

7 Day Meal Plan



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

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK

SNACK

BITES

Bites Earned Free Oil

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK

SNACK

BITES

Bites Earned Free Oil

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK

SNACK

BITES

Bites Earned Free Oil

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK

SNACK

BITES

Bites Earned Free Oil

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK

SNACK

BITES

Bites Earned Free Oil

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK

SNACK

BITES

Bites Earned Free Oil

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK

SNACK

BITES

Bites Earned Free Oil



MONDAY

BREAKFAST

Fruity French Toast
FREE FOOD
SERVES 1

Whisk 1 egg with a dash of skimmed milk, 1 tsp vanilla essence and ½ tsp of cinnamon in a shallow dish. Dip 1x30g slice of wholemeal bread in the mixture for about 10 seconds to soak up the egg. Repeat with a second slice of bread.

LUNCH

Tuna Pitta Pocket
FREE FOOD
SERVES 1

Mix a tin of tuna in brine with a squeeze of lighter than light mayo, a spoonful of sweetcorn and some sliced scallions. Fill a toasted wholemeal pitta with the mixture and serve with a bowl of Unislim soup.

DINNER

Nutty Chicken Satay Strips
1.5 BITES PER SERVING
SERVES 2

Heat the oven to 200c/180c/gas 4 and line a baking tray with non-stick paper. Mix 2tbsp no added sugar chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 2 tsp lime juice in a bowl. Add a dash of boiling water, if necessary, to get a coating consistency. Cut 2 chicken fillets into strips and add to the mix. Stir well to coat the chicken, then arrange on the baking sheet, spaced apart, and bake for 8-10 minutes until cooked, but still juicy. Eat warm with a ¼ plate of couscous and steamed green vegetables.

TUESDAY

BREAKFAST

Cinnamon & Honey Porridge with Prunes
0.5 BITES PER SERVING
SERVES 1

Make up to 60g porridge with skimmed milk. Top with 5 chopped prunes & drizzle with 1tsp honey & 1 tsp cinnamon.

LUNCH

Fruity Curried Chicken Salad
1 BITE PER SERVING
SERVES 2

In a large bowl mix 2 tbsp 0% Greek yogurt, 1 tsp mild curry powder, 1 tbsp fresh lemon juice and a good pinch of sea salt and black pepper. Add 1 celery stick, thinly sliced, 6 raw broccoli florets, 1 red apple, cored and cut into ½ inch pieces, 15 red seedless grapes, halved and 15g walnuts, halved. Toss to coat with the dressing. Cover and keep in the fridge until ready to serve (up to 12 hrs) Cover 2 plates or shallow bowls with some gem lettuce leaves. Divide the salad between the two and top with sliced cooked chicken.

DINNER

Mediterranean Pork Casserole
1 BITE PER SERVING
SERVES 4

Mediterranean Pork Casserole: Serves 4 1 Bite per serving
Cube 450g lean pork fillet and put in a casserole dish with 1, chopped, medium onion, 16 dried apricots, 6 stoned prunes, 2 whole cloves, 1 tsp ground cinnamon & some salt & pepper. Pour over 150ml dry white wine and enough chicken stock to barely cover. Sieve 1tbsp plain flour over the casserole and cook at 150c/gas 2 for 1 hour, stirring halfway through. Check the seasoning before serving with a 200g baked potato and lots of green veg.

WEDNESDAY

BREAKFAST

Bran Flakes & Apple
1 BITE PER SERVING
SERVES 1

Serve 60g Bran flakes with skimmed milk and ½ a grated apple.

LUNCH

Sardines & Sourdough
FREE FOOD
SERVES 1

Drain a can of sardines in brine and serve hot or cold on 2x30g slices wholemeal sourdough toast. Sprinkle with parsley & a squeeze of lemon.

DINNER

Spanish Style Chicken
1.5 BITES PER SERVING
SERVES 4

Preheat the oven to 200c/180c/ Gas 6. Halve 600g baby potatoes & cut 1 medium brown onion & 1 medium red onion into 8 wedges. Quarter 8 medium tomatoes. Put into roasting tray with 8 unpeeled garlic cloves. Season with sea salt and lots of black pepper, toss everything together & roast for 20 minutes. While the veg is roasting, skin 80g chorizo & slice thinly. Slash 8, boneless, skinless, chicken thighs with a sharp knife & season. Take the roasting tin out of the oven & scatter the chorizo through the veg. Place the chicken on top. Mix ½ tsp oregano with ½ teaspoon sweet smoked paprika and sprinkle over the chicken. Return to the oven for 20 minutes. Take the tin out of the oven and spoon any juices over the chicken. Tuck a green pepper, cut into strips, loosely around the chicken and veg. Turn the oven up to 220c/200c/ gas 7 and put the tin back in for another 20 minutes until the peppers are soft and the chicken is golden. As you eat, squeeze the garlic out of their skins.

THURSDAY

BREAKFAST

Mushrooms on Toast
FREE FOOD
SERVES 2

Spritz a pan with low cal oil & fry 180g sliced mushrooms with a chopped garlic clove. Stir through some chopped flatleaf parsley & 1 tsp of lemon juice. Divide the mushrooms between 4x30g slices of wholemeal toast, sprinkle with a little more parsley and serve.

LUNCH

Calzone
1 BITE PER SERVING
SERVES 1

Preheat the oven to 190c. Spread a wholemeal tortilla with tomato puree and fill with slices of red onion, sliced red and yellow peppers and chopped lean ham. Top with 30g grated low fat cheddar and fold up, closing the top and bottom edges tightly. Place the wrap on a baking tray and bake in the oven for 5-10 minutes. Serve with a green salad.

