










Shrinking Jess

Meal Plan

Week 1

Day	Breakfast	Lunch	Tea	Syns
Mon	 <p>Sausage & Egg on Toast</p> <p>★ 3 syns ★</p> <p>Healthy B</p> <p>https://shrinkingjess.com/sausage-egg-on-toast/</p>	 <p>Chicken Fried Rice</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/chicken-fried-rice-slimming-world-fakeaway/</p>	 <p>Chinese fakeaway</p> <p>★ 9 syns ★</p> <p>https://shrinkingjess.com/slimming-world-chinese-fakeaway/</p>	12
Tues	 <p>Potato waffle stack</p> <p>★ 8.5 syns ★</p> <p>https://shrinkingjess.com/breakfast-waffle-stack2/</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>	13.5
Wed	 <p>Sausage & Halloumi Brunch</p> <p>★ 3 syns ★</p> <p>Healthy A</p> <p>https://shrinkingjess.com/sausage-halloumi-brunch/</p>	 <p>Nugget wrap</p> <p>★ 4.5 syns ★</p> <p>Healthy B</p> <p>https://shrinkingjess.com/slimming-world-friendly-nugget-wrap/</p>	 <p>Loaded Fries</p> <p>★ Syn Free! ★</p> <p>Healthy A</p> <p>https://shrinkingjess.com/loaded-fries/</p>	7.5

Thurs		<p>Breakfast Waffles (no cheese)</p> <p>★ 4.syns ★</p> <p>https://shrinkingjess.com/breakfast-waffles/</p>		<p>Taco Stuffed Omelette</p> <p>★ Syn Free! ★</p> <p>Healthy A</p> <p>https://shrinkingjess.com/taco-stuffed-omelette/</p>		<p>Pitta Pizza - cheese, peppers, onion & sweetcorn</p> <p>★ Syn Free! ★</p> <p>Healthy A + Healthy B</p> <p>https://shrinkingjess.com/pitta-pizza-fakeaway/</p>	4
Fri		<p>Ham, Egg & Cheese Toasted Wrap</p> <p>★ Syn Free! ★</p> <p>Healthy A + Healthy B</p> <p>https://shrinkingjess.com/egg-ham-cheese-toasted-wrap/</p>		<p>Scrambled Veggies</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/scrambled-veggies/</p>		<p>Chicken Nugget Curry</p> <p>★ 9 syns ★</p> <p>https://shrinkingjess.com/chicken-nugget-curry/</p>	9
Sat		<p>Breakfast omelette wrap</p> <p>★ 3 syns ★</p> <p>https://shrinkingjess.com/breakfast-omelette-wrap/</p>		<p>Fajita wrap</p> <p>★ 3.5 syns ★</p> <p>Healthy B</p> <p>https://shrinkingjess.com/fajita-salad-wrap/</p>		<p>No Chicken Stir Fry</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/chicken-stir-fry/</p>	6.5
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



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Shopping List

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Fruit and Veg		Fridges		Aisles		Herbs, Spices and Sauces	
3	Tomatoes	5	Quorn Bacon Slices	3	Slices of Hovis Nimble Bread	4 tbsp	Soy Sauce
2	Handfuls of Spinach	40g	Halloumi	5	WW Wholemeal Wrap	60g	Mayflower Curry Sauce
40g	Asparagus	120g	Low Fat Cheese	1	BFree Gluten Free Pitta	2tsp	Very Lazy Garlic
2	Medium Mushrooms	10	DairyLea Cheese Triangles	1	Seeded Bagel Thin	2	Vegetable Stock Cube
3	Bag Mixed Veg	40g	Mozzarella	75g	Rice	2tbs	Lighter Mayonnaise
1250g	Maris Piper Potatoes	2	Quorn Ham Slices	2	VeeTee Sticky Rice Pot		Oat Milk
4	Handful of Salad Leaves			75g	Pasta		Fajita Seasoning
	Fresh Coriander		Freezers	1	Medium Egg Noodles		Chilli Flakes
4	Peppers	9	Quorn Sausages	1	Can Mixed Taco Beans		Chips Seasoning
2	Small Potatoes	4	Potato Waffles	1 tbsp	Tomato Puree		Roast Potato Seasoning
2	Small Red Onion	3	Hash Brown	2	Heinz Beans Snap Pot		Mixed Herbs
1	Broccoli	180g	Quorn Pieces	25g	Paxo Stuffing Mix		Salt and Pepper
2	Carrot	3	Spring Rolls	15	Eggs		Garlic Seasoning
	Tin of Sweetcorn	2	Fry's Meat Free Hot Dogs	1tsp	Bisto Veg Gravy Granules		Low Calorie Spray oil
		9	Quorn Nuggets				
		75g	Quorn Mince				
		2	Quorn Fillets				
		1	Quorn Roast				
		1	Yorkshire Pudding				