

# BASEMENT BAKEHOUSE

THE MUMBLES AND MUSINGS OF A SLIMMING FOODIE

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## SLIMMING WORLD MEAL PLAN

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# MONDAY

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## BREAKFAST

**Two boiled eggs with ham & two slices of wholemeal bread (HexB - 400g loaf)**

## SNACK

**3 Babybel Light (HexA)**

## LUNCH

**Stuffed Bell Peppers** - roast a bell pepper and fill with rice & mushrooms, and 1/4 pack of 5% fat beef mince

## SNACK

**Mixed fruit salad** - two satsumas broken into segments, handful grapes, melon pieces

## DINNER

**Chicken, Mash & Veg** - roast a chicken breast in the oven with Fry Light, salt and pepper and enjoy it with 'Best Ever Syn Free Mashed Potato', 1/3 of your plate filled with steamed broccoli and sweetcorn

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# TUESDAY

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## BREAKFAST

**Overnight Oats** – on Monday night mix 35g of porridge oats (HexB) with a Muller Light and frozen or fresh berries to eat on Tuesday morning

## SNACK

**Cucumber & carrot sticks with Slimming World Houmous**

## LUNCH

**Chicken Pasta Salad** – chop a cooked chicken breast and mix with salt, pepper, tbsp quark, balsamic vinegar, handful cooked pasta, chopped cooked green beans, sweetcorn, cherry tomatoes and serve with salad

## SNACK

**3 Babybel Light (HexA)**

## DINNER

**Naked Burger & Chips** – Make a Slimming World burger (follow the steps for the burger in the recipe but without the cheese unless you count syns for this or haven't had your HexA as your snack) and make oven chips using Fry Light. Serve without the bun and with carrots and broccoli

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# WEDNESDAY – SP DAY

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## BREAKFAST

**Cooked Breakfast** – Two poached eggs with bacon medallions, baked beans & two slices of wholemeal bread (HexB – 400g loaf)

## SNACK

**Arla Protein Yoghurt** (usually contains syns so check online)

## LUNCH

**Chicken & Mozzarella Salad** – slice chicken breast with chopped cherry tomatoes, 50g fresh mozzarella cheese (HexA) & salad and drizzle over balsamic vinegar

## SNACK

**5 HexB Oat Cookies/2 Cereal Bars of your choice (HexB)**

## DINNER

**Steak & Carrot Chips** – cook a steak to your liking & serve with green beans and carrot chips

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# THURSDAY – SP DAY

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## BREAKFAST

**Weetabix** – Two Weetabix (HexB) with 125mls semi skimmed milk (1/2 HexA) & strawberries

## SNACK

**Arla Protein Yoghurt** (usually contains syns so check online)

## LUNCH

**Bacon Wrapped Chicken with Tomato & Rocket Salsa** – made as per recipe

## SNACK

**Sliced Pineapple & Melon**

## DINNER

**HexB Pizza** – cooked as per recipe and topped with speed veg and 'P' foods such as chicken, steak or bacon

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# FRIDAY

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## BREAKFAST

Two poached eggs on two slices of wholemeal bread  
(HexB - 400g Loaf) with baked beans

## SNACK

Chopped banana with a Muller Light

## LUNCH

Pizza Style Jacket Potatoes – made as per recipe &  
served with salad for added speed

## SNACK

Two hard boiled eggs with ham & cucumber

## DINNER

Slimming World Friendly Lasagne – cooked as per  
recipe using 5% fat mince (HexA)

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# SATURDAY

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## BREAKFAST

**Cooked Breakfast** – Two fried eggs with bacon medalions, Heck Chicken Italia Sausages (synned), Baked Beans, Mushrooms (fried in Fry Light) and two slices wholemeal bread (400g loaf – HexB)

## SNACK

**2 satsumas**

## LUNCH

**One Pot Basil Pasta** – made as per recipe

## SNACK

**Yoghurt Covered Frozen Banana Bites** – made as per recipe but leave off oats unless synning them

## DINNER

**Homemade Slimming World Friendly KFC** – made as per recipe and served with oven baked chips (using Fry Light), sweetcorn and broccoli

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# SUNDAY

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## BREAKFAST

**Healthy 1 Syn Banana Pancakes** – made as per recipe

## SNACK

**Slimming World Chocolate Brownies** – made as per recipe

## LUNCH

**Roast Dinner** – roast a chicken (can take skin off after cooking) and serve with oven roasted potatoes (using Fry Light) and plenty of steamed veg. If using gravy make sure to syn it!

## SNACK

**Mixed fruit salad** – two satsumas broken into segments, handful grapes, melon pieces

## DINNER

**Homemade Meatballs in Tomato Sauce** – made as per recipe using 5% fat beef or pork mince