

All meat has fat removed & cooked in Air Fryer

Anything fried is using Fry Light Spray

All my menu's & other stuff are available at: www.toms-world.co.uk

Date:....**Sep 14th** Previous Weight: **19st 8lbs**. Current Weight:.. **19st 4lbs** Lost/Gain: **-4lbs**

Week 11

		Healthy Extras		
		Calcium	Fibre	SWIPS
Monday	<u>Snacks</u>	<u>BREAKFAST</u>		
		2 Weetabix with milk from daily allowance		
		Fat free Yoghurt		
Fresh Fruit		<u>LUNCH</u>		
		Ham Salad in a Wholemeal Roll (Aldi)		
		<u>DINNER</u>		
		3 Bacon Medallions, 2 Fried Eggs, Baked Beans		
		Fried Potatoes		
		Fried Cherry tomatoes		
Total SWIPS				
0				

		Healthy Extras		
		Calcium	Fibre	SWIPS
Tuesday	<u>Snacks</u>	<u>BREAKFAST</u>		
		Beans on 2 Wholemeal Toast		
Fresh Fruit		<u>LUNCH</u>		
		2 Farmfoods 100% Chicken Skewers		
		Birdseye Steamfresh Veg Rice		
		<u>DINNER</u>		
		Stir Fry Pork & Onions, Mushrooms (<i>Speed</i>)		
		Beansprouts (<i>Speed</i>)		
		Tesco Straight to Wok Noodles		
Total SWIPS				
3.5				2

		Healthy Extras		
		Calcium	Fibre	SWIPS
Wednesday	<u>Snacks</u>	<u>BREAKFAST</u>		
		Toasted Ham & Fried Egg Sandwich		
Fresh Fruit		<u>LUNCH</u>		
		3 Bacon Medallions & Fried Egg in an Aldi Wholemeal Roll		
Hard Boiled egg		<u>DINNER</u>		
		Chicken Breast, (<i>Air fried</i>)		
		Boiled Potatoes & Lots Veg		
		S/W Roasties & Aunt Bessies Yorks (3)		
Total SWIPS				
3				3

		Healthy Extras		
		Calcium	Fibre	SWIPS
Thursday	<u>Snacks</u>	<u>BREAKFAST</u>		
		Omelette & Baked Beans		
		2 Wholemeal Toast		
		<u>LUNCH</u>		
		Ham & Salad Roll 1 Slices Dairy Lea light		
		in an Aldi Wholemeal Roll		
		<u>DINNER</u>		
		Dinner Out. Hunters Chicken (Remove the Skin & Cheese)		
		Swap Chips for Steamed Veg Rice		
		Vegetables		
Total SWIPS				
?				Not Known

		Healthy Extras		
Friday Snacks	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	2 Weetabix with milk from daily allowance	✓	✓	
	Fat Free Yoghurt & Raspeberries (<i>Speed</i>)			
	<u>LUNCH</u>			
	Harvester restaurant,			
	Lots of Salad, Small wholemeal roll		✓	
	Grilled Chicken & Golden Vegetable Rice, Side of Onion Rings			???
	<u>DINNER</u>			
Total SWIPS				
???				

		Healthy Extras		
Saturday Snacks	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	2 Weetabix with milk from daily allowance	✓	✓	
	2 Wholemeal Toast			
	<u>LUNCH</u>			
	Ham & Mushroom Omlette			
	in an Aldi Wholemeal Roll		✓	
	<u>DINNER</u>			
	2 Pork Steaks, Pasta with Minced Quorn & Diced Bacon & Mushroom			
Total SWIPS	Mutti Pizza Sauce & a Side salad			
0				

		Healthy Extras		
Sunday Snacks	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	2 Fried Eggs, 3 Bacon Medalions, 2 Quorn Sausages (1)			1
	Fried Tomatoes, 2 Wholemeal Toast		✓	
	<u>LUNCH</u>			
	Left over Pasta from last night			
	1 Aldi Wholemeal Roll with 2 Dairylea Light Cheese Slices	✓	✓	
	<u>DINNER</u>			
	Sunday Roast dinner			
Total SWIPS	Roast Beef, Boiled Potatoes,			
4	S/W Roasties, Lots of veg & Asparagus			
	1 Aunt Bessies Yorks			3

Notes

Had lunch out at the Harvester on Friday, Not sure how many syns but I would think I was way over the top. They do an all you can eat salad, so I loaded up on that first. For the main, I had Grilled Chicken, swapped the chips for steamed Vegetable rice. *At least I tried to minimise the damage.*

No Panic! just got straight back on plan the next day.

Had the results back from my regular blood test on Friday. Good News!

My Blood Sugar levels have come down a fair bit because of the weight loss.

Doctor was very pleased. My Diabetes level was never that bad anyway but it is good to get it down.

People are really starting to notice my weight loss now so that is making me happy.