

10th Aug 2026

		HEB	Syns
Mon	<u>Breakfast</u>		
	Baked beans & Tinned Tomatoes		
Total Syns	2 slices of Wholemeal toast	✓	
0			
	<u>Lunch</u>		
	Chicken Salad, Tomatoes & Pickled Onions		
	Fat Free Yoghurt		
	<u>Dinner</u>		
	Pork Stir Fry, Noodles, Beansprouts, Spring Onions		

Tues	<u>Breakfast</u>		
	Baked beans & Tinned Tomatoes		
Total Syns	2 small wholemeal toast	✓	
6			
	<u>Lunch</u>		
	Ham, Uncle Bens Veg Rice, Tomatoes		3
	<u>Dinner</u>		
	Pork Steaks, Potatoes, Mixed Veg, Asparagus		
	S/W roast potatoes, aunt Bessies		3

Weds	<u>Breakfast</u>		
	Ham & Mushroom Omlette & Tomatoes		
Total Syn	2 small wholemeal toast	✓	
7			
	<u>Lunch</u>		
	Quorn Burger, 3 Bacon Medallions, Fried Egg		
	Brown Roll, Fruit		7
	<u>Dinner</u>		
	Gamon Steaks, Quorn Mince, with Pasta		
	Mutti Pizza Sauce		

Thurs	<u>Breakfast</u>		
	Bacon & Egg Roll, Beans	✓	
	<u>Lunch</u>		
Total Syns	Chicken Salad with Pickled Onions		
0			
	<u>Dinner</u>		
	Egg Fried Rice with Chicken		
	Baked Potatoes		

Fri	<u>Breakfast</u>			
	Baked Beans on 2 Wholemeal Toast		✓	
	<u>Lunch</u>			
	Ham & Salad Roll			7
	<u>Dinner</u>			
	Chicken Breast, Potatoes, Beans			
Total Syns				
7				

Sat	<u>Breakfast</u>			
	3 Bacon, 2 Eggs, Baked Beans			
	2 small wholemeal toast		✓	
	<u>Lunch</u>			
	Ham & Uncle Bens Golden Veg Rice			3
	with Tomatoes			
	<u>Dinner</u>			
	Stir Fry Chicken & Onions with Beansprouts, Mushrooms			
Total Syns 3	Noodles, Spring Onions			

Sun	<u>Breakfast</u>			
	2 fried eggs & Beans on 2 W'meal Toast		✓	
	<u>Lunch</u>			
	Cold Meat Salad with Pickled onions			
	<u>Dinner</u>			
	Sunday Roast with Pork Steaks			
	Potatoes, SW Roasties, Veg & 1 Aunt Bessies			3
Total Syns				
3				

Start Weight :	20st 4lb
End Weight :	20st 2lb
Loss / Gain :	-2lb