

Week 7

Date: 24th Aug 2026

		HEB	HEA	Syns
Mon	<u>Breakfast</u>			
	Mushroom Omlette, Bacon, Beans			
Total Syns	2 Wholemeal Toast	✓		
7				
	<u>Lunch</u>			
	Ham Salad in a Brown Roll			7
	2 Laughing Cow Triangles		✓	
	<u>Dinner</u>			
	Gamon Steaks, Fried Potatoes			
	2 Eggs, Baked Beans			

Tues	<u>Breakfast</u>			
	Baked Beans on 2 wholemeal toast	✓		
Total Syns				
7				
	<u>Lunch</u>			
	Ham Salad Salad in a roll			7
	2 Laughing Cow triangles		✓	
	<u>Dinner</u>			
	Pork Steaks, Minced Quorn Pasta			
	Mutti Pizza Sauce			

Weds	<u>Breakfast</u>			
	2 Eggs, Baked Beans on 2 toast	✓		
Total Syn				
7				
	<u>Lunch</u>			
	Chicken Salad			
	Brown Roll, 2 Laughing Cow Triangles		✓	7
	<u>Dinner</u>			
	Pork Steaks, potatoes, Vegetables			
	Asparagus			

Thurs	<u>Breakfast</u>			
	2 Eggs, 3 Bacon, 2 Quorn Sausages, Tomatoes & Beans			
Total Syns				
5				
	<u>Lunch</u>			
	Ham Salad, 1 Tbls Red Devil Sauce			2
	Brown Roll & 2 Laughing Cow Triangles	✓	✓	
	<u>Dinner</u>			
	Stir Fry Pork Chow Mein, Onions with Beansprouts			
	Tesco Chilled Noodles, Spring Onions			3

Fri Total Syns 10 	<u>Breakfast</u>			
	Baked Beans & Tomatoes on 2 Wholemeal Toast	✓		
	<u>Lunch</u>			
	Ham Roll & 2 Fried Eggs & Tomatoes			
	2 Laughing Cow Triangles		✓	
	Wholemeal Roll			7
	<u>Dinner</u>			
	Pork Chunks Fried with Mushrooms, Red Onion			
	Uncle Bens Veg Rice & Mini Roasties, Baked Beans			3

Sat Total Syns Aprox 20 	<u>Breakfast</u>			
	3 Bacon, 2 Eggs, Baked Beans			
	<u>Lunch</u>			
	Harvester, BBQ Chicken Stack with Bacon, Chicken fries			
	Vegetable Rice, 1/2 Rotisserie Chicken (free)			
	Lots of Free Salad, Brown Roll	✓		
	<u>Dinner</u>			
	6 Pickled Onions			
	1 Apple			

Sun Total Syns 3 	<u>Breakfast</u>			
	Mushroom Omlette, 3 Bacon, Tomatoes, Beans			
	<u>Lunch</u>			
	Ham Salad Roll with Pickled onions	✓	✓	
	2 Laughing Cows			
	<u>Dinner</u>			
	orks Steaks, Potatoes, Vegetables, Asparagus			
	S/W roasties, Aunt Bessies Yorks			3

Start Weight :	19st 11lb
End Weight :	19st 7lbs
Loss / Gain :	-4lbs