DINNER

Creamy Mushroom Tagliatelle
1 BITE PER SERVING
SERVES 4

Spritz a large frying pan with low cal oil and cook a finely chopped onion, a thinly sliced leek and 2 crushed garlic cloves until soft. Add 400g, sliced chestnut mushrooms and cook for 5 minutes. Add 100ml vegetable stock or white wine and cook for about 5 minutes until it reduces. Stir in 60ml low fat crème fraiche and the zest of a lemon. Cook 240g tagliatelle according to packet instructions. When the pasta is just tender, drain and return to the hot pan in which it was cooked. Stir in 400g baby spinach leaves and when it wilts gently stir in the creamy mushroom mix. Divide between 4 plates and serve immediately sprinkled with 30g grated parmesan.

FRIDAY

BREAKFAST

Nut Butter Toast
1 BITE PER SERVING
SERVES 1

Spread 2x30g slices of wholegrain toast with 2 tsp no added sugar peanut butter and top with a mashed banana. Sprinkle with cinnamon.

LUNCH

Baked Potato with Cottage Cheese & Bacon
FREE FOOD
SERVES 1

Mix 4 tbsp cottage cheese with 2 rashers of grilled & chopped lean back bacon & pile onto a 200g baked potato. Serve with a green salad.

DINNER

Chilli Lime Steak Fajitas
1 BITE PER SERVING
SERVES 4

Make a marinade by whisking together 2 tbsp olive oil, 1/3 cup freshly squeezed lime juice, 2 tbsp chopped coriander, 2 crushed garlic cloves, 1 tsp brown sugar, ¾ tsp red chilli flakes, ½ tsp cumin & 1tsp salt. Pour half the marinade into a shallow dish and marinade 500g lean steak, for at least 30 minutes. (Refrigerate the rest of the marinade for later) Remove the steak from the fridge about 30 minutes before cooking then remove the steak from the marinade and either grill or fry in a non-stick pan until cooked to your liking. Transfer to a warm plate and allow to rest for 5-7 minutes. Meantime, spray a pan with low cal oil and fry 3 sliced peppers and 1 sliced onion. Add half the reserved marinade, season, and continue cooking until tender. To serve, slice the steak into thin strips and pack into warmed wholemeal tortillas, with the cooked vegetables, extra coriander and sliced avocado. Drizzle with the remaining marinade.

SATURDAY

BREAKFAST

Berry & Banana Overnight Oats
0.5 BITES PER SERVING
SERVES 1

Mix 60g oats with 25ml skimmed milk and 1 pot of low-fat natural yogurt. Cover, and leave in the fridge overnight. In the morning, top with ½ a chopped banana, a handful of sliced strawberries and 1 tsp runny honey. toast. Top with 2 poached eggs.

LUNCH

Sweet Potato & Apple Soup
1.5 BITES PER SERVING
SERVES 4

Peel & cube 800g sweet potato. Chop 2 sticks celery & 2 spring onions. Peel & slice 3 eating apples. Put all the ingredients into a large saucepan with 1.2 litres vegetable stock, 1 tsp cumin & a small piece of finely sliced ginger. Season, bring to the boil and simmer for about 20 mins until the potatoes are tender. Blend and finish with a swirl of low-fat yogurt & a sprinkle of chopped parsley. Serve with a 65g wholegrain or seeded roll.

DINNER

Cod in Orange Sauce
FREE FOOD
SERVES 4

Pre- heat the oven to 180c. Line an ovenproof baking dish (with a lid) with baking paper. Spray paper with low cal oil and lay 4 cod fillets on top. Pour over the juice of an orange and sprinkle with 1tsp Herbs de Provence, a crushed garlic clove and the zest of the orange. Season, cover and bake for 20 mins until the cod is just cooked. Serve the fish, drizzled with a spoonful of the sauce with ¼ plate baby boiled potatoes steamed broccoli and carrots.

SUNDAY

BREAKFAST

Sausage Roll
2 BITES PER SERVING
SERVES 1

Grill 2x40g low fat sausages and serve in a 60g wholemeal roll. Top with 1tbsp reduced sugar tomato ketchup.

LUNCH

Classic Club Sandwich
FREE FOOD
SERVES 1

Spread 2x30g slices of wholemeal bread with lighter than light mayo. Pile 1 slice with lettuce, diced tomato & diced red onion. Top with a grilled bacon medallion and sliced, cooked, chicken breast. Top with the second slice of bread, cut in two and serve with any Unislim soup.

DINNER

Roasted Ratatouille
0.5 BITES PER SERVING
SERVES 4

Spray a large pan with low cal oil and fry 1 finely chopped onion until soft. Add 1 chopped yellow pepper and 1 chopped red pepper and sauté. Toss in 2 cubed aubergines and cook for another few minutes, then add 1 sliced courgette, 3 crushed garlic cloves, 1 bay leaf and 1.5 tsp oregano. Season and cook for another few minutes. Add a tin of chopped tomatoes and allow to simmer for 30 minutes, uncovered. Transfer to an ovenproof dish, sprinkle with 60g grated Parmesan and roast in the oven until the cheese melts. Serve with ¼ plate wholewheat spiral pasta.

Don't forget your
2 snacks a day!

Visit unislim.com for
tasty snack ideas

