

	Breakfast			Lunch			Dinner			Snacks	Syns
Friday	Scrambled Egg with mushrooms on 1 slice wholemeal	1 healthy b		Jacket potato with ham and sweetcorn mayo	2 syns		Mild Turkey Curry with Rice	6.5 syns		Banana, Satsuma	8.5
Saturday	Banana Pancakes	2 Syns - not worth it, yuk		Jacket potato with ham and sweetcorn mayo	2 syns		Salmon with Mediterranean Vegetables with Jacket	3 syns		3 Carrs melts (cheese healthy A) 3 syns	10
Sunday	Banana, Apple and Satsuma			Omelette and chips with mayo	1 syn		Mild Turkey Curry with Rice	6.5 syns		2 sweets 2 syns	9.5
Monday	Scrambled Egg with mushrooms on 1 slice wholemeal	1 healthy b		Jacket potato with prawns and may	2 syns		Peachy Sweet and Sour Chicken with noodles	3 syns		Snack bar 3.5 syns	7.5
Tuesday	Ham and Mushroom omelette	0 syns		Prawn sandwich	1 healthy b and mayo 2 syns		Peachy Sweet and Sour Chicken with noodles	3 syns		Snack bar 3.5 syns	8.5
Wednesday	Ham and egg muffins			Jacket potato with tuna, onion and sweetcorn mayo	2 syns		Salmon with Mediterranean Vegetables with Jacket	3 syns		Snack bar 3.5	8.5
Thursday	Fruit and yoghurt	2 syns - or just .5 if using fresh fruit		Mushroom omelette with bread	1 healthy b		Vegetable stir fry with rice	3 syns		3 Carrs melts (cheese healthy A) 3 syns	8

Friday	Fruit and yoghurt	2 syns - or just .5 if using fresh fruit		Tomato pasta salad			Peachy Sweet and Sour Chicken with Rice	3 syns		Snack bar 3.5 x 2	12
Saturday	Scrambled Egg with mushrooms on 1 slice wholemeal	1 healthy b		Jacket potato with tuna, onion and sweetcorn mayo	2 syns		Vegetable stir fry with rice	3 syns		Snack bar 3.5 x 2 Banana	12
Sunday	Ham and egg muffin served with grilled tomato	0 syns		Curried Butternut Squash Soup with bread	1 healthy b		Roast Chicken Dinner, Roast Potatoes and loads of roasted veg - using 1 cal spray oil	1 syn		Satsuma, Apple, Muller Light Coconut Flavour (1 syn), Snack bar (3.5 syn)	5.5
Monday	Ham and egg muffin served with grilled tomato	0 syns		Mushroom Soup with bread	1 healthy b		Roast Chicken Dinner, Roast Potatoes and loads of roasted veg - using 1 cal spray oil	1 syn		Snack bar and banana 3.5	4.5
Tuesday	Scrambled Egg with mushrooms on 1 slice wholemeal	1 healthy b		Curried Butternut Squash Soup with bread	4 syns for wholemeal bread		Slimming World Fish Pie	3 syns		Snack bar 3.5	10.5
Wednesday	Fruit and yoghurt	2 syns - or just .5 if using fresh fruit		Tomato Sauce pasta salad	1 syn		Chicken and Vegetable Tangine	3 syns		Banana, Apple, Cheese and biscuit 3 syns and healthy a	9
Thursday	Fruit and yoghurt	2 syns - or just .5 if using fresh fruit		Tomato Sauce pasta salad	1 syn		Slimming World Fish Pie	3 syns		Snack bar 3.5 x 2 Banana	13

Mild Turkey Curry	https://ilovetocook.co.uk/2021/01/02/leftover-roast-turkey-curry/
Salmon with Mediterranean Vegetables	https://ilovetocook.co.uk/2020/12/30/baked-salmon-with-mediterranean-vegetables/
Peachy Sweet and Sour Chicken with noodles	https://ilovetocook.co.uk/?s=peachy
Vegetable Stir Fry	ilovetocook.co.uk/?s=vegetable+stir+fry
Tomato Sauce with Pasta	ilovetocook.co.uk/2018/11/17/tomato-sauce-with-bacon/
Chicken Roasted in the oven and in a separate baking tray I cooked the potatoes and root vegetables in spray oil.	
Fish Pie	https://www.slimmingworld.co.uk/recipes/slimming-world-fish-pie
Ham and Egg Muffins	Place ham, mushrooms and beaten egg in a silicon muffin tin and cook in oven for 10/15 minutes.
Curried Butternut Squash Soup	https://ilovetocook.co.uk/2020/11/30/curried-butternut-squash-soup/
Mushroom Soup	https://ilovetocook.co.uk/2021/01/09/homemade-mushroom-soup/
Chicken Tangine recipe was not good enough to share	
Drinks - I drink tea and coffee with skimmed milk. I have not measured my milk intake but record as my 2nd healthy a.	