

20th July 2026

		HEB	Syns
Mon	<u>Breakfast</u>		
	Ham Omlette, Bacon, Beans		
Total Syns			
4			
	<u>Lunch</u>		
	Large Ham salad		
	<u>Dinner</u>		
	Chicken Stir fry with noodles, beansprouts		
	mushrooms, onions, spring onions		4

Tues	<u>Breakfast</u>		
	Baked Beans & tinned tomatoes		
	2 small wholemeal toast	✓	
Total Syns			
3			
	<u>Lunch</u>		
	Chicken Salad with tomatoes & Cucumber		
	<u>Dinner</u>		
	Chicken, new potatoes, vegetables		
	S/W Roasties, 1 small Aunt Bessies		3

Weds	<u>Breakfast</u>		
	Omlette & Tomatoes		
	2 small wholemeal toast	✓	
Total Syn			
0			
	<u>Lunch</u>		
	Quorn Burger, Bacon Medallions, 2 Fried Eggs		
	Apple		
	<u>Dinner</u>		
	Pork Steak, New potatoes Green Beans, Vegetables		
	Fat Free Yoghurt		

Thurs	<u>Breakfast</u>		
Costco	2 Eggs, Bacon, Tomatoes & Beans		
	<u>Lunch</u>		
	Costco Chicken & Ham Bake		15
Total Syns			
18			
	<u>Dinner</u>		
	Egg Fried Rice with Pork		3

Fri	<u>Breakfast</u>		
	Baked Beans on 2 Wholemeal Toast	✓	
Total Syns			
0	<u>Lunch</u>		
	Cold Meat with salad		
	Apple		
	<u>Dinner</u>		
	Pork Steaks with New potatoes Vegetables & Asparagus		
	Fat Free Yoghurt		

Sat	<u>Breakfast</u>		
	3 Bacon, 2 Eggs, Baked Beans		
Total Syns			
7	<u>Lunch</u>		
	Ham & Uncle Bens Golden Veg Rice		3
	with Tomatoes		
	<u>Dinner</u>		
	Stir Fry Pork & Onions with Beansprouts		
	Tesco Chilled Noodles, Spring Onions		4

Sun	<u>Breakfast</u>		
	2 fried eggs & Bacon 2 W'meal Toast	✓	
Total Syns			
7	<u>Lunch</u>		
	Ham Salad with Pickled onions		
	<u>Dinner</u>		
	1/4 pounder Quorn Burger x2, mushy peas		
	3 Bacon Medallions fried onions 1 brn roll		7

Start Weight :	20st 11lb
End Weight :	20st 4lb
Loss / Gain :	-7lb