

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 19th** Previous Weight: **18st 7lbs**. Current Weight: **18st 8lbs** Lost/Gain: **1lb**

Wk No: 15

Wk No: 15		Healthy Extras		
Monday Snacks Fresh Fruit Total SWIPS 0	BREAKFAST 2 fried eggs, 3 bacon medalions Fried tomatoes	Calcium	Fibre	SWIPS

		Healthy Extras		
Tuesday <u>Snacks</u> <				

		Healthy Extras		
Wednesday <u>Snacks</u>	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	Baked beans & tinned tomatoes			
	2 Wholemeal Toast		✓	
	<u>LUNCH</u>			
	2 Farmfoods 100% Chicken Skewers			
	Birdseye Steam Fresh Golden veg Rice			2
<u>DINNER</u>				
	Gammon Steak (Airfried)			
	Baked Potatoes, Beans			
Total SWIPS				
2				

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

		Healthy Extras		
Friday Snacks	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	Baked Beans on 2 Wholemeal Toast		✓	
	Fat Free Yogurt			
	<u>LUNCH</u>			
	2 Farmfoods 100% Chicken Skewers			
	Birdseye Steam Fresh Rice			2
<u>DINNER</u>				
2 Pork Steaks, 2 S/W Sausages				
Bacon Medalions, 2 fried eggs				
Mini S/W roasties, Peas				
Total SWIPS				
2				

		Healthy Extras		
Saturday <u>Snacks</u> 				

		Healthy Extras		
Sunday <u>Snacks</u>	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	2 Weetabix with milk from daily allowance	✓	✓	
	Activia Fat Free Yoghurt			
	<u>LUNCH</u>			
	Ham Salad, With Pickled onions			
	2 Boiled Eggs.			
	<u>DINNER</u>			
	Sunday Roast			
Gammon Steak, Potatoes, S/W Roasties				
Lots of mixed Veg, Asparagus				
Total SWIPS				
0				

Notes

WOW!

What a surprise, been good all week and gained 1lb at this weeks weigh in. I don't really know what caused that. I can only assume that my body is still compensating from when I lost 11lb through my loss of appetite, caused by illness.