





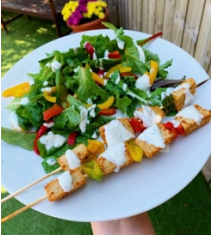








# Shrinking Jess

## Meal Plan

## Week 3

Day	Breakfast	Lunch	Tea	Syns
Mon	 <p>Potato waffle stack</p> <p>★ 8.5 syns ★</p> <p><a href="https://shrinkingjess.com/breakfast-waffle-stack2/">https://shrinkingjess.com/breakfast-waffle-stack2/</a></p>	 <p>Scrambled Veggies</p> <p>★ Syn Free! ★</p> <p><a href="https://shrinkingjess.com/scrambled-veggies/">https://shrinkingjess.com/scrambled-veggies/</a></p>	 <p>Pitta Pizza - Pepperoni</p> <p>★ 1 syn ★</p> <p>Healthy A + Healthy B</p> <p><a href="https://shrinkingjess.com/pitta-pizza-fakeaway/">https://shrinkingjess.com/pitta-pizza-fakeaway/</a></p>	9.5
Tues	 <p>Biscoff Baked Oats</p> <p>★ 5 syns ★</p> <p>Healthy B</p> <p><a href="https://shrinkingjess.com/biscoff-baked-oats/">https://shrinkingjess.com/biscoff-baked-oats/</a></p>	 <p>Sausage &amp; Halloumi Brunch</p> <p>★ 3 syns ★</p> <p>Healthy A</p> <p><a href="https://shrinkingjess.com/sausage-halloumi-brunch/">https://shrinkingjess.com/sausage-halloumi-brunch/</a></p>	 <p>Scrambled Veggies</p> <p>★ Syn Free! ★</p> <p>Healthy A</p> <p><a href="https://shrinkingjess.com/cheesy-veg-pasta/">https://shrinkingjess.com/cheesy-veg-pasta/</a></p>	8
Wed	 <p>Breakfast omelette wrap</p> <p>★ 3 syns ★</p> <p><a href="https://shrinkingjess.com/breakfast-omelette-wrap/">https://shrinkingjess.com/breakfast-omelette-wrap/</a></p>	 <p>Chicken Fried Rice</p> <p>★ Syn Free! ★</p> <p><a href="https://shrinkingjess.com/chicken-fried-rice-slimming-world-fakeaway/">https://shrinkingjess.com/chicken-fried-rice-slimming-world-fakeaway/</a></p>	 <p>Shawarma Kebab</p> <p>★ 2.5 syn ★</p> <p>Healthy B</p> <p><a href="https://shrinkingjess.com/shawarma-kebab/">https://shrinkingjess.com/shawarma-kebab/</a></p>	5.5

