

Jon's Menu – Week 1 – Jan 4th – 10th 2010

Weight: 20st 4lbs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Weetabix x 2	Weetabix x 2	Weetabix x 2	Banana, Weetabix x 2	Weetabix x 2	Egg, Bacon, Beans, Mushrooms & Tomatoes	Weetabix x 2
Lunch	Tuna EL Mayo(1.5) Pasta & Beetroot 5 x Fruit	3% Cottage Cheese & Ham Salad & Beetroot with Jacket Potato, EL Salad Cream (2), 4 x Fruit	3% Cottage Cheese & Ham Salad & Beetroot with Boiled Egg, EL Salad Cream (2), 3 x Fruit	Savoury Rice, Chicken, Salad & Beetroot EL Salad Cream (2), Fruit x 5	Savoury Rice, Cottage Cheese and Tomatoes 2 x Fruit	Savoury Rice, Cottage Cheese 2 x Fruit	Stir Fry Chicken & Bean Sprouts Mange Tout, Peppers, Onions & Mushrooms, Noodles 2 x Fruit
Dinner	50% Less Fat (3) Sausage, Jackets Potato, Beans, Mushrooms & Onions	Quorn Spaghetti Bolognaise (Veg) & pasta	Garlic & Herb Philli (2) Chicken, Bacon, Mushrooms, Fry Light Chips, Sweetcorn & Peas	Egg, Beans, Tomatoes, Fry Light Cubed Potatoes	Stir Fry Chicken & Bean Sprouts Mange Tout, Peppers, Onions & Mushrooms, Noodles	Gammon, Fry Light Cubed Potatoes, Sweetcorn & Peas	Roast Chicken, Dry Roast Potatoes, Peas, Carrots, Swede, Sprouts & Gravy (1)
Snack	2 x Fruit	Beans & Boiled Egg, 1 x fruit	Boiled Egg, 1 x fruit	Boiled Egg, 2 x fruit	Muller Light Yogurt 2 x Fruit	Fruit Salad	Muller Light Yogurt
Treat	N/A	Kit Kat (5.5)	Kit Kat (5.5)	Kit Kat (5.5)	Curly Wurly (5.5)	Kit Kat (5.5)	Kit Kat (5.5)
Syns	4.5	7.5	9.5	7.5	5.5	5.5	6.5
Exercise	2 miles RM (20m)	2 miles RM (18:14m)	2 miles RM (17:14m)	Rest	2 mile DW	2 miles RM (16:16m)	Rest (Man Flu)

Jon's Menu – Week 2 – Jan 11th – 17th 2010

Weight: 19st 11lbs Loss: 7lbs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Weetabix x 2	Weetabix x 2	Weetabix x 2	Weetabix x 2	Weetabix x 2	2.4% Sausages, Beans, Tomatoes & Scrambled Egg	42g All Bran & Banana
Lunch	Cottage Cheese & Ham Salad & Beetroot with Boiled Egg, EL Salad Cream (2) , 3 x Fruit	Tuna EL Mayo (2) Pasta & salad & Beetroot 4 x Fruit	Savoury Rice, Cottage Cheese & Salad & Beetroot EL Salad Cream (2) 2 x Fruit	Savoury Rice, Cottage Cheese & Salad & Beetroot EL Salad Cream (1) 2 x Fruit	Savoury Rice, Ham, Cottage Cheese Salad & Beetroot, EL Salad Cream (1) , 5 x Fruit	42g All Bran & Banana	Egg, Bacon, Beans, Mushrooms & Tomatoes
Dinner	Roast Chicken, Dry Roast Potatoes, Peas, Carrots, Swede, Sprouts & Gravy (1)	Savoury Rice & Cottage Cheese	Garlic & Herb Philli (2) Chicken, Bacon, Mushrooms , Fry Light Chips, Sweetcorn & Peas	Syn Free Sausage, Baked Potato, Beans & Tomatoes	Egg, Bacon, Tomatoes & Beans with Fry Light Cubed Potatoes	SW Cottage Pie, Swede, Carrots & Peas	Roast Chicken, Dry Roast Potatoes, Peas, Carrots Swede, Broccoli, Cauli, Cabbage & Gravy (1)
Snack	2 x Fruit	Mushy Peas	Muller Light Yogurt	2 x Boiled Eggs	2 x Fruit	Melon, Mushy Peas	Melon
Treat	N/A	N/A	Kit Kat (3f)	Kit Kat	Curly Wurly	Curly Wurly	N/A
Syns	3	2	11.5	6.5	7	6	1
Exercise	2.5 miles RM (23:27)	Rest (WI)	2 miles RM (16:06)	4 mile Fast Walk (1hr)	2 miles RM (15:25)	Rest	Rest

