








Week Beginning	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MILK/FRUIT/FAT ALLOWANCES	200 CALS	200 CALS	200 CALS	200 CALS	200 CALS	200 CALS	200 CALS
WATER							
BREAKFAST 200 CALS	One half ounces of porridge topped with Weight Watchers fromage frai or yoghurt	1 thick slice granary bread toasted topped with 5 oz baked beans and cherry tomatoes. * For a different flavour why not add a pinch of curry powder to your baked beans.	1oz/28g porridge made up as directed and one slice of wholemeal toast spread with Laughing Cheese or tspn jam.	A thick slice granary bread toasted, served with poached /boiled or scrambled egg	1 weetabix served with milk from allowance and half a banana + 1 medium slice granary toast topped with remaining half of banana.	3 grilled bacon medallions, served with 1 poached egg, grilled tomatoes, Slimtone garlic mushrooms and 1 thin slice of toast	1 oz/28g favourite breakfast cereals with milk from allowance - a thick slice of granary toast and jam
LIGHT MEAL 300 CALS	Bake an 8oz/225g potato for 8 mins in micro fill with Philly cheese and 2ozs/56g Smoked Salmon or Wafer thin ham	Bacon and Egg Jacket potato (See recipe)Have you tried roasting sweet potato?Their really tasty and low GI	Toast a thick slice of granary bread, top with small tin of baked beans and 1oz/28g low fat cheddar cheese.Pop under grill and bubbling	1 low fat beefburger in wholemeal bap with poached onions, served with salad or stir-fry	Corned Beef and onion toastie served with grilled or canned tomatoes	Make up a Spanish omelette by dry-frying 1 chopped red pepper with a few sliced spring onions. Add 4 boiled sliced potatoes, a little chopped coriander and 2 beaten eggs. Cook until set.	3 ozs Lamb, beef or chicken. 1 frozen Ind Yorkshire Pudding. 5 ozs Potatoes, boiled. Free vegetables. ¼ pt Slimtone Gravy. Sugar Free Jelly + 1 tspn Aerosol cream
MAIN MEAL 300 CALS	Corned beef gravy (see recipe) mash 5 ozs140g potatoes with swede and serve with lots of 'free' veg(save vegetables from Sunday).	2 low fat grilled sausages, portion of colcannon (see recipe). Serve with free veg and portion of Slimtone onion gravy	Slimtone Shepherds Pie with lots of free vegetables (see recipe) or All day cooked breakfast with 5ozs Slimtone fried pots..	Chop 3ozs/84g corned beef into a portion of colacannon. Shape into rissoles and dry fry until crispy and brown.Serve with green beans and carrots.	1 cooked Salmon Steak, 5ozs/140g new potatoes, lots of green salad and a tblspn of low fat mayo.(Salmon is delicious cooked in zip'n'steam micro bags)	Chicken Curry in a Hurry(see recipe) served with 6ozs cooked rice and Stir fried vegetables (Bean sprouts are really tasty in this recipe.	Spread bread wrap with mayo, fill with wafer thin ham and lots of salad or stir fried veg. Season with sweet chilli sauce and enjoy.
SNACKS OR PERKS 250 CALS	Two toasted crumpets with jam, honey or marmalade	1 bread wrap filled with wafer thin ham or chicken drizzled with sweet chilli sauce and seved with lots of salad.	Portion of Slimtone soup with 3 oz french bread + low fat yoghurt	2 small slices currant loaf toasted, spread with reduced sugar jam	Split 1 white soft roll and sandwich together with 1 pkt of low-fat crisps	Two glasses of wine and one packet of low fat crisps	6 oz stewed apple served with small pot of Ambrosia light custard or rice pudding

When preparing your meals, remember to weigh the ingredients very carefully.

REMEMBER THE SLIMTONE MOTTO

Failing to Plan Is Planning to Fail!