Thurs		<p>Jammie Dodger Pancakes</p> <p>★ 7 syns ★</p> <p>Healthy B</p> <p><a href="https://shrinkingjess.com/desserts/jammie-dodger-pancakes/">https://shrinkingjess.com/desserts/jammie-dodger-pancakes/</a></p>		<p>Taco Stuffed Omelette</p> <p>★ Syn Free! ★</p> <p>Healthy A</p> <p><a href="https://shrinkingjess.com/taco-stuffed-omelette/">https://shrinkingjess.com/taco-stuffed-omelette/</a></p>		<p>Burger in a Bowl</p> <p>★ 1.5 syn ★</p> <p><a href="https://shrinkingjess.com/burger-in-a-bowl/">https://shrinkingjess.com/burger-in-a-bowl/</a></p>	8.5
Fri		<p>Ham, Egg &amp; Cheese Toasted Wrap</p> <p>★ Syn Free! ★</p> <p>Healthy A + Healthy B</p> <p><a href="https://shrinkingjess.com/egg-ham-cheese-toasted-wrap/">https://shrinkingjess.com/egg-ham-cheese-toasted-wrap/</a></p>		<p>Fajita Kebabs</p> <p>★ Syn Free! ★</p> <p><a href="https://shrinkingjess.com/fajita-kebabs/">https://shrinkingjess.com/fajita-kebabs/</a></p>		<p>Cauliflower Bolognese</p> <p>★ Syn Free! ★</p> <p><a href="https://shrinkingjess.com/cauliflower-ricce-bolognese/">https://shrinkingjess.com/cauliflower-ricce-bolognese/</a></p>	0
Sat		<p>Fruity Yoghurt Crunch</p> <p>★ 1 syn ★</p> <p>Healthy B</p> <p><a href="https://shrinkingjess.com/fruity-yoghurt-crunch/">https://shrinkingjess.com/fruity-yoghurt-crunch/</a></p>		<p>Lettuce Fajitas</p> <p>★ Syn Free! ★</p> <p><a href="https://shrinkingjess.com/lettuce-fajitas/">https://shrinkingjess.com/lettuce-fajitas/</a></p>		<p>No Chicken Stir Fry</p> <p>★ Syn Free! ★</p> <p><a href="https://shrinkingjess.com/chicken-stir-fry/">https://shrinkingjess.com/chicken-stir-fry/</a></p>	1
Sun		<p>Ultimate Veggie Breakfast</p> <p>★ 4.5 syns ★</p> <p><a href="https://shrinkingjess.com/ultimate-veggie-breakfast/">https://shrinkingjess.com/ultimate-veggie-breakfast/</a></p>				<p>Roast Dinner</p> <p>★ 5 syns ★</p> <p><a href="https://shrinkingjess.com/vegetarian-roast-dinner/">https://shrinkingjess.com/vegetarian-roast-dinner/</a></p>	9.5



# Shrinking Jess

## Shopping List

Week 3

Fruit and Veg		Fridges		Aisles		Herbs, Spices and Sauces	
2	Strawberries	4	DairyLea Cheese Triangles	16	Eggs	1 tbsp	Sweetener
1	Handful of Blueberries	80g	Low Fat Cheese	80g	Oats	2 tbsp	Vanilla Essence
2	Medium Mushrooms	40g	Mozzarella	1	WW wrap	2 tsp	Biscoff Spread
1	Carrot	40g	Halloumi	1	Slice of Hovis Nimble Bread	1 tsp	Worcestershire Sauce
1	Red Onion	2	Muller Light Yoghurts	2	BFree Gluten Free Pitta	2 tbsp	Lighter Than Light Mayo
750g	Potatoes	200g	Fat Free Yoghurt	40g	Honey Cheerios	2 tsp	Lazy Garlic Paste
1	Medium Tomato	1	Vivera Shawarma Kebab	1	Baked Beans Snap Pot	3 tbsp	Soy Sauce
100g	Courgette	2	Slices of Quorn Ham	75g	Pasta	1 tbsp	Hellman's Burger Sauce
300g	Mixed Peppers	4	Slices of Quorn Bacon	75g	Rice	1 tsp	Mustard Powder
40g	Asparagus	5	Slices Quorn Pepperoni	½	Tin of Mixed Taco Beans	1 tsp	Paprika
1	Cauliflower	<b>Freezers</b>		200g	Black Beans	2	Vegetable Stock Cubes
2	Sweet Gem Lettuce Leaves	2	Potato Waffles	200g	Chopped Tomatoes	1 tbsp	Sour Cream
2	Handfuls of Spinach	8	Quorn Sausages	25g	Paxo Stuffing		Garlic Seasoning
4	Handfuls of Leafy Salad	3	Hash Browns	2 tbsp	Tomato Purée		Bolognese Seasoning
2	Vegetables for Roast Dinner	1	Yorkshire Pudding	¾ tsp	Baking Powder		Roast Potato Seasoning
2	Packets of Mixed Veg	1	Quorn Roast		Biscoff Biscuit		Bisto Gravy Granules
		150g	Quorn Mince		Strawberry Jam		Fajita Seasoning
		2	Quorn Fillets		White Chocolate Spread		Burger Seasoning
		220g	Quorn Pieces		Mini Jammie Dodgers		Chips Seasoning