

BASEMENT BAKEHOUSE

THE MUMBLES AND MUSINGS OF A SLIMMING FOODIE

SLIMMING WORLD MEAL PLAN



MONDAY

BREAKFAST

Baked Oats with Fresh Summer Fruit

SNACK

Sliced Ham with Two Hard Boiled Eggs

LUNCH

Chicken, Sweetcorn & Cherry Tomato Pasta – cook pasta as per packet instructions, adding sweetcorn at the last minute. Fry chopped chicken with cherry tomatoes using Fry Light until cooked and then mix with the pasta and sweetcorn & add 30g of grated cheddar (HexA)

SNACK

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

DINNER

Seriously Simple Sausage & Bacon Traybake

TUESDAY

BREAKFAST

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

SNACK

2x Hard Boiled Eggs

LUNCH

One Tray Roast Chicken Breast with New Potatoes & Veg – oven roast a chicken breast along with halved new potatoes, green beans and cherry tomatoes in one tray

SNACK

3 Babybel Light (HexA)

DINNER

Syn Free Burger with Sweet Potato Chips & Broccoli – mix 5% fat mince with seasoning and an egg and form into burger patties for frying or baking. Make sweet potato chips as per my recipe and serve the burger 'naked' with steamed 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 1 syn)

LUNCH

Ham with Mozzarella, Tomato & Basil Salad & a Balsamic Dressing – Layer ingredients together and serve with a dressing of balsamic vinegar and 1tsp olive oil (1 syn)

SNACK

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

DINNER

Ultimate SP BBQ Chicken Burger – cook as per my recipe

THURSDAY – SP DAY

BREAKFAST

Overnight Weetabix with Arla Protein – on Wednesday night crumble 2x weetabix (HexB) and mix with a portion of Arla Protein (1 syn), 2tbsp water & frozen berries. Eat in the morning.

SNACK

Cooked Chicken Pieces

LUNCH

Sweet Chilli Chicken Salad – cook chicken breast pieces with my Syn Free Sweet Chilli Sauce & serve with a mixed salad

SNACK

Mixed Fruit Salad (only speed fruits)

DINNER

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

FRIDAY

BREAKFAST

Smoked Salmon on Wholemeal Toast (HexB)

SNACK

Two Hard Boiled Eggs & Chopped Ham with Cucumber

LUNCH

Crunch Honey BBQ Chicken Bites (low syn – made as per my recipe) with boiled new potatoes & veg

SNACK

Carrot & Cucumber Sticks

DINNER

Syn Free Spaghetti Carbonara – cooked as per my recipe (HexA)

SATURDAY

BREAKFAST

Cooked Breakfast - Two fried eggs with bacon medalions, Sausages (use syns), Baked Beans, Mushrooms (fried in Fry Light) and two slices wholemeal bread (400g loaf - HexB)

SNACK

2 satsumas

LUNCH

Low Syn Chicken & Sweetcorn Pie - made as per my recipe

SNACK

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

DINNER

Syn Free Spaghetti Bolognese - made as per my recipe (use HexA cheese to top)

SUNDAY

BREAKFAST

Cheat's Low Syn Sausage & Egg McMuffin – made as per my recipe (remove cheese as using HexA later)

SNACK

Slimming World Haribo Style Sweets – made as per my 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

HexB Oat Cookies (HexB)

DINNER

Syn Free Bolognese Pasta Bake - made as per my recipe (HexA)

PUDDINGS

HERE ARE SOME PUDDING AND SWEET TREAT IDEAS TO KEEP YOU GOING THROUGHOUT THE WEEK! IF THEY USE USE HEXB OR HEXA THOUGH REMEMBER TO ACCOUNT FOR THAT IN YOUR MAIN MEAL PLAN! CLICK ON EACH TO VISIT THE RECIPE!

Low Syn Individual Baked Cheesecakes

Seriously Easy Syn Free No Bake Berry Cheesecake

1/2 Syn Strawberry Mousse

Low Syn Chocolate Profiteroles

Homemade Syn Free Vanilla Ice Cream

French Toast Summer Fruit Roll Ups

Syn Free Lemon Curd

