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7 Day Meal Plan

MERRY CHRISTMAS

MONDAY

BREAKFAST
Blackberry & Blueberry Ginger Yogurt Pots
FREE FOOD SERVES 4
Simmer 300g blueberries, 300g blackberries, 2 tsp ground ginger, 1cm chopped fresh ginger & 2 tsp water for 10 mins & allow to cool. Toast 120g oats ina pan for about 4-5 mins & leave to cool. Divide 500mls low fat natural yogurt, berries & oats between 4 glasses.

LUNCH
Sweet Potato & Apple Soup
1.5 BITES PER SERVING
SERVES 4
Dice 800g peeled sweet potatoes. Chop 2 sticks celery & 2 spring onions. Peel & slice 3 eating apples. Add to a saucepan with 1.2L veg stock, 1 tsp cumin & 2cm sliced ginger. Season, bring to boil & simmer for 20 mins until potatoes are tender. Blend & finish with a swirl of low fat yogurt, a sprinkle of chopped parsley & 65g wholegrain roll.

DINNER
Pork Meatball Spaghetti
1.5 BITES PER SERVING
SERVES 4
Sauté 1 chopped onion, 1 chopped celery stick & 2 chopped garlic cloves with low cal spray oil. Add 2 tbsp tomato puree, 2x400g tins chopped tomatoes, 100ml red wine & 100ml chicken stock. Bring to boil & simmer for an hour. Mix 450g extra lean minced pork, 1 tbsp fresh basil, 1 tsp ground cinnamon with cooked onion & garlic in a bowl. Roll into 16 meatballs & bake at 180c until cooked through. Stir into the sauce & serve with ¼ plate whole-wheat spaghetti. Sprinkle each plate with a tbsp parmesan cheese & scatter with fresh basil.

TUESDAY

BREAKFAST
Porridge & Peanut Butter
0.5 BITES PER SERVING
SERVES 1
Make up to 60g porridge using skimmed milk. Stir in 1 tsp of no added sugar peanut butter & top with blueberries.

LUNCH
Salad Nicoise Pitta Pockets
1 BITES PER SERVING
SERVES 2
Boil 30g fine green beans for 4 mins until tender. Drain & rinse under cold water. Boil an egg & when cool, peel & slice. Mash a small tin of tuna in spring water with 1 tbsp lighter than light mayo & 2 chopped spring onions. Season with black pepper. Pack 2 wholemeal pittas with tuna mayo, beans, egg, 6 pitted olives, 30g of crumbled feta cheese, sliced tomato & some salad leaves.

DINNER
Cajun Chicken Burger
1 BITE PER SERVING
SERVES 4
Line a baking tray with foil. Mix 2 tsp olive oil & 2 tbsp cajun seasoning. Spread over 4 flattened chicken fillets. Grill for ten minutes turning halfway through. Top each with 30g reduced fat cheddar cheese & grill until cheese melts. Serve on a 65g wholegrain roll with lettuce, tomato & sliced avocado with a spoonful of Unislim Coleslaw.

Don't forget your 2 snacks a day!
Visit unislim.com for tasty snack ideas

WEDNESDAY

BREAKFAST
Vegan Rainbow Toast
1 BITE PER SERVING
SERVES 1
Mix a grated carrot, beetroot & apple into a bowl with some lemon juice. Spread 2 x 30g slices wholemeal toast with 50g low fat hummus. Sprinkle rainbow mix on top & serve.

LUNCH
Spicy Burrito
0.5 BITES PER SERVING
SERVES 1
Whisk an egg with 1 tsp chipolata paste & season. Spray a large pan with low cal oil & sauté 50g kale & 7 halved cherry tomatoes. When cooked, push to the side of the pan. Pour the beaten egg into the empty side of the pan & scramble. Layer in the centre of a wholemeal wrap & top with ½ a sliced avocado. Roll up to serve.

DINNER
Herby Fish Cakes
1 BITE PER SERVING
SERVES 4
Mix 200g mashed potato, 2 tbsp chopped parsley, 100g sweetcorn & 1 tin drained salmon in to form 8 patties. Cool in fridge for 20 mins. Dip each patty into a beaten egg & then 60g wholemeal breadcrumbs. Grill until golden brown & serve with 100g Gorge Us Rustic Cut chips & fresh or frozen peas.

THURSDAY

BREAKFAST
Eggs & Avocado Toast
FREE FOOD SERVES 1
Slice half an avocado & divide between 2 x 30g slices of wholemeal toast. Top each with a poached egg, some freshly chopped parsley & serve with grilled tomatoes.

LUNCH
Hawaiian Pizza
1 BITE PER SERVING
SERVES 1
Top one wholewheat tortilla with 1 tbsp tomato puree, 30g low fat mozzarella, 1 sliced tomato, 1 grated garlic clove, 1 sliced pineapple ring & 1 slice cooked ham, torn. Sprinkle with oregano & grill for a few mins until cheese melts. Serve with a leafy salad.

