

## 7 DAY MEAL PLAN

[www.fatgirlskinny.net](http://www.fatgirlskinny.net)

### Day 1 – Comfort Food Kickstart

#### Breakfast:

Overnight oats with raspberries [Using Healthy Extra B]

See recipe [here](#)

#### Lunch:

Carrot and Coriander Soup [FREE, filling and warming!]

See recipe [here](#)

#### Dinner:

Best Ever Steak Pie with steamed veg [6.5 Syns]

See recipe [here](#)

#### Snack Ideas:

- Sliced apple with cinnamon [FREE]
- 2 Mini Babybel Cheeses [Healthy Extra A]
- 2 Finger Kit Kat [5.5 Syns]
- 1 Banana
- Cups of tea/coffee using your milk allowance [Healthy Extra A]

**TOTAL SYNS: 11.5**

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### Day 2 – Meat-Free Monday

#### Breakfast:

Scrambled eggs on wholemeal toast with grilled tomatoes [Healthy Extra B]

#### Lunch:

Baked Potato covered in baked beans and grated reduced fat cheddar cheese [Healthy Extra A]

**Dinner:**

Oven baked veggie cheesy pasta [Healthy Extra A]

See recipe [here](#)

**Snack Ideas:**

- Fat-free yoghurt with fresh berries
- Honey dew melon sliced
- 1 pack of quavers 16g [4.5 Syns]

**TOTAL SYNS: 4.5**

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## Day 3 – Syn Free Midweek Motivation

**Breakfast:**

2 Weetabix with milk with a sliced banana [Healthy Extra A and B]

**Lunch:**

Tuna salad with balsamic vinegar and boiled egg

[Mix together tinned tuna in spring water with lettuce, tomato, cucumber, celery and balsamic vinegar. Top with a sliced boiled egg or two]

**Dinner:** Spaghetti Bolognese with 5% lean beef mince served with pasta or spaghetti

See recipe [here](#)

**Snack Ideas:**

- Sliced apple with cottage cheese
- Red grapes
- Use your second Healthy Extra A on tea/coffee

**TOTAL SYNS: 0**

***Is it healthy to have a Syn free day occasionally?***

*Having a syn-free day occasionally can be a great way to reset your eating habits and refocus on the core principles of the Slimming World plan. It encourages you to make the most of Free Foods, which are filling and nutritious, helping you feel satisfied without relying on extra treats.*

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## Day 4 – Flavour Fiesta

### Breakfast:

Bacon, cheese and egg sarnie [Healthy Extra A and B]

Use wholemeal bread, bacon medallions with any fat removed and fry an egg in low calorie cooking spray. Melt cheese onto the bacon before serving.

### Lunch:

Carrot and Coriander Soup [Leftover from Monday]

See recipe [here](#)

### Dinner:

Chicken Tikka Masala served with boiled rice and Naan bread [3 Syns]

Tikka recipe [here](#)

Naan recipe [here](#)

### Snack Idea:

- Honey dew melon, raspberries and apple covered in fat free Greek style yoghurt
- Cadbury Freddo 18g [5 Syns]
- 2 Babybel Cheeses [Healthy Extra A]

**TOTAL SYNS: 8**

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## Day 5 – Fakeaway Friday

### Breakfast:

Mushroom, cheese and spinach omelette using 3 eggs [Healthy Extra A]

### Lunch:

Ham salad wrap sandwich using wholemeal bread [Healthy Extra B]

1 pack of quavers 16g [4.5 Syns]

### Dinner:

Crispy Chilli Beef, Chicken fried rice and homemade chips [2 Syns]

Crispy Chilli Beef recipe [here](#)

Chicken Fried Rice recipe [here](#)

Chips recipe [here](#)

**Snack Idea:**

- 1 Banana
- Peperami Mini Original [1.5 Syns]
- Hartley's 10 Cal jelly pot [0.5 syn]
- Use your second Healthy Extra A on tea/coffee

**TOTAL SYNS: 8.5 Syns**

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## Day 6 – Weekend Winner

**Breakfast:**

Full English: Bacon Medallions in the airfryder, 2 fried eggs cooked in Low calorie cooking spray, Slimming World sausages, baked beans, airfryer mushrooms, tomatoes, hash browns and wholemeal toast. [Healthy Extra B]

Hash Brown recipe [here](#)

**Lunch:**

Chicken Salad, throw together a delicious salad, top with grated cheese and mix together with 1 tbsp light than light mayo. [Healthy Extra A and 0.5 Syn]

**Dinner:**

Creamy Tuscan Chicken served with boiled rice [1 Syn]

Tuscan Chicken recipe [here](#)

**Snack Idea:**

- Melon and pineapple chunks
- 1 Banana
- Small glass of red wine 125ml [4.5 Syns]

**TOTAL SYNS: 6**

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## Day 7 – Slow and Simple Sunday

**Breakfast:** Porridge made with skimmed milk and topped with blueberries [Healthy Extra A]

**Lunch:**

Beans on Wholemeal toast topped with grated cheese [Healthy Extra A and B]

**Dinner:**

Classic roast dinner – Chicken, Roast potatoes, vegetables, yorkshire pudding, with lashings of gravy [1 Syn]

Airfry a whole chicken [See my tik tok for instructions [here](#)]

Roast Potato recipe [here](#)

Gravy recipe [here](#)

Yorkshire Pudding recipe [here](#)

**Snack Idea:**

- Sliced Apple
- 1 Banana
- Curly Wurly 14g [3 Syns]

**TOTAL SYNS: 4**