

SLIMMING WORLD 7 DAY PLAN

CREATED BY WWW.FATGIRLSKINNY.NET

Do you have no idea where to start with planning your 7 day food menu with Slimming World? Follow my plan below (changing the portions to what you fancy) and see if you lose weight.

DAY ONE:

Breakfast

2 Slices of Wholemeal Nimble bread toasted (Healthy Extra B)
Scrambled eggs made with 2 eggs and a pinch of salt and pepper
A handful of fresh spinach

Mid Morning Snack

1 Banana

Lunch

Baked potato
1/2 Tin of reduced sugar beans
A side salad

Dinner

Our delicious Syn free Spaghetti Bolognese
Sprinkled with 30g Low fat cheddar cheese (Healthy Extra A)

Snacks

1 x 2 Fingered kit kat (5.5 Syns)
1 x Mullerlight (Syn free)

DAY TWO:

Breakfast

Syn free overnight oats (Healthy extra B)

Mid Morning Snack

1 x Apple
1 x Tangerine

Lunch

Our delicious Syn free Butternut Squash soup

Dinner

Our delicious Syn free KFC fakeaway
with Syn Free Chips and a Side Salad

Dessert

1 Mullerlight yoghurt with chopped fresh fruit

Snacks

1 Alpen light Fudge and chocolate bar (3.5 Syns)

1 Options Hot chocolate made with Healthy extra milk allowance (2 Syns)

DAY THREE:**Breakfast**

2 Weetabix (Healthy Extra B)

Milk (Healthy Extra A)

Chopped strawberries

Mid Morning Snack

Chunks of melon

Lunch

2 Egg omelette

Spinach and cherry tomatoes

Dinner

Our delicious Low Syn Beef in Black bean sauce (1 Syn)

Served with rice

Snacks

1 Large chocolate snack a jack (3 Syns)

1 Freddo bar (5 Syns)

1 Banana

DAY FOUR:**Breakfast**

50g Kellogg's All-Bran Original (Healthy Extra B)

Milk (Healthy Extra A)

Topped with fresh raspberries

Mid Morning Snack

1 Apple sliced with fat free cottage cheese

Lunch

Lettuce, tomatoes, beetroot, fresh chicken

Dinner

Our delicious Syn free chicken tikka curry
Served with rice and green beans

Dessert

Sliced banana with banana Mullerlight yogurt

Snacks

2 Oreo biscuits (5 Syns)
Chunks of melon
1 Clementine

DAY FIVE:

Breakfast

2 Eggs scrambled
Smoked salmon
Spinach

Mid Morning Snack

Pineapple chunks

Lunch

1 Sandwich thin (Healthy Extra B)
Wafer thin sandwich chicken
Lettuce and Tomatoes
1 x Pack of Quavers 16g (4.5 Syns)

Dinner

Our delicious Syn free Carbonara (Healthy Extra A)

Dessert

Our delicious 2 Syn chocolate mug cake

Snacks

1 Apple
1 Alpen Light bar (3.5 Syns)

DAY SIX:

Breakfast

2 Weetabix (Healthy Extra B)
Mixed with Fat free greek style yogurt

Mixed with raspberries, strawberries and blueberries

Lunch

1 x Baked potato

1 Tin of tuna mixed with cherry tomatoes sliced, sweetcorn and 1/2 Tsp

Balsamic vinegar

Side salad

Dinner

Our delicious Cheeky Nandos Piri Piri Chicken

Served with rice and green beans

Snacks

Arla Lactofree chocolate flavoured dairy drink 250ml (Healthy Extra A)

1 x 2 Finger Kit Kat (5.5 Syns)

1 Banana

DAY SEVEN:

Breakfast

2 Slices of Nimble wholemeal bread toasted (Healthy Extra B)

2 Eggs fried in Frylight

3 Bacon medallions Fried in Frylight

2 Syn free Slimming World sausages

1 of our delicious Syn free Hash browns

1/2 Tin of baked beans

3 Mushrooms fried in Frylight

Lunch

Our delicious Syn free mint and pea soup

Dinner

1 Skinless chicken breast

Roast potatoes cooked in Frylight

Lots of Speed vegetables of your choice

2 of our delicious 1 Syn yorkshire puddings (1/2 Healthy Extra A) (2 Syns)

Our delicious Syn free Mushy pea gravy

Dessert

2 of our delicious 1 Syn pancakes topped with lemon juice and sweetener (1/2 Healthy Extra A) (2 Syns)

1 Freddo Bar (5 Syns)

Have you followed my plan? Have you lost weight? Please let me know below



