

MEAL PLAN

SLIMMING WORLD

www.basementbakehouse.com



Before You Start

This meal plan has been put together from recipes on www.basementbakehouse.com which is a Slimming World blog but is not officially affiliated with Slimming World.

Syns are noted as relevant in the below recipes. For further information on each recipe follow the recipe link.

Where a recipe uses one of your Healthy Extras this is also noted below.

Make sure to use both of your Healthy Extras and your syns in addition to anything mentioned below. These can be used as snacks in between meals or as puddings (see the last page of this meal plan).



Find more recipes and ideas on my Facebook page: <https://www.facebook.com/basementbakehouse/>

Find tips, advice and ideas from other wonderful people following Slimming World on my Facebook group: <https://www.facebook.com/groups/260845981032183/>

MONDAY

Breakfast



Make Ahead Bacon, Cheese & Veg Breakfast Muffins

Make these on Sunday night - one batch makes enough for breakfast for two days. Eat cold or reheat in the microwave. This recipe counts as your Healthy Extra A.

Recipe here: <http://basementbakehouse.com/2017/03/syn-free-egg-breakfast-muffins/>

Lunch



Healthy Pot Noodle

Meal prep three Healthy Pot Noodles for your lunches this week on Sunday night.

Recipe here: <http://basementbakehouse.com/2017/02/healthy-homemade-pot-noodles-slimming-world/>

Dinner



Creamy Cajun Stuffed Sweet Potato Skins

These delicious stuffed sweet potato skins are low carb and will fill you up all evening! As you have already enjoyed your Healthy Extra A this recipe is 2.5 syns per portion.

Recipe here: <http://basementbakehouse.com/2017/02/cajun-chicken-stuffed-sweet-potato-skins-slimming-world/>

TUESDAY

Breakfast



Make Ahead Bacon, Cheese & Veg Breakfast Muffins

Enjoy day two of your delicious breakfast muffins today! You can eat these cold or heat them up in the microwave. This recipe counts as your Healthy Extra A for today.

Recipe here: <http://basementbakehouse.com/2017/03/syn-free-egg-breakfast-muffins/>

Lunch



Sticky Balsamic Glazed Drumsticks with Salad

Make some sticky drumsticks the night before and enjoy with salad (e.g. chopped tomatoes, cucumber, grated carrot, lettuce & rocket) - 1 syn per portion.

Recipe here: <http://basementbakehouse.com/2017/02/sticky-balsamic-glazed-chicken-drumsticks/>

Dinner



Syn Free Nacho Style Feast

Enjoy this tasty 'Fakeaway' with friends or family and dig in! Make sure to serve with salad or veg to ensure one third speed. As you have already used your Healthy Extra A count 3 syns per portion.

Recipe here: <http://basementbakehouse.com/2017/02/syn-free-nachos-style-feast/>

WEDNESDAY

Breakfast



Strawberry Cheesecake Overnight Oats

Make these overnight oats the night before and leave in the fridge overnight to enjoy in the morning. Uses your Healthy Extra B & half of your Healthy Extra A.

Recipe here: <http://basementbakehouse.com/2016/12/strawberry-cheesecake-overnight-oats/>

Lunch



Healthy Pot Noodle

As you've meal prepped these on Sunday you've got lunch sorted, no more prep necessary!

Recipe here: <http://basementbakehouse.com/2017/02/healthy-homemade-pot-noodles-slimming-world/>

Dinner



Easy Peasy 30 Minute Cauliflower Pizza

The perfect low carb answer to pizza this counts as the other half of your Healthy Extra A plus 3 syns.

Recipe here: <http://basementbakehouse.com/2016/12/easy-peasy-30-minute-cauliflower-pizza/>

THURSDAY

Breakfast



Overnight Weetabix

To make Overnight Weetabix layer two crumbled Weetabix with syn free yogurt and frozen or fresh fruit. Leave overnight and enjoy the next day. Uses your Healthy Extra B.

Lunch



Healthy Pot Noodle

This is the last of your meal prepped Healthy Pot Noodles, no more prep necessary!