DINNER
Spicy Bean & Vegetable Stew
0.5 BITES PER SERVING
SERVES 4
Spray a large pan with low cal oil & fry a diced aubergine for 3 mins. Add 2 sliced onions, fry for 2 mins then add a diced yellow pepper, a diced red pepper & 300g diced sweet potato. Stir fry for 4 more mins. Mix 1 tsp ground coriander, ½ -1 tsp hot chilli powder & ½ tsp smoked paprika. Sprinkle over the veg & cook for a minute stirring constantly. Add 400g can chopped tomatoes, a 400g can cannellini beans and 600ml water. Season & simmer for 10 mins. Add 1 large sliced courgette & simmer for another 10 mins. Mix 2 tsp cornflour with 2 tsp water to make a thin paste & stir in. Cook for 5 more mins until the sweet potato is tender. Remove from heat & stir in the juice of ½ a lime. Serve with 1 tbsp half fat crème fraiche & scattered with coriander leaves. Add lime wedges for squeezing.

FRIDAY

BREAKFAST
Homemade Birsher Muesli
1 BITE PER SERVING
SERVES 1
Mix 120g jumbo porridge oats with 2 tbsp unsweetened apple juice & 125ml natural/vanilla low fat yogurt. Leave overnight or for at least an hour. Divide between 2 bowls & top with sliced apple, 1 tsp chopped almonds, 10g dried cranberries & 1 tbsp yogurt.

LUNCH
Prawn, Avocado & Rice Salad
0.5 BITES PER SERVING
SERVES 2
Cook 120g brown basmati rice as per packet instructions & cool. Combine the rice, 300g cooked prawns, 1 large diced avocado, 2 chopped spring onions, 8 cherry tomatoes & 2 handfuls of chopped coriander. Mix the juice of a lime & 2 tsp honey & mix into the salad just before serving.

DINNER
Beef & Prune Casserole
FREE FOOD SERVES 4
Spray a casserole dish with low cal oil & fry a large thinly sliced onion, 2 chopped celery sticks, 2 sliced carrots, 2 crushed garlic cloves & 2.5 cm piece of ginger for 5 mins. Add 500g cubed lean braising steak & 1 tsp ground cumin. Cook until the meat is browned. Add 1 tsp tomato puree, 100ml red wine, 1 tbsp red wine vinegar, 200mls beef stock, 1 bay leaf & a few sprigs of thyme. Bring to boil, remove from the heat. Add 6 ready to eat prunes, cover with a lid & bake at 170c for 1 ½ hours. Add 500g potatoes in chunks & enough stock to cover beef & vegetables. Return to oven for 45mins until cooked. Discard herbs & season. Garnish with chopped parsley before serving with cabbage or sprouts.

SATURDAY

BREAKFAST
Green Super Smoothie
1 BITE PER SERVING
SERVES 2
Blend 125g kale, no stems, 2 small chopped pears, 1 pitted Medjool date, 1cm piece peeled ginger, 2 tbsp flaxseeds, 1 tsp turmeric powder (optional) & 40ml water. Serve between 2 glasses & follow with a boiled egg & a 30g slice wholemeal toast.

LUNCH
Spicy Beef Wrap
FREE FOOD SERVES 4
Cut 300g lean steak into strips & mix with 1 tsp cumin, 1 tsp mild chilli pepper & 2 chopped garlic cloves. Spray a pan with low cal oil & fry steak for 2 mins. Remove & leave to rest. Fry 1 sliced yellow pepper, 1 green pepper & a sliced red onion until soft. Drain 400g tin black / kidney beans & add to pan with beef. Warm through & divide between 4 warmed wholemeal wraps. Sprinkle with red onion & chopped coriander.

DINNER
Asparagus & Tomato Pasta
1 BITE PER SERVING
SERVES 4
Sauté 2 peeled, sliced garlic cloves in a pan with low cal oil until soft. Add a small bunch of chopped basil stalks (save the leaves) & 2 x 400g tins plum tomatoes. Bring to boil, season & simmer for 5 mins. Finely slice a bunch of asparagus (remove woody ends) & add to tomato pan for a minute before removing from heat. Stir in basil leaves. Cook 120g tagliatelle according to pack instructions. Drain & toss pasta in sauce. Divide between four plates & sprinkle each with 15g parmesan cheese before serving. (Serve as a vegetarian option or add cooked chicken or prawns if you wish).

SUNDAY

BREAKFAST
Cinnamon Weetabix & Banana
FREE FOOD SERVES 1
Top 2 Weetabix with skimmed milk & a sliced banana sprinkled with 1 tsp of cinnamon.

LUNCH
Paprika Chicken Bagel
FREE FOOD SERVES 1
Lay a chicken fillet between 2 sheets of cling film & bash with a rolling pin until about 1cm thick. Squeeze lemon juice over chicken & dust with paprika. Spray a griddle pan with low cal oil & fry chicken each side until cooked through. Cut into slices. Mix 2 tbsp lighter than light mayo with a crushed garlic clove & spread on a toasted bagel. Top with lettuce, tomato slices & sliced chicken. Serve with 1 tbsp Unislim coleslaw.

DINNER
Curried Pan Fried Cod
1 BITE PER SERVING
SERVES 2
Sprinkle 3 tbsp mild curry powder, a pinch of salt & pepper over a chopping board. Cover 2 chunky cod fillets in the seasoning. Heat 4 tsp olive oil in a pan & lay the fillets skin side down. Spoon oil over them while cooking to crisp. Fry until cooked through. Serve on 60g (uncooked weight) basmati rice, 1 tbsp low fat natural yogurt & a sprinkle of coriander leaves. Add steamed green veg on the side.