

20th July 2026

		HEB	Syns
Mon	<u>Breakfast</u>		
	2 Fried Eggs, 3 Bacon Medalions		
Total Syns	Tomatoes		
7			
	<u>Lunch</u>		
	Cold Pork, Uncle Bens Golden Veg Rice		3
	<u>Dinner</u>		
	Baked potato, Pasta, tin Tomatoes		
	Mutti Pasta Sauce		4

Tues	<u>Breakfast</u>		
	2 small wholemeal toast	✓	
Total Syns	Philadelphia light		✓
7			
	<u>Lunch</u>		
	Ham Roll with Salad		
	1 Aldi Wholemeal Roll		7
	<u>Dinner</u>		
	Pork Steaks, New potatoes		
	Lots of Veg		

Weds	<u>Breakfast</u>		
	Bacon medalians, Scrambled eggs, Baked Beans		
Total Syn			
4			
	<u>Lunch</u>		
	Quorn Burger, Bacon, Egg		2
	Aldi Wholemeal Roll	✓	
	<u>Dinner</u>		
	Stir-Fry Pork & Onions, Mushrooms & Beansprouts		
	Straight to wok noodles, Jasmine rice		2

Thurs	<u>Breakfast</u>		
	2 Eggs, Baked beans, 2 Wholemeal Toast	✓	
Total Syns			
8			
	<u>Lunch</u>		
	Cold Meat with Uncle Bens Golden Veg Rice		3
	<u>Dinner</u>		
	Gammon Steak, New potatoes, Vegetables		
			5

Fri	<u>Breakfast</u>		
	Baked Beans on 2 Wholemeal Toast	✓	
Total Syns	2 Tbls Brown Sauce		2
6			
	<u>Lunch</u>		
	Ham Salad		
	<u>Dinner</u>		
	Mutti Pasta, New potatoes & peas		
	Mutti Pasta Sauce		4

Sat	<u>Breakfast</u>		
	Mushroom Omlette, Tomato's, Baked Beans		
Total Syns			
15			
	<u>Lunch</u>		
	Chicken Salad		
	1 Wholemeal Bread Roll	✓	
	<u>Dinner</u>		
	Chicken breast, Mushy peas		
	Small portion Jolly Fryer Chips		15

Sun	<u>Breakfast</u>		
	2 fried eggs, Baked beans 2 W'meal Toast	✓	
Total Syns			
8			
	<u>Lunch</u>		
	1 tin Ravioli		5
	<u>Dinner</u>		
	Pork Steaks, Potato's, Veg, SW Roast potato's		
	1 small auntie Bessies Yorks, Pud		3

Start Weight :	20st 9lb
End Weight :	20st 11lb
Loss / Gain :	+2lb