Recipe here: <http://basementbakehouse.com/2017/02/healthy-homemade-pot-noodles-slimming-world/>

Dinner



Easy Peasy Sweet Potato Fried Rice

This is a delicious and easy Fakeaway, perfect for a mid week dinner! It's low carb and only takes 20 minutes to make.

Recipe here: <http://basementbakehouse.com/2017/03/sweet-potato-fried-rice/>

FRIDAY

Breakfast



Syn Free BLT

Make a BLT with two slices of wholemeal bread (your Healthy Extra B), layered with lean bacon, slices of tomato and lettuce.

Lunch



Easy Peasy Homemade Sushi

If Sushi is your thing then this homemade version will blow your mind! It honestly couldn't be more simple to make so give it a go! Can be done with sliced steak if fish isn't your thing!

Recipe here: <http://basementbakehouse.com/2016/12/seriously-simple-syn-free-sushi/>

Dinner



Syn Free One Pot Creamy Cajun Chicken Pasta

This is one of the easiest and tastiest dishes you'll ever eat! If you like things more mild, simply adjust the Cajun seasoning for your tastes.

Uses your Healthy Extra A.

Recipe here: <http://basementbakehouse.com/2016/08/syn-free-one-pot-cajun-chicken-pasta-slimming-world/>

SATURDAY

Breakfast



Low Syn Banana Pancakes

Perfect for Saturday breakfast or lazy brunch these banana pancakes are delicious! Just 1 syn each too!

Recipe here: <http://basementbakehouse.com/2016/02/healthy-1-syn-pancakes/>

Lunch



Easy Peasy Syn Free Taco Pasta

The perfect weekend lunch this pasta brings together the great flavours of tacos with the hearty filling qualities of a bolognese. Serve with salad for extra speed! Uses your Healthy Extra A.

Recipe here: <http://basementbakehouse.com/2017/02/easy-peasy-syn-free-taco-pasta/>

Dinner



Cajun Spiced Chicken Burger with Homemade Cajun Marinade

This Cajun marinade is perfect for making tasty chicken burgers. Use your Healthy Extra B for the bun! If you use cheese syn it.

Recipe here: <http://basementbakehouse.com/2017/02/syn-free-cajun-spiced-burger-with-homemade-cajun-marinade/>

SUNDAY

Breakfast



Syn Free Healthy Extra B Waffles

These delicious waffles can be enjoyed as a savoury version with bacon and eggs, or sweet with fresh fruit and yogurt! Uses your Healthy Extra B.

Recipe here: <http://basementbakehouse.com/2017/02/syn-free-healthy-extra-b-waffles-slimming-world/>

Lunch



Sunday Lunch with Syn Free Gravy

Roast your meat and potatoes with Fry Light and serve with steamed veg and homemade syn free gravy!

Recipe here: <http://basementbakehouse.com/2016/08/seriously-simple-syn-free-gravy/>

Dinner



Syn Free Hunters Chicken

This delicious Hunters Chicken is made with homemade BBQ sauce and uses your Healthy Extra A.

Recipe here: <http://basementbakehouse.com/2017/01/syn-free-hunters-chicken-slimming-world/>

PUDDINGS

Did you know you can eat pudding on Slimming World?
Here are some of my favourite recipes for sweet treats!

Easy Peasy 20 Minute Homemade Mango Sorbet



Recipe here: <http://basementbakehouse.com/2017/03/easy-peasy-20-minute-homemade-mango-sorbet/>

Healthy Banana Oatmeal Blender Muffins



Recipe here: <http://basementbakehouse.com/2017/03/healthy-slimming-world-banana-oatmeal-blender-muffins/>

Healthy No Bake Chocolate Cheesecakes



Recipe here: <http://basementbakehouse.com/2017/02/healthy-no-bake-chocolate-cheesecake-pots/>

Seriously Simple Syn Free No Bake Berry Cheesecake



Recipe here: <http://basementbakehouse.com/2016/06/easy-syn-free-no-bake-cheesecake-slimming-world/>