

Basement Bakehouse Meal Plan*: 21/01/2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1x Healthy No Bake Meal Prep Breakfast Bar + fresh fruit (e.g. apple, strawberries or a banana)	Strawberry Cheesecake Overnight Oats	1x Healthy No Bake Meal Prep Breakfast Bar + fresh fruit (e.g. apple, strawberries or a banana)	Porridge with fresh berries	2x Make Ahead Cheese & Bacon & Veg Breakfast Muffins + fresh fruit (if desired)	Low Syn Cinnamon Roll French Toast Bake + extra speed fruit	Easy Peasy Cajun Spiced Cloud Eggs + bacon & toast
Lunch	Chunky Winter Vegetable & Rice Soup	LEFTOVER Chunky Winter Vegetable & Rice Soup OR One Syn Creamy Chicken & Mushroom Pasta + side salad	Easy Peasy Chicken Caprese Salad OR Healthy Homemade Pot Noodle	Low Carb Chilli Chicken with cauliflower rice	LEFTOVER Low Carb Chilli Chicken with cauliflower rice OR Thai Noodle Salad with Chilli, Ginger & Lime Salmon	Creamy Cajun Stuffed Sweet Potato Skins + salad	Syn Free Lemon & Dill Baked Salmon + boiled new potatoes and vegetables OR Syn Free Roast Chicken + Syn Free Roast Potatoes + Vegetables
Dinner	Easy Syn Free Chicken Fried Rice + steamed broccoli and green beans	Individual Bacon & Broccoli Pasta Bakes + side salad	Syn Free Lancashire Hotpot	Baked Chicken Breast + Garlic & Parmesan Hasselback Potatoes + steamed fresh vegetables	Low Syn Sticky Orange Chicken Fakeaway + steamed rice + stir fried vegetables	Syn Free Tuna Pasta Bake + steamed fresh vegetables	Healthy 20 Minute Cajun Spiced Pork + steamed rice + steamed vegetables
Info	Breakfast = HexB + 1.5 syns Lunch = Syn Free Dinner = Syn Free	Breakfast = HexB + 3 syns Lunch = Syn Free Dinner = Syn Free + 1x HexA	Breakfast = HexB + 1.5 syns Lunch = Syn Free Dinner = Syn Free	Breakfast = HexB + 1 syn Lunch = Syn Free Dinner = Syn Free + 1x HexA	Breakfast = 1x HexA Lunch = Syn Free OR 3 syns for Thai Salad Dinner = 1.5 syns per serving	Breakfast = HexB + 1.25 syns Lunch = 3 syns per serving Dinner = Syn Free + 1x HexA	Breakfast = Syn Free Lunch = Syn Free Dinner = Syn Free
Notes		Freeze any soup that you and your family don't eat.	Freeze remaining meal prepped bars for another week.	Meal prep chilli chicken the night before if desired.	Freeze any leftover muffins and chilli chicken that you and your family don't eat.		

**this meal plan does not include all syns and Healthy Extra options so you will need to add additional snacks or drinks into your week. Daily recommended = 5-15 syns per day + 1x Healthy Extra B & 2x Healthy Extra A (for more information about how Slimming World works [click here](#)). HexB = Healthy Extra B. HexA = Healthy Extra A.*