

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 21st** Previous Weight: **19st 4lbs**. Current Weight: **19st 3lb** Lost/Gain: **-1lb**

Wk No: 12

		Healthy Extras		
		Calcium	Fibre	SWIPS
Monday <u>Snacks</u> 	<u>BREAKFAST</u>			
	2 weetabix with Semi Skimmed Milk from daily allowance		✓	
	Fat Free Yoghurt		✓	
	<u>LUNCH</u>			
	Ham, Birdseye Steam Fresh Golden Rice (2 Syns)			2
	<u>DINNER</u>			
	Gammon Steak, Baked Potatoes			
	Baked Beans, Tinned Tomatoes			
Total SWIPS				
2				

		Healthy Extras		
		Calcium	Fibre	SWIPS
Tuesday <u>Snacks</u> 	<u>BREAKFAST</u>			
	Ham & Mushroom Omlette, fried tomatoes			
	2 Wholemeal Toast		✓	
	<u>LUNCH</u>			
	Chicken Salad Roll & Pickled Onions			
	Aldi Wholemeal Roll		✓	
	<u>DINNER</u>			
	Stir fry Chicken & Mushroom (Speed) with onion			
	S/W Chips			
Total SWIPS				
0				

		Healthy Extras		
		Calcium	Fibre	SWIPS
Wednesday <u>Snacks</u> 	<u>BREAKFAST</u>			
	2 Weetabix with Semi Skimmed milk from daily allowance		✓	
			✓	
	<u>LUNCH</u>			
	2 Farmfoods 100% Chicken Skewers			
	Birdseye Steam Fresh Golden Veg Rice			2
	Mushrooms (Speed)			
	<u>DINNER</u>			
	Roast Pork, Potatoes, S/W Roasties			
	Lots Veg, Asparagus (Speed)			
	1 Aunt Bessies Yorks		✓	3
Total SWIPS				
5				

		Healthy Extras		
		Calcium	Fibre	SWIPS
Thursday <u>Snacks</u> 	<u>BREAKFAST</u>			
	Beans on 2 Wholemeal Toast		✓	
	<u>LUNCH</u>			
	Quorn Qrt Pounder Burger (2 Syns)			2
	3 Bacon Medallions, 1 Fried Egg			
	Aldi Wholemeal Roll		✓	
	<u>DINNER</u>			
	Chicken Chow Mein			
	Chicken, Noodles,			
	Beansprouts, Onions, Mushrooms, Spring Onions (All Speed)			
Total SWIPS				
2				

		Healthy Extras		
Friday <u>Snacks</u> <				

		Healthy Extras		
Saturday <u>Snacks</u>	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	Beans & Eggs on 2 Wholemeal Toast toast		✓	
	<u>LUNCH</u>			
	2 Farmhouse 100% Chicken Skewers			
	Egg fried rice.			
	(Made with Uncle Ben's Dried Long Grain Rice)			
	<u>DINNER</u>			
	Chicken Breast (Air fried)			
Pasta in Mutti Pizza Sauce				
Total SWIPS				
0				

		Healthy Extras		
Sunday <u>Snacks</u>	<u>BREAKFAST</u>	Calcium	Fibre	SWIPS
	2 Weetabix with milk from daily allowance	✓	✓	
	<u>LUNCH</u>			
	Sliced Cooked Chicken Salad Roll (Aldi Wholemeal Roll)		✓	
	<u>DINNER</u>			
	Sunday Roast Gammon Steak, Potatoes, S/W Roasties Lots of mixed Veg, Asparagus 1 Aunt Bessies Yorks			
Total SWIPS				
3				3

Notes

Well it looks like the meal out I had last week took it's toll as I only lost 1lb at this week's weigh in. Nevertheless it's still a loss so that can only be good. I will make an extra effort this week by cutting down on my portion size. I knew there would come a time when I would have to do that. I simply can't keep getting away with eating the meal sizes I have been. I really would like to move into the next "Stone Zone" at next weeks weigh in. For those that don't know about the Stone Zone, it's moving from 19st to 18st even if it's only 1lb into the 18's, that feeling is great.