

All meat has the fat removed & cooked in an Air Fryer
 Daily Allowance of milk is used for cereals & tea/coffee
 Bread is from a small wholemeal loaf

Week 6

Date: Aug 17th 2026

		HEB	Syns
Mon	<u>Breakfast</u>		
	Beans on 2 Wholemeal toast	✓	
Total Syns	Fat Free Yoghurt & Fresh Raspberries		
0			
	<u>Lunch</u>		
1 Apple	Tesco Sliced Chicken		
Grapes	Egg fried rice made with Uncle Ben's Jazmine rice		
	<u>Dinner</u>		
	2 Pork Steaks, Baked Potatoes & Salad		

Tues	<u>Breakfast</u>		
	Baked Beans & tinned tomatoes		
Total Syns	2 small wholemeal toast	✓	
3			
	<u>Lunch</u>		
	Ham Salad with tomatoes & Cucumber		
	<u>Dinner</u>		
	Gammon Steak, Potatoes, Veg		
	S/W Roasties, 1 Aunt Bessies		3

Weds	<u>Breakfast</u>		
	Mushroom Omlette, Fried Tomatoes & Beans		
Total Syn			
0.5			
	<u>Lunch</u>		
	Quorn Burger (.5) , Bacon Medalions, Salad		0.5
	1 Aldi Wholemeal roll	✓	
	<u>Dinner</u>		
	Chicken Breast (Air Fried), Minced Quorn, Pasta		
	Mutti Pizza Sauce, Asparagus		

Thurs	<u>Breakfast</u>		
	2 Eggs, Bacon & Beans		
Total Syns	2 Wholemeal Toast	✓	
4			
	<u>Lunch</u>		
	Tesco sliced Chicken with Large Salad		
	Pickled Onions		

	<u>Dinner</u>		
	Chicken Stir Fry, with onions, Beansprouts		
	Tesco Chilled Noodles (4) , Green beans & Mushrooms		4

Fri	<u>Breakfast</u>		
	2 Weetabix with milk from daily allowance	✓	
Total Syns			
6	<u>Lunch</u>		
	2 Farmfoods 100% Chicken Breast Skewers (3)		3
	Uncle Bens Golden Veg Rice (3)		3
	<u>Dinner</u>		
	Chicken Breasts with Baked potatoes		
	Side Salad		

Sat	<u>Breakfast</u>		
	3 Bacon Medalions, Mushrooms, Fried Egg, Baked Beans		
	Fried Tomatoes		
Total Syns	<u>Lunch</u>		
4	Ham & Cheese (4), Salad Roll		4
	1 Aldis Wholemeal Roll	✓	
	<u>Dinner</u>		
	Stir Fry Pork with Mushrooms, Onions Beansprouts		
	Egg Fried Rice (using Uncle Bens Jazmine Rice)		

Sun	<u>Breakfast</u>		
	2 fried eggs & 3 Bacon on 2 W'meal Toast	✓	
Total Syns	<u>Lunch</u>		
6	2 Farmfoods 100% Chicken Breast Skewers (3)		3
	Large mixed Salad		
	<u>Dinner</u>		
	Roast Beef, potatoes, Lots of Veg		
	S/W roasties, 1 Aunt Bessies Yorks (3)		3

Start Weight :	20st 2lb
End Weight :	19st 11lb
Loss / Gain :	-5lb