**Food Diary**

Day one - Breakfast - 2 Weetabix with 250ml semi skimmed milk Lunch - Baked Potato with Tin of Baked Beans - Dinner - Extra Easy Meal of Meatballs and Spaghetti (meatballs made with extra lean mince)

Evening Snack - Cereal Bar 6.5 syns

Snacks through the day - 2 bananas, 4 Pears and some melon.

Day two

Breakfast - 2 Weetabix and 250 ml s.s. milk

Lunch - Slimming world chips

Dinner - sweet and sour chicken (ee recipe) with rice

Evening Snack - cereal bar - 6.5 syns

Snack through day - 2 bananas, 4 pears a plum and tangerine

Day three

Breakfast - 2 weetabix and 250ml ss milk

Lunch - tin of baked beans

Dinners - shepherds pie (ee recipe) and peas

Evening snack - cereal bar - 6.5 syns

Snack through day - 5 bananas, 2 pieces of melon

Day Four

Breakfast - 2 Weetabix made with hot water

Lunch - a syn free mug shot and 3 triangle cheese (he)

Dinner - Steak and syn free chips (got an actifry - gorgeous) and cabbage

Evening snack - cereal bar - 6.5 syns

Snacks through day - 1 satsuma, 1 plum, 1 banana and grapes

Day Five

Breakfast- 2 Weetabix and 250 ss milk

Lunch - 3 bananas and syn free mug shot

Dinner - left over shep pie and cabbage

Syns - 2 cereal bars - 9 syns

Day Six

Breakfast - 2 Weetabix and 250ml ss milk

Lunch - 2 banans and syn free mug shot

Dinner - Beef Stew (syn free recipe)

Snacks - 4 x Cereal bars - 16 syns

Day Seven

Breakfast - 2 Weetabix and 250ml ss milk

Lunch - Syn Free Chips and TIn of baked beans

Dinner - Beef Stew again

Evening snack - 2 x cereal bars - 8.5 syns

Snacks - 3 bananas and 2 pears

Total syns for week 59.5

Weight loss/gain PLUS one pound

Exercise - my job (busy) and half hour walking dog each night