












Shrinking Jess

Meal Plan

Week 6

Day	Breakfast	Lunch	Tea	Syns
Mon	 <p>Breakfast Waffles (no cheese)</p> <p>★ 4 syns ★</p> <p>https://shrinkingjess.com/breakfast-waffles/</p>	 <p>Taco Stuffed Peppers</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/taco-stuffed-peppers/</p>	 <p>Cheesy Veg Pasta</p> <p>★ Syn Free! ★</p> <p>Healthy A</p> <p>https://shrinkingjess.com/cheesy-veg-pasta/</p>	4
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>Chicken Fried Rice</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/chicken-fried-rice-slimming-world-fakeaway/</p>	3
Wed	 <p>Biscoff Baked Oats</p> <p>★ 5 syns ★</p> <p>Healthy B</p> <p>https://shrinkingjess.com/biscoff-baked-oats/</p>	 <p>Scrambled Veggies</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/scrambled-veggies/</p>	 <p>Cauliflower Bolognese</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/cauliflower-rice-bolognese/</p>	5

Thurs		<p>Garlic Mushrooms on Toast</p> <p>★ Syn Free! ★</p> <p>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>Chinese fakeaway</p> <p>★ 9 syns ★</p> <p>https://shrinkingjess.com/slimming-world-chinese-fakeaway/</p> <p>9</p>
Fri		<p>Sausage & Egg on Toast</p> <p>★ 3 syns ★</p> <p>Healthy B</p> <p>https://shrinkingjess.com/sausage-egg-on-toast/</p>		<p>Taco Stuffed Peppers</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/taco-stuffed-peppers/</p>		<p>Burger in a Bowl</p> <p>★ 1.5 syn ★</p> <p>https://shrinkingjess.com/burger-in-a-bowl/</p> <p>4.5</p>
Sat		<p>Fruity Yoghurt Crunch</p> <p>★ 1 syn ★</p> <p>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>No Chicken Stir Fry</p> <p>★ Syn Free! ★</p> <p>https://shrinkingjess.com/chicken-stir-fry/</p> <p>2.5</p>
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> <p>9.5</p>	



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Shopping List

Week 6

Fruit and Veg		Fridges		Aisles		Herbs, Spices and Sauces	
4	Medium mushrooms	3	Quorn bacon	5	Slices of Hovis Nimble bread	30g	Mayflower curry sauce
2	Tomatoes	2	Slices of Quorn ham	1	WW wholemeal wrap	4tbsp	Soy sauce
3	Handfuls of spinach	150g	Fat free Greek yoghurt	1	Bagel thin	2 tbsp	Very lazy garlic
1	Handful of fruit	2	Muller Light yoghurts	2	Baked beans snap pots	1 tsp	Sweetener
100g	Courgette	6	Dairylea triangles	200g	Black beand	1 tsp	Vanilla essence
240g	Mixed peppers	20g	Low Fat Cheese	200g	Chopped tomatoes	3	Vegetable stock cubes
1	Red onion			12	Eggs	1 tsp	Tomato puree
2	Peppers		Freezer	40g	Oats	1 tbsp	Sour cream
1	Handful of broccoli	2	Potato Waffles	40g	Cheerios	1 tsp	Worchestershire sauce
1	Carrot	5	Quorn Sausages	75g	Pasta	1 tsp	Chunky burger sauce
1	Head of cauliflower	250g	Quorn pieces	75g	Rice	1 tsp	Paprika
2	Handfuls of salad leaves	2	Quorn fillets	1	Vee-tee sticky rice	1 tsp	Bisto gravy granules
500g	Maris Piper potatoes	1	Quorn roast	1	Nest of medium noodles	1 tsp	Mustard powder
2	Sweet Gem lettuce leaves	165g	Quorn mince	1	Splash oat milk		Mixed herbs
2	Veg for roast dinner	2	Hash browns	25g	Paxo stuffing mix		Roast potato seasoning
	Fresh coriander	3	Vegetable spring rolls	1	Biscoff biscuit		Fajuta seasoning
3	Bags of mixed veg	1	Yorkshire pudding	2 tsp	Biscoff spread		Burger seasoning
							Bolognese seasoning
							Garlic seasoning
							Low calorie spray oil

