

7 Day Meal Plan

NAME..... DAILY BITES.....

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK

SNACK

BITES

Bites Earned Free Oil

DATE: / /

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MONDAY

BREAKFAST

Breakfast Grill

FREE FOOD

SERVES 1

Dry fry or poach 2 eggs and serve with 2 grilled bacon medallions, sugar free beans, grilled mushrooms and tomatoes and 2x30g slices of wholemeal toast.

LUNCH

Pesto, Cannellini Beans & Tuna Jackets

1.5 BITES PER SERVING

SERVES 2
Bake 2x200g sweet potatoes until really soft. Mix ½ x 400g can cannellini beans with 2tbsp reduced fat pesto, 30g light cream cheese, 100g can tuna in water, drained, ½ finely chopped red onion and the zest of a lemon. Split the potatoes and stuff with the filling. Sprinkle with chopped basil before serving.

DINNER

Sizzling Beef in Black Bean Sauce

FREE FOOD

SERVES 2
In a bowl, mix 1 diced red pepper, a finely sliced thumb sized piece of root ginger, a handful of green beans, 2 crushed garlic cloves, ½ finely sliced red chilli, 2 sliced spring onions, sliced stalks of ½ bunch coriander (keep the leaves for later) and 200g lean beef cut into thin slices. Spray a wok with low cal oil and when very hot add the vegetables and beef. Stir fry for 3-4 minutes, moving constantly so it doesn't burn. Add 2tbsp black bean sauce, 1tbsp soy sauce and the juice of a lime. Keep stirring until the beef is cooked through, then serve immediately, garnished with coriander leaves and lime wedges, with ¼ plate noodles or basmati rice.

TUESDAY

BREAKFAST

Scrambled Eggs on Toast

FREE FOOD

SERVES 1

Scramble 2 eggs with skimmed milk and pile onto 2x30g slices wholemeal toast. Top with chopped flat leaf parsley and serve with grilled tomatoes.

LUNCH

Cheesy Beans on Toast

FREE FOOD

SERVES 1

Warm a tin of reduced sugar beans and serve with 2x30g slices of wholemeal toast. Top with 30g grated reduced fat cheddar.

DINNER

Peri Peri Chicken

0.5 BITES PER SERVING

SERVES 4

Mix 2 tbsp hot, chilli sauce, zest and juice of a lemon and 3 minced garlic cloves in a bowl. Add 4 chicken breasts and stir until they are coated. Lightly spray a griddle pan with oil and cook the chicken over a medium heat until browned and cooked through. Serve immediately with a baked potato and vegetables of your choice.

WEDNESDAY

BREAKFAST

Breakfast Bruschetta

0.5 BITES PER SERVING

SERVES 1

Peel and slice ½ banana. Put in a bowl with 80g blueberries and 50g quark. Mix well. Toast 2x30g slices of wheaten or wholegrain bread. Spread with the blueberry mix and drizzle with 1 tsp of honey.

LUNCH

Parma Ham & Veggie Omelette

1 BITE PER SERVING

SERVES 1

Spritz a pan with low cal oil & set over a medium heat. Cook 2 slices of Parma ham for 1-2 minutes each side until crispy. Make an omelette using 2 eggs, 30g reduced fat cheddar cheese, chopped parsley, a handful of sliced mushrooms & some sliced red and yellow peppers. Serve the omelette with the Parma ham crumbled on top and a 60g wholemeal crusty roll.

DINNER

Aubergine, Tomato & Parmesan Bake

1.5 BITES PER SERVING

SERVES 4

Spray a pan with low cal oil and cook 2 crushed garlic cloves for 3 mins. Tip in a tin of tomatoes, simmer for 8 minutes and add 2tbsp tomato puree. Meantime, cut 2 aubergines into long thick slices and brush with a little oil. Heat a griddle pan until very hot, then cook the aubergine slices in batches until browned & a little charred. Lay some of the aubergine in an oven proof dish and top with some of the sauce. Sprinkle with 30g grated parmesan & some chopped basil. Repeat these layers finishing with a layer of cheese. (Use 90g cheese in total) Bake in the oven for 20 mins and serve with a leafy salad and a 65g seeded brown roll.

THURSDAY

BREAKFAST

Fruity Weetabix

FREE FOOD

SERVES 1

Top 2 Weetabix with skimmed milk or low-fat yogurt, a handful of mixed berries and a sliced kiwi.

LUNCH

Spicy Chicken Wraps

0.5 BITES PER SERVING

SERVES 2

Thinly slice 2 chicken breasts and mix with a squeeze of lime juice, ½ tsp chilli powder, ½ a sliced red onion and a chopped garlic clove. Heat a non-stick pan, spray with low cal oil, add all the ingredients and fry until the chicken is cooked through. Add 2 chopped roasted peppers (from a jar) and warm them through. Divide the chicken mix between 2 warmed wholemeal wraps, top with 30g grated low fat cheese, a dollop of low-fat natural yogurt and some chopped coriander. Roll up, slice in half and serve.

