











# Shrinking Jess

## Meal Plan

## Week 5

Day	Breakfast	Lunch	Tea	Syns
Mon	 <p>Biscoff &amp; Banana Pancakes</p> <p>★ 3.5 syns ★</p> <p>Healthy B</p> <p><a href="https://shrinkingjess.com/biscoff-pancakes/">https://shrinkingjess.com/biscoff-pancakes/</a></p>	 <p>Taco Stuffed Peppers</p> <p>★ Syn Free! ★</p> <p><a href="https://shrinkingjess.com/taco-stuffed-peppers/">https://shrinkingjess.com/taco-stuffed-peppers/</a></p>	 <p>Creamy Carbonara (no garlic bagel)</p> <p>★ Syn Free! ★</p> <p>Healthy A</p> <p><a href="https://shrinkingjess.com/creamy-carbonara-2/">https://shrinkingjess.com/creamy-carbonara-2/</a></p>	3.5
Tues	 <p>Dippy Eggs</p> <p>★ Syn Free ★</p> <p>Healthy A</p> <p><a href="https://shrinkingjess.com/dippy-egg-breakfast/">https://shrinkingjess.com/dippy-egg-breakfast/</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>Nugget Curry</p> <p>★ 7 syns ★</p> <p><a href="https://shrinkingjess.com/chicken-nugget-curry/">https://shrinkingjess.com/chicken-nugget-curry/</a></p>	7
Wed	 <p>Breakfast Waffles</p> <p>★ 4 syns ★</p> <p>Healthy A</p> <p><a href="https://shrinkingjess.com/breakfast-waffles/">https://shrinkingjess.com/breakfast-waffles/</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>Chicken Legend Fakeaway</p> <p>★ 4.5 syns ★</p> <p>Healthy B</p> <p><a href="https://shrinkingjess.com/chicken-legend-mcdonalds-fakeaway/">https://shrinkingjess.com/chicken-legend-mcdonalds-fakeaway/</a></p>	11.5

<p>Thurs</p>		<p>Frozen Doughnuts</p> <p>★ 0.5 syns ★</p> <p><a href="https://shrinkingjess.com/frozen-doughnuts/">https://shrinkingjess.com/frozen-doughnuts/</a></p>		<p>Nugget wrap</p> <p>★ 4.5 syns ★</p> <p>Healthy B</p> <p><a href="https://shrinkingjess.com/slimming-world-friendly-nugget-wrap/">https://shrinkingjess.com/slimming-world-friendly-nugget-wrap/</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> <p>5</p>
<p>Fri</p>		<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>Scrambled Veggies</p> <p>★ Syn Free! ★</p> <p><a href="https://shrinkingjess.com/scrambled-veggies/">https://shrinkingjess.com/scrambled-veggies/</a></p>		<p>Chicken Curry &amp; Cauliflower Rice</p> <p>★ 4 syns ★</p> <p><a href="https://shrinkingjess.com/slimming-world-friendly-curry-cauliflower-rice/">https://shrinkingjess.com/slimming-world-friendly-curry-cauliflower-rice/</a></p> <p>9</p>
<p>Sat</p>		<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>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>Cauliflower Bolognese</p> <p>★ Syn Free! ★</p> <p><a href="https://shrinkingjess.com/cauliflower-rice-bolognese/">https://shrinkingjess.com/cauliflower-rice-bolognese/</a></p> <p>1</p>
<p>Sun</p>		<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> <p>9.5</p>	



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## Shopping List

Week 5

Fruit and Veg		Fridges		Aisles		Herbs, Spices and Sauces	
1	Banana	4 tbsp	Fat free yoghurt	3	Slices of Hovis nimble bread	1 tsp	Worcestershire sauce
4	Mushrooms	30g	Low fat cheese	1	WW wrap	2 tbsp	Lighter mayo
3	Tomatoes	3	Muller light yoghurts	1	Promise gluten free roll	4 tbsp	Soy sauce
4	Raspberries	4	Slices of Quorn bacon	80g	Oats	3	Veg stock cubes
2	Peppers	40g	Halloumi	12	Eggs	2 tsp	Biscoff spread
40g	Mixed peppers	5	Dairylea triangles	3	Baked beans snap pots	2	Biscoff biscuits
1	Red onion	40g	Mozzerella	40g	Honey Cheerios	1 tsp	Bisto gravy granules
3	Handfuls of spinach			1	Tin Mixed Taco Beans		Mayflower curry sauce
40g	Asparagus			75g	Rice		Salt and pepper
1	Handful of broccoli		<b>Freezers</b>	70g	Tagliatelle		Chips seasoning
1	Small carrot	2	Potato Waffles	1	Vee-Tee sticky rice		Bolognese seasoning
2	Handfuls of leafy salad	4	Quorn sausages	200g	Black beans		Roast Potatoes seasoning
750g	Potatoes	90g	Quorn Mince	200g	Chopped tomatoes		Garlic seasoning
2	Small cauliflower heads	225g	Quorn pieces	25g	Paxo stuffing mix		Low calorie spray oil
2	Veg for roast dinner	13	Quorn nuggets	100ml	Oat milk		
3	Bags of mixed veg	1	Quorn roast	1 tsp	Vanilla extract		
		1	Hash brown	1 tbsp	Sweetener		
		1	Yorkshire pudding	$\frac{3}{4}$ tsp	Baking Powder		