

BASEMENT BAKEHOUSE

THE MUMBLES AND MUSINGS OF A SLIMMING FOODIE

SLIMMING WORLD MEAL PLAN



MONDAY

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

TUESDAY

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

WEDNESDAY – SP DAY

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

THURSDAY – SP DAY

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

FRIDAY

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)

SATURDAY

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

SUNDAY

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