







Shrinking Jess

Meal Plan

Week 2

Day	Breakfast	Lunch	Tea	Syns
Mon	<p>Jammie Dodger Baked Oats</p> <p>★ 4 syns ★ Healthy B</p> <p>https://shrinkingjess.com/slimming-world-baked-oats-jammie-dodger/</p> 	<p>Sausage & Halloumi Brunch</p> <p>★ 3 syns ★ Healthy A</p> <p>https://shrinkingjess.com/sausage-halloumi-brunch/</p> 	<p>Cheesy Hot Dog Pasta</p> <p>★ 5 syns ★</p> <p>https://shrinkingjess.com/cheesy-hot-dog-pasta/</p> 	12
Tues	<p>Breakfast Waffles</p> <p>★ 4 syns ★ Healthy A</p> <p>https://shrinkingjess.com/breakfast-waffles/</p> 	<p>Nugget wrap</p> <p>★ 4.5 syns ★ Healthy B</p> <p>https://shrinkingjess.com/slimming-world-friendly-nugget-wrap/</p> 	<p>Creamy Carbonara (no garlic bagel)</p> <p>★ Syn Free! ★ Healthy A</p> <p>https://shrinkingjess.com/creamy-carbonara-2/</p> 	8.5
Wed	<p>Garlic Mushrooms on Toast</p> <p>★ Syn Free! ★ Healthy A + Healthy B</p> <p>https://shrinkingjess.com/creamy-garlic-mushrooms-on-toast/</p> 	<p>Fajita Kebabs</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/fajita-kebabs/</p> 	<p>Scrambled Veggies</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/scrambled-veggies/</p> 	0

<p>Thurs</p>		<p>Breakfast omelette wrap</p> <p>★ 3 syns ★</p> <p>https://shrinkingjess.com/breakfast-omelette-wrap/</p>		<p>Chicken Fried Rice</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/chicken-fried-rice-slimming-world-fakeaway/</p>		<p>Chicken Legend Fakeaway</p> <p>★ 4.5 syns ★</p> <p>Healthy B</p> <p>https://shrinkingjess.com/chicken-legend-mcdonalds-fakeaway/</p>	<p>7.5</p>
<p>Fri</p>		<p>Biscoff & Banana Pancakes</p> <p>★ 4 syns ★</p> <p>Healthy B</p> <p>https://shrinkingjess.com/biscoff-pancakes/</p>		<p>Taco Stuffed Omelette</p> <p>★ Syn Free! ★</p> <p>Healthy A</p> <p>https://shrinkingjess.com/taco-stuffed-omelette/</p>		<p>Stuffed Sweet Potato</p> <p>★ Syn Free! ★</p> <p>Healthy A</p> <p>https://shrinkingjess.com/slimming-world-stuffed-sweet-potato/</p>	<p>9</p>
<p>Sat</p>		<p>Fruity Yoghurt Crunch</p> <p>★ 1 syn ★</p> <p>Healthy B</p> <p>https://shrinkingjess.com/fruity-yoghurt-crunch/</p>		<p>Picnic Platter</p> <p>★ 4.5 syns ★</p> <p>Healthy A</p> <p>https://shrinkingjess.com/picnic-platter/</p>		<p>No Chicken Stir Fry</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/chicken-stir-fry/</p>	<p>6.5</p>
<p>Sun</p>		<p>Ultimate Veggie Breakfast</p> <p>★ 4.5 syns ★</p> <p>https://shrinkingjess.com/ultimate-veggie-breakfast/</p>			<p>Roast Dinner</p> <p>★ 5 syns ★</p> <p>https://shrinkingjess.com/vegetarian-roast-dinner/</p>	<p>9.5</p>	



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Shopping List

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Fruit and Veg		Fridges		Aisles		Herbs, Spices and Sauces	
4	Mushrooms	200ml	Fat free yoghurt	80g	Oats	2 tbsp	Sweetener
3	Handfuls of fruit	2	Muller light yoghurts	14	Eggs	2 tsp	Vanilla essence
40g	Asparagus	20g	Low fat cheese	2	Baked beans snap pots	1 tsp	Strawberry jam
1	Tomato	15	Dairylea triangles	3slices	Hovis nimble bread	3	Vegetable stock cubes
2	Handfuls of spinach	40g	Halloumi	1	WW wrap	2 tbsp	Lighter than light mayo
5	Handfuls of salad leaves	40g	Mozzarella cheese	1	Bagel thin	2 tsp	Lazy garlic
120g	Mixed peppers	45g	Feta cheese	1	Promise gluten free roll	3 tbsp	Soy sauce
1	Red onion	5	Slices of Quorn bacon	40g	Cheerios	1 tsp	Gravy granules
2	Handfuls of broccoli	2	Slices of Quorn ham	70g	Tagliatelle	1 tsp	Baking powder
3	Carrots	1 tbsp	Low fat hummous	75g	Pasta	1tsp	Biscoff topping sauce
2	Bags of mixed veg		Freezers	75g	Rice		Chips and Wedge seasoning
500g	Maris piper potatoes	2	Potato waffles	2	Fry's meat free hot dogs.		Roast potato seasoning
1	Sweet potato	2	Hash browns	4	Mini Jammie Dodgers		Mixed Herbs
1	Banana	1	Yorkshire pudding	½ tin	Mixed taco beans		Salt and pepper
	Fresh coriander	1	Quorn roast	1	Snackrite cheese curls		Garlic seasoning
		5	Quorn sausages	25g	Paxo stuffing mix	2	Low calorie spray oil
		150g	Quorn pieces	1	Splash of oat milk		skewers
		8	Quorn nuggets	1	Biscoff Biscuit		Fajita Seasoning
		2	Quorn fillets				