Jon's Menu – Week 3 – Jan 18th – 24th 2010

Weight: 19st 7lbs Loss: 4lb

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	42g All Bran	42g All Bran	42g All Bran	42g All Bran	42g All Bran	42g All Bran & Banana	42g All Bran & Banana
Lunch	SW Cottage Pie, Swede, Carrots & Peas 3 x Fruit	Tuna EL Mayo (1) Jacket Potato, salad & Beetroot 3 x Fruit	Savoury Rice, 0% Cottage Cheese & Salad & Beetroot EL Salad Cream (1) 3 x Fruit	Lean Mince & Veg Pasta Bolognaise 3 x Fruit	Savoury Rice, 0% Cottage Cheese & Salad 2 x Fruit	2.4% Sausages, Beans & Scrambled Egg	Savoury Rice, 0% Cottage Cheese & Tomatoes
Dinner	Roast Chicken, Jacket potato, salad & Beetroot EL Salad Cream (3)	Scrambled Egg, Baked Beans & 2 pieces of WW Toast (Danish WM) (5)	Lean Mince & Veg Pasta Bolognaise	Lean Mince & Veg Pasta Bolognaise & Fry Light Garlic W/Meal Roll (6)	Garlic Chicken, Mushroom & Broccoli Quark Bake, Dry Roast Pots, Peas & carrots	Gammon & Egg, Fry Light Cubed Potatoes, Tomatoes, Sweetcorn & Peas	Poached Chicken stuffed with EL Baby Bell (2.5) & Tomatoes & Jacket potato & Big Salad EL Salad Cream (2)
Snack	N/A	N/A	Muller Light	N/A	Muller Light	2 x Fruit	2 x Fruit & Muller Light
Treat	Curly Wurly (6)	Kit Kat (5.5)	Kit Kat (5.5)	Kit Kat (5.5)	Curly Wurly (6)	Revels (8.5)	Curly Wurly (6)
Syns	9	11.5	6.5	11.5	6	8.5	10.5
Exercise	2 miles RM (15:11)	Rest (WI)	Rest (No Time)	5-A-Side Football (1hr)	Rest (Injured)	Rest (Injured)	2 miles RM (14:15)

Jon's Menu – Week 4 – Jan 25th – 31st 2010

Weight: 19st 5lbs Loss: 2lbs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	42g All Bran	28g All Bran	28g All Bran	28g All Bran	2 x Weetabix	2 x Weetabix	2 x Weetabix
Lunch	Jacket Potato & Beans with Ham 6 x Fruit	Tuna & 3% Cottage Cheese & Carrot Pasta Salad & Beetroot EL Salad Cream (2.5) 3 x Fruit	Savoury Rice & Baked Beans 1 x Fruit	Baked Beans, Boiled Eggs & Ham 3 x Fruit	Tuna Pasta & Salad & Beetroot EL Salad Cream (2) 1 x Fruit	Syn Free Sausages, Beans & Scrambled Egg	2 x Field Mushrooms, & Tomatoes
Dinner	SW Syn Free Burgers, Fry Light Chips Big salad EL Salad Cream (2)	(WI) Baked Beans, 2 x Syn Free Sausage & Cottage Cheese	Chicken stuffed with EL Baby Bell (2.5), Bacon, Mushrooms, Tomatoes Swede & Carrot & Peas	Cabbage, Peas & Carrots with 2 x Cod in butter Sauce (3)	King Prawn Stir Fry with Bean Sprouts, Peppers, Onions, Cabbage, Courgette & Carrot	Roast Chicken, Baby potatoes, 1% Cottage Cheese, salad & Beetroot EL Salad Cream (2)	Beef Casserole (2), Fry Light Roast Pots Broccoli, Carrots, Cabbage Swede, Peas
Snack	Fruit Salad	N/A	Muller Light	N/A	N/A	Grapes	Pineapple & Melon
Treat	Curly Wurly (6)	N/A	N/A	N/A	N/A	N/A	N/A
Syns	8	2.5	2.5	3	2	2	2
Exercise	Rest (No Time)	Rest (WI)	2 miles RM (15:25)	5-A-Side Football (1hr)	2 miles RM (16:06)	4 Mile Fast Walk (1hr)	Rest (WI)

