























Shrinking Jess

Meal Plan

Week 4

Day	Breakfast	Lunch	Tea	Syns
Mon	<p>Breakfast Waffles</p> <p>★ 4 syns ★</p> <p>Healthy A</p> <p>https://shrinkingjess.com/breakfast-waffles/</p> 	<p>Picnic Platter</p> <p>★ 4.5 syns ★</p> <p>Healthy A</p> <p>https://shrinkingjess.com/picnic-platter/</p> 	<p>Pasta n Sauce Toastie</p> <p>★ 2.5 syns ★</p> <p>Healthy B</p> <p>https://shrinkingjess.com/pasta-n-sauce-toastie/</p> 	11
Tues	<p>Breakfast omelette wrap</p> <p>★ 3 syns ★</p> <p>https://shrinkingjess.com/breakfast-omelette-wrap/</p> 	<p>Cheesy Garlic Bagels</p> <p>★ Syn Free! ★</p> <p>½ Healthy A + Healthy B</p> <p>https://shrinkingjess.com/cheesy-garlic-bagel/</p> 	<p>Cheesy Hot Dog Pasta</p> <p>★ 5 syns ★</p> <p>Healthy A</p> <p>https://shrinkingjess.com/cheesy-hot-dog-pasta/</p> 	8
Wed	<p>Biscoff Baked Oats</p> <p>★ 5 syns ★</p> <p>Healthy B</p> <p>https://shrinkingjess.com/biscoff-baked-oats/</p> 	<p>Sausage & Halloumi Brunch</p> <p>★ 3 syns ★</p> <p>Healthy A</p> <p>https://shrinkingjess.com/sausage-halloumi-brunch/</p> 	<p>Salt & Pepper Chicken & Chips</p> <p>★ 7 syns ★</p> <p>https://shrinkingjess.com/salt-pepper-no-chicken-chips/</p> 	15

Thurs		<p>Fruity Yoghurt Crunch</p> <p>★ 1 syn ★ Healthy B</p> <p>https://shrinkingjess.com/fruity-yoghurt-crunch/</p>		<p>Lettuce Fajitas</p> <p>★ 1.5 syn ★</p> <p>https://shrinkingjess.com/lettuce-fajitas/</p>		<p>Loaded Fries</p> <p>★ Syn Free! ★ Healthy A</p> <p>https://shrinkingjess.com/loaded-fries/</p>	2.5
Fri		<p>Jammie Dodger Pancakes</p> <p>★ 7 syns ★ Healthy B</p> <p>https://shrinkingjess.com/desserts/jammie-dodger-pancakes/</p>		<p>Fajita Kebabs</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/fajita-kebabs/</p>		<p>Burger in a Bowl</p> <p>★ 1.5 syn ★</p> <p>https://shrinkingjess.com/burger-in-a-bowl/</p>	8.5
Sat		<p>Fruity Yoghurt Crunch</p> <p>★ 1 syn ★ Healthy B</p> <p>https://shrinkingjess.com/fruity-yoghurt-crunch/</p>		<p>Scrambled Veggies</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/scrambled-veggies/</p>		<p>No Chicken Stir Fry</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/chicken-stir-fry/</p>	1
Sun		<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>	9.5

