Weight: **19st 4lbs**. Current Weight:..**19st 2lb** Lost/Gain: **-2lb**

Wk No: 13

Wk No: 13		Healthy Extras		
Monday Snacks	BREAKFAST Scrambled Eggs 2 Wholemeal Toast	Calcium	Fibre	SWIPS
			✓	
	LUNCH Cooked Ham with Uncle Ben's Golden Veg Rice			
				3
	DINNER 2 Pork Steaks, 3 Bacon Medalions Saute Potatoes, Tomatoes & Beans			
Total SWIPS				
3				

Tuesday <u>Snacks</u>	<u>BREAKFAST</u> 2 Weetbix Milk from daily allowance	Healthy Extras		
		Calcium	Fibre	SWIPS
		✓	✓	
	<u>LUNCH</u> Beans 2 Wholemeal Toast			
			✓	
	<u>DINNER</u> Pork Steaks, Pasta with Quorn Mince & Diced Bacon Diced Onions, Mutti Pizza Sauce			
Total SWIPS				
0				

		Healthy Extras		
Wednesday <u>Snacks</u>	<u>BREAKFAST</u> 2 Eggs & Baked Beans 2 Wholemeal Toast	Calcium	Fibre	SWIPS
			✓	
	<u>LUNCH</u> 2 Farmfoods 100% Chicken Skewers Pasta left over from Last night			
	<u>DINNER</u> Gammon Steak, Potatoes, S/W Roasties, Mixed Veg, Green Beans 1 Aunt Bessies Yorks			
Total SWIPS				
3				3

Thursday <u>Snacks</u>	<u>BREAKFAST</u> 2 Weetabix Milk from daily allowance	Healthy Extras		
		Calcium	Fibre	SWIPS
			✓	
	✓			
	<u>LUNCH</u> Quorn Qrt Pound Burger, 3 Bacon Medalions Fried Egg Aldi Wholemeal Roll			
				1
			✓	
	<u>DINNER</u> Stir Fry Chicken & Onions with Mushrooms Birdseye Steam Fresh Golden Veg Rice			
			2	
Total SWIPS				
3				

Friday Snacks	<u>BREAKFAST</u> Beans & Eggs on 2 Wholemeal Toast Fat Free Activia Yoghurt	Healthy Extras		
		Calcium	Fibre	SWIPS
			✓	
	<u>LUNCH</u> Chicken & Ham Salad with pickled onions 2 Boiled Eggs Aldi Wholemeal Roll			
			✓	
	<u>DINNER</u> Gammon Steak Potatoes Mixed Vegetbals & Asparagus			
Total SWIPS				
0				

Saturday Snacks	<u>BREAKFAST</u> Ham & Mushroom Omlette, Beans 2 Wholemeal Toast	Healthy Extras		SWIPS
		Calcium	Fibre	
			✓	
	<u>LUNCH</u> Large Ham Salad Roll with Pickled Onions 2 Boiled Eggs (Aldi Wholemeal Roll)			
			✓	
	<u>DINNER</u> 3 Bacon Medalions, 2 Quorn Sausages, 2 Fried eggs Mushrooms, Beans, Fried tomatoes Fat Free Activia Yoghurt			
Total SWIPS				
0				

Sunday Snacks	<u>BREAKFAST</u> 2 Weetabix Milk from daily allowance	Healthy Extras		
		Calcium	Fibre	SWIPS
		✓	✓	
	<u>LUNCH</u> No Lunch			
	<u>DINNER</u> Pork Steaks, Baked potatoes Birdseye Steam Fresh Veg Rice			
				2
Total SWIPS				
2				

Notes

A little disappointed at my weigh in because I really wanted to move into the next Stone Zone, However by losing another 2lb I have moved closer to that next milestone.

Today is Friday and I am feeling totally out of sorts on, so did not eat after 12:00 Noon.

My wife had it for a couple of days so it was inevitable that I was going to get it too. Just hope I feel better tomorrow.

Sunday and still not feeling too good. Going to see if I can get in to see a doctor on Monday.

I have been off my food for a couple of days but feeling a bit better this morning. Not really the ideal way to lose weight but I have dropped 11lb this week. That's put me well into the next Stone Zone.