

7 Day Meal Plan

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

DATE: / /

BREAKFAST



LUNCH

DINNER

SNACK

SNACK

BITES

 Bites Earned Free Oil



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LUNCH

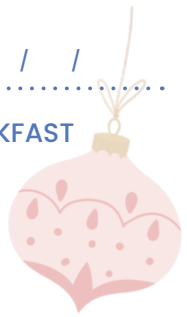
DINNER

SNACK

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BITES

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MONDAY

BREAKFAST

Rainbow Scramblers
0.5 BITES PER SERVING
SERVES 1
Scramble 2 eggs & as they become fluffy add in a handful of spinach & some chopped cherry tomatoes. Top with 15g, grated, low fat cheddar cheese. Sprinkle with black pepper & serve with 2x30g slices wholemeal toast.

LUNCH

Cheesy Sweet Potato with Chorizo
2 BITES PER SERVING
SERVES 2
Preheat oven to 190°C, gas 5. