

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:...**October 5th** Previous Weight: **19st 2lbs**. Current Weight:.. **18st 5lbs** Lost/Gain: **11lbs**

Wk No: 14

		Healthy Extras		
		Calcium	Fibre	SWIPS
Monday <u>Snacks</u> 	<u>BREAKFAST</u>			
	2 weetabix with Semi Skimmed Milk from daily allowance		✓	
	Activi Fat Free Yoghurt		✓	
	<u>LUNCH</u>			
	Tin of Heinz Chicken & Noodle Soup			
	Ham Roll, Aldi Wholemeal Roll		✓	1.5
	<u>DINNER</u>			
	Pork Steaks, Potatoes lots of Veg			
Total SWIPS				
4.5				3

		Healthy Extras		
		Calcium	Fibre	SWIPS
Tuesday <u>Snacks</u> 	<u>BREAKFAST</u>			
	Baked Beans, 2 Fried Eggs			
	2 Wholemeal Toast		✓	
	<u>LUNCH</u>			
	2 Farmfoods 100% Chicken Breast Skewers			
	Birdseye Steam Fresh Golden Veg Rice			2
	<u>DINNER</u>			
	Out with my Daughter Tracey for a Birthday Meal			
Total SWIPS				
2				?

		Healthy Extras		
		Calcium	Fibre	SWIPS
Wednesday <u>Snacks</u> 	<u>BREAKFAST</u>			
	2 Weetabix with Semi Skimmed milk from daily allowance		✓	
			✓	
	<u>LUNCH</u>			
	Quorn Quarter Pound Burger with Fried Egg			
	Aldi Wholemeal Roll		✓	
	<u>DINNER</u>			
	Gammon Steak (Airfried)			
Total SWIPS				
0				

		Healthy Extras		
		Calcium	Fibre	SWIPS
Thursday <u>Snacks</u> 	<u>BREAKFAST</u>			
	Ham & Mushroom Omlette & Fried Tomatoes		✓	
	Cathedral City Light Spreadable		✓	
	<u>LUNCH</u>			
	Large Ham Salad Roll with Pickled Onions			
	Aldi Wholemeal Roll 2 Boiled Eggs		✓	
	<u>DINNER</u>			
	Chicken Chow Mein			
Total SWIPS				
0				

		Healthy Extras		
Friday <u>Snacks</u> <				

		Healthy Extras		
Saturday <u>Snacks</u> 				

		Healthy Extras		
Sunday <u>Snacks</u>	<u>BREAKFAST</u> 2 Weetabix with milk from daily allowance Activia Fat Free Yoghurt	Calcium	Fibre	SWIPS
		✓	✓	
	<u>LUNCH</u> Sliced Cooked Chicken Salad, With Pickled onions 2 Boiled Eggs.			
	<u>DINNER</u> Sunday Roast Gammon Steak, Potatoes, S/W Roasties Lots of mixed Veg, Asparagus 1 Aunt Bessies Yorks			
Total SWIPS				
3				3

Notes

After being out of sorts last week, and losing 11lbs, at my Monday Weigh in, I am hoping to get back on track this week.
We are going to take my daughter out for a birthday lunch on Tuesday.
I will try to be good. After last weeks fantastic loss, I don't want to spoil it now.
Probably go for something like grilled chicken with rice & a side salad.