Jon's Menu – Week 5 – Feb 1st – 7th 2010

Weight: 18st 13 lbs Loss: 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Weetabix x 2	Weetabix x 2	28g All Bran	Weetabix x 2	Weetabix x 2	Weetabix x 2	42g All Bran
Lunch	SW Quiche (2) & Beans 3 x Fruit	Roast Chicken & Salad EL Salad Cream (2) 3 x Fruit	SW Quiche (1) & Salad EL Salad Cream (1) 3 x Fruit	SW Quiche (1) & Salad EL Salad Cream (1)	Mushy Peas 3 x Fruit	SW Quiche (2)	Scrambled Egg, Bacon, Mushrooms, Tomatoes
Dinner	Roast Chicken, Sprouts, Carrots Swede, Broccoli, Cauli, Cabbage & Gravy (1)	Beef Casserole (2) Cabbage	Cod, Fry Light Chips & Mushy Peas	Portobello Mushrooms, Tomatoes and Savoury Rice	Gammon, Egg, Syn Free Chips, Sweetcorn & Peas	Roast Chicken, Baby potatoes, salad & Beetroot EL Salad Cream (2)	Stir Fry Chicken (6) & Bean Sprouts Mange Tout, Peppers, Onions & Mushrooms, Noodles
Snack	Pineapple & melon	Pineapple & melon	N/A	Pineapple & melon	Pineapple & melon	N/A	Pineapple & melon
Treat				Small Maltesers (4.5)			Revels (8.5)
Syns	3	4	3	6.5	-	4	14.5
Exercise				5-A-Side Football (1hr)			

Jon's Menu – Week 6 – Feb 8th – 14th 2010

Weight: 18st 10.5 lbs Loss: 2.5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Weetabix x 2	Weetabix x 2	Weetabix x 2	Weetabix x 2	Weetabix x 2	Weetabix x 2	Weetabix x 2
Lunch	Cottage Cheese, Roast Chicken & Salad EL Salad Cream (2) 3 x Fruit	Cottage Cheese, Ham & Egg & Salad EL Salad Cream (2) 3 x Fruit	Cottage Cheese, Tuna & Salad EL Salad Cream (2) 2 x Fruit	Cottage Cheese, Roast Chicken & Salad EL Salad Cream (2) 3 x Fruit	Ravioli (2) & Salad 4 x Fruit	Chicken & Savoury Rice 3 x Fruit	King Prawn Stir Fry & Noodles
Dinner	Mixed Bean Chilli & Rice	Stir Fry Chicken (5) & Bean Sprouts Mange Tout, Peppers, Onions & Mushrooms, Noodles	Chicken & Spinach/Onion Curry (1) & Rice	Chicken & Spinach/Onion Curry (1) & Rice	Bacon, Egg, Syn Free Chips, Sweetcorn, Mushrooms & Peas	King Prawn Stir Fry & Noodles	Roast Chicken, Dry Roast Potatoes, Carrots Swede, Broccoli, Cauli, Cabbage & Gravy (1)
Snack	Pineapple & melon	Pineapple & melon	N/A	Mushy Peas	Pineapple & melon	Pineapple & melon	Fruit Salad
Treat	N/A	N/A	Hi Life Bar (6)	N/A	Curly Wurly (6)	N/A	N/A
Syns	2	7	9	3	8	-	1
Exercise				5-A-Side Football (1hr)			

Jon's Menu – Week 7 – Feb 15th – 21st 2010

Weight: 18st 8 lbs Loss: 2.5 lbs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Weetabix x 2	Weetabix x 2	42g All Bran	Weetabix x 2	Weetabix x 2	Weetabix x 2	42g All Bran
Lunch	Savoury Rice, 0% Cottage Cheese & Salad 2 x Fruit	Roast Pork & Salad EL Salad Cream (2) 3 x Fruit	Roast Pork & Salad EL Salad Cream (2) 3 x Fruit	BBQ Chicken, Cottage Cheese EL Salad Cream (2) & Salad 2 x Fruit	Savoury Rice with BBQ Chicken, 0% Cottage Cheese, Tomatoes 2 x Fruit	Smoked Salmon, Scrambled Egg, Bacon & Tomatoes	Pineapple & Cottage Cheese & Ham EL Salad Cream (1) & Salad 3 x Fruit
Dinner	Roast Chicken, Dry Roast Potatoes, Carrots Swede, & Peas & Gravy (2)	Savoury Rice with 0% Cottage Cheese, Tomatoes	SW Lasagne & Salad EL Salad Cream (2)	Bacon Chop, Egg, Syn Free Chips, Sweetcorn & Peas, Mushrooms, Tomatoes	SW Lasagne & Salad EL Salad Cream (2)	Gammon, Egg, Syn Free Chips, Sweetcorn & Peas, Mushrooms, Tomatoes	Cabbage, Peas & Carrots with 2 x Cod in butter Sauce (3)
Snack	Activia FF Yoghurt & Mug Shot	Pineapple & melon & Mushy Peas	Activia FF Yoghurt	Activia FF Yoghurt	Pineapple & melon	SW Lemon Quark C/Cake (2)	Activia FF Yoghurt
Treat	N/A	-	-	-	Small Maltesers (4.5)	Small Maltesers (4.5)	-
Syns	2	2	4	2	6.5	6.5	4
Exercise		WI	4 mile walk (2hrs)	5-A-Side Football (1hr)		Birthday	2 miles RM (14:22)