

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 12th** Previous Weight: **18st 5lbs**. Current Weight: **18st 7lbs** Lost/Gain: **2lb**

Wk No: 15

		Healthy Extras		
Monday <u>Snacks</u>	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	2 weetabix with Milk from daily allowance	✓	✓	
Fresh Fruit	<u>LUNCH</u>			
	Large Ham Salad With Pickled Onions			
	<u>DINNER</u>			
	Chicken, Pasta with Minced Quorn & Bacon pieces Mutti Pizza Sauce, Finely diced onion & Mushrooms Asparagus			
Total SWIPS				
0				

		Healthy Extras		
Tuesday <u>Snacks</u>	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	Beans on 2 Wholemeal Toast		✓	
Fresh Fruit	<u>LUNCH</u>			
	Left over Pasta from Monday			
	<u>DINNER</u>			
	Gammon Steak, Potatoes S/W Roasties, lots of veg Aunt Bessies Yorks			
Total SWIPS				
3				3

		Healthy Extras		
Wednesday <u>Snacks</u>	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	3 Bacon Medallians, Eggs 2 Wholemeal Toast		✓	
Ham Tomato Pickled Onions	<u>LUNCH</u>			
	2 Farmfoods 100% Chicken Skewers Birdseye Steam Fresh Golden veg Rice			2
	<u>DINNER</u>			
	Pork Steak (Airfried) Baked Potatoes, Beans			
Total SWIPS				
2				

		Healthy Extras		
Thursday <u>Snacks</u>	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	2 Weetabix with Milk from daily allowance Activia Fat Free Yoghurt	✓	✓	
Fresh Fruit	<u>LUNCH</u>			
	Large Ham Salad with Pickled Onions 2 Boiled Eggs			
	<u>DINNER</u>			
	Roast Dinner Pork Steak, Potatoes, Lots of Veg S/W Roasties, Asparagus			
Total SWIPS				
0				

		Healthy Extras		
Friday Snacks Fresh Fruit	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	1 Apple			
	Grapes & Activia Fat Free Yoghurt			
	<u>LUNCH</u>			
	Heinz Chicken & Noodle Soup			
	1 Aldi Wholemeal Roll			
	Cathedral City Low Fat Cheese	✓	✓	2
	<u>DINNER</u>			
	Mixed Grill,			
	Chicken Breast, 2 S/W Sausages, Pork Steaks			
	S/W Mini Roasties, Fried Egg, Peas			
	Salad			
Total SWIPS				
2				

		Healthy Extras		
Saturday Snacks Fresh Fruit Total SWIPS 2	BREAKFAST 2 Boiled Eggs 1 Aldi Wholemeal Roll Low Fat spreadable cheese	Calcium	Fibre	SWIPS
			✓	
		✓		
	LUNCH 2 Farmfood 100% Chicken Skewers Birdseye Steam Fresh Golden Veg Rice			
				2
	DINNER Chicken Chow Mein Dry Noodles, Onions, Mushrooms Green Beans, Beansprouts Spring Onions			

		Healthy Extras		
Sunday Snacks	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	Beans on 2 wholemeal toast	✓	✓	
	<u>LUNCH</u>			
	Fake "Maccy D" Sausage & Egg Muffin			
	2 S/W Pork Burgers, Bacon & Fried Egg			
	DairyLea Low Fat Cheese slice, Aldi Wholemeal Roll		✓	
	<u>DINNER</u>			
	Sunday Roast			
Gammon Steak, Potatoes, S/W Roasties				
Lots of mixed Veg, Asparagus				
Total SWIPS				
0				

Notes

After being out of sorts last week, and losing 11lbs. At my Monday Weigh in, this week, I was expecting a small gain and that's what happened. I gained 2lbs. Not too disappointed as it had to happen. I will move on and look forward to better things this week.

I am not panicking but concentrating on the overall loss and still feeling very positive.