

Week 8

Date: 31st Aug 2026

		HEB	HEA	Syns
Mon Aug 24th Total Syns 7 	<u>Breakfast</u>			
	Baked Beans on 2 Wholemeal Toast	✓		
	<u>Lunch</u>			
	Ham Salad in a Brown Roll			7
	2 Laughing Cow Triangles		✓	
	<u>Dinner</u>			
	2 Chicken Breasts			
	Golden Veg Rice (1.5), Tesco Stir Fry Mixed Veg			

Tues Aug 25th Total Syns 8.5 	<u>Breakfast</u>			
	Baked Beans & tinned tomatoes	✓		
	2 small wholemeal toast			
	<u>Lunch</u>			
	Ham Salad, Pickled Onions & Tomatoes			
	Brown Roll with 2 Laughing Cows Triangles			7
	<u>Dinner</u>			
	2 Quorn Sausages, 3 Bacon, Fried potatoes			
	2 Eggs, Baked beans & Tomatoes			1.5

Weds Aug 26th Total Syn 11 	<u>Breakfast</u>			
	3 Bacon, Fried Tomatoes & Scrambled Eggs	✓		
	2 Whole meal toast			
	<u>Lunch</u>			
	Chicken Salad in a WholeMeal Roll			7
	2 Laughing Cow Triangles		✓	
	<u>Dinner</u>			
	Chow Mein, mushrooms, Beansprouts			
	Noodles (4), Spring Onions			4

Thurs Aug 27th Total Syns 7 	<u>Breakfast</u>			
	Mushroom & Ham Omllette, Beans	✓		
	2 Wholemeal Toast			
	<u>Lunch</u>			
	Quorn Burger, 3 Bacon, Fried Egg			
	Brown Roll			7
	<u>Dinner</u>			
	Pork Steaks, Minced Quorn, Pasta, Mushrooms & Bacon			
	Mutti Pizza Sauce			

Fri Aug 28th Total Syns 8.5 	<u>Breakfast</u>			
	2 Fried Eggs, Baked Beans			
	2 Wholemeal Toast	✓		
	<u>Lunch</u>			
	Left over Pasta with Bacon pieces			
	Ham Roll with 2 Laughing Cow Triangles		✓	7
	<u>Dinner</u>			
	Fried Chicken & Onions with Beansprouts			
	Vegetable Rice (1.5) Mini S/W Roasties			1.5

Sat Aug 29th Total Syns 1.5	<u>Breakfast</u>			
	2 Quorn Sausages, 3 Bacon, 2 Eggs, Baked Beans			
	2 Wholemeal Toast 2 Laughing Cow triangles	✓	✓	
	<u>Lunch</u>			
	Sliced Chicken & Uncle Ben Golden Veg Rice (1.5)			1.5
	with Tomatoes			
	<u>Dinner</u>			
	Skegness			
	On Holiday			

Sun Aug 30th Total Syns ?	<u>Breakfast</u>			
	Beans on 2 Wholemeal Toast			
	<u>Lunch</u>			
	Ham Salad with Pickled onions			
	<u>Dinner</u>			
	Look for a Carvery			

Start Weight :	19st 7lbs
End Weight :	19st 7lbs
Loss / Gain :	Maintained