DINNER

Goats Cheese & Spinach Pasta

1.5 BITES PER SERVING

SERVES 4

Cook 240g, dried weight, fusilli as per packet instructions. Drain and cover to keep warm. Meanwhile, spray a pan with low cal oil. Add 2 finely chopped garlic cloves and a deseeded and finely chopped red chili. Cook for 1 minute and add 130g baby spinach. Cook for a few minutes until the spinach wilts. Add this mix to the pasta, tossing to coat well, and cook for 2 minutes. Stir in a large handful of chopped basil leaves. To serve, divide the pasta between 4 bowls and crumble 30g of goats' cheese on each.

FRIDAY

BREAKFAST

Wake Up Smoothie

0.5 BITE PER SERVING

SERVES 2

Combine 150ml unsweetened orange juice, 150g frozen berries, a ripe banana, 100ml low fat natural yogurt and 2 tps. of honey in a blender. Whizz for a minute until creamy. Serve immediately. Follow with a boiled egg & a slice of whole meal toast.

LUNCH

Stuffed Moroccan Pitta

2 BITES PER SERVING

SERVES 2

Toast 2 wholemeal pittas and spread the insides with 50g low fat hummus. Layer with 4, halved falafels, ½ a sliced red pepper and a handful of rocket leaves. Serve with a cup of Unislīm soup.

DINNER

Pork & Apple Burgers with Chips

1.5 BITES PER SERVING

SERVES 4

Mix 500g pork mince with a grated eating apple and season. Shape into 4 burgers and chill for 30 minutes before frying on a non-stick pan. Place in a 60g brown burger bap and top with rocket, cucumber and sliced red onion. Serve with 100g Unislīm Gorge Us rustic cut chips.

SATURDAY

BREAKFAST

Poached Eggs & Relish

FREE FOOD

SERVES 1

Spread 2x30g slices wholemeal toast with 1 tbsp no added sugar tomato relish. Slice a large tomato and layer onto the

LUNCH

Leek & Potato Soup

1 BITE PER SERVING

SERVES 4

Melt 2 tsp low fat spread in a saucepan and add 1 large washed and sliced leek and a handful of fresh thyme sprigs. Cook for 5 minutes until soft. Stir in 400g floury potatoes, chopped into small chunks and season with salt and pepper. Pour in 800ml chicken or vegetable stock and simmer until the potatoes are soft. Stir in 90ml reduced fat Crème Fraiche and cook for another 2 mins. Remove from the heat and blitz until smooth. Ladle into bowls and scatter with chopped flat leaf parsley.

DINNER

Sea bass with Spinach, Tomatoes & Butterbeans

FREE FOOD

SERVES 1

Spray a non-stick pan with low cal oil and heat. Season a sea bass fillet and sear it, skin side down, cooking for 3 minutes until crisp. Turn the fish over, push to one side and cook for a couple more minutes. Add 5 halved cherry tomatoes, 1 crushed garlic clove, 125g baby spinach leaves and a 200g can drained butter beans. Cook for a couple of minutes to wilt the spinach. Remove the fish, check the beans are warmed through and serve as a carb free meal or add a ¼ plate baby boiled potatoes.

SUNDAY

BREAKFAST

Porridge with Apple Compote & Chia Seeds

1 BITE PER SERVING

SERVES 1

Stew an apple with a little water. Add a tsp of honey and a sprinkle of cinnamon. Make up to 60g porridge with skimmed milk. Stir in half the apple compote and top with the rest. Sprinkle with a tsp of chia seeds.

LUNCH

Ham & Cheese Toasty

1 BITE PER SERVING

SERVES 1

Spread 2x30g slices of whole meal bread with a little mustard. Pile one slice with lean ham slices and 30g reduced fat cheddar cheese & top with the 2nd slice. Toast under a hot grill until the cheese is melted. Serve with Unislīm coleslaw and a bowl of Unislīm soup.

DINNER

Honey Chilli Chicken

1 BITE PER SERVING

SERVES 4

Preheat the oven to 180c/160c/gas 4 and spray a baking dish with low cal oil. Mix 2 tbsp runny honey, a pinch of dried chilli flakes, 2 crumbled chicken stock cubes, 3 tbsp soy sauce and 1 ½ tsp garlic granules in a bowl. Place 600g skinless chicken thigh fillets in the dish and spread the mixture all over. Bake in the oven for 25-30 minutes and serve with a 200g baked potato, steamed broccoli and green beans.

Don't forget your 2 snacks a day!

Visit unislīm.com for tasty snack ideas