

All meat has fat removed and cooked in Air Fryer
Anything fried is using Fry Light

Date: 7th Sept 2026

		Healthy Extras		
		Calcium	Fibre	SWIPS
Mon	<u>Breakfast</u>			
Total Swips	HOLIDAY			
0				

Tues	<u>Breakfast</u>			
Total Swips	HOLIDAY			
0				

Weds	<u>Breakfast</u>			
Total Swips	HOLIDAY			
0				

Thurs	<u>Breakfast</u>			
Total Swips	2 Weetabix, milk from daily allowance	✓	✓	
3	Fat Free Yoghurt with diced fresh fruit			
	<u>Lunch</u>			
	2 Chicken Skewers			
	Birdseye Steamed Golden veg rice(1.5)			1.5
	<u>Dinner</u>			
	Pasta with bacon pieces & minced quorn			
	Mutti Pizza Sauce, Tesco Straight to Wok Noodles (1.5)			1.5

Fri	<u>Breakfast</u>			
	2 Fried Eggs & Beans on 2 Wholemeal Toast		✓	
Total Swips				
0				
	<u>Lunch</u>			
	Left over Pasta from Thurs Dinner			
	1 Apple, Raspberries			
	<u>Dinner</u>			
	2 Pork Steaks, Baked Potatoes			
	Barbecue Baked Beans, Cherry Tomatoes			

Sat	<u>Breakfast</u>			
	Toasted Egg & Bacon Wholemeal Sandwich		✓	
	Fat Free Yoghurt			
Total Swips				
2	<u>Lunch</u>			
	Ham & Boiled Egg Sandwich		✓	
	Egg Fried Rice (made with Uncle Ben's Jazmine Rice)			
	<u>Dinner</u>			
	2 Quorn Sausages (2), Bacon, 2 Eggs, Beans & Fried Potatoes			2
	Mushrooms & Fried Tomatoes			

Sun	<u>Breakfast</u>			
	2 Weetabix, Milk from daily allowance	✓	✓	
	Any Fresh Fruit			
Total Swips				
4.5	<u>Lunch</u>			
	Sliced Chicken Salad			
	Uncle Ben's Golden Veg Rice (1.5)			1.5
	<u>Dinner</u>			
	Sunday Roast: 2 Chicken Breasts, Potatoes, Lots of Veg			
	S/W Roasties, Asparagus, 1 small Aunt Bessies Yorks (3)			3

Weeks Start Weight :	19st 7lb
Weeks Weigh in:	19st 9lb
Loss / Gain :	+2lb