

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

Week 2: 13th July 2026

		HEB	Syns
Mon	<u>Breakfast</u>		
	2 Fried Eggs, 3 Bacon Medalions		
Total Syns	Tomatoes		
	<u>Lunch</u>		
	Large Ham Salad		
	<u>Dinner</u>		
	2 Chicken Breasts, Pasta, Frozen Peas		
	Mutti Pizza Sauce		

Tues	<u>Breakfast</u>		
	2 Small wholemeal toast Baked Beans, 2 Fried eggs	✓	
Total Syns			
3	<u>Lunch</u>		
	Chicken Salad		
	<u>Dinner</u>		
	Stir-Fry Chicken Chow Mein		
	Tesco Chilled Noodles (3)		3

Weds	<u>Breakfast</u>		
	Scrambled eggs, Baked Beans		
Total Syn	2 small wholemeal toast	✓	
7	<u>Lunch</u>		
	Quorn Burger, Bacon Medalions, 1 Fried Egg		
	1 Wholemeal Roll		7
	<u>Dinner</u>		
	Gammon Steak, New potatoes Green Beans, Vegetables		

Thurs	<u>Breakfast</u>		
	2 Eggs, Bacon, 2 Wholemeal Toast	✓	
Total Syns			
10	<u>Lunch</u>		
	Ham Roll with Tomatoes & Cucumber		7
	<u>Dinner</u>		
	Stir-Fry Pork & Onions, Mushrooms & Beansprouts		
	Straight to wok noodles (3)		3

Fri	<u>Breakfast</u>		
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Total Syns 2	Baked Beans on 2 Wholemeal Toast	✓	
	2 Tbls Brown Sauce		2
	<u>Lunch</u>		
	Ham Salad		
	Fat Free Yoghurt		
	<u>Dinner</u>		
	Quorn Mince, Pasta, New potatoes & peas		
	Mutti Pizza Sauce		

Sat Total Syns 0	<u>Breakfast</u>		
	Ham Omlette, Tomato's, Mushrooms		
	<u>Lunch</u>		
	Chicken Salad Roll		
	1 Wholemeal Bread Roll	✓	
	<u>Dinner</u>		
	Chicken breast, Mushy peas S/W chips (Air Fryer)		

Sun Total Syns 5.5	<u>Breakfast</u>		
	2 fried eggs, Baked beans 2 W'meal Toast	✓	
	<u>Lunch</u>		
	Ham Salad		
	<u>Dinner</u>		
	Pork Steaks, Bean Sprouts Straight to Wok Noodles (3)		3
	Uncle Ben's Golden Veg Rice (2.5)		2.5

Start Weight :	21st 2lb
Weigh in:	20st 11lb
Loss / Gain :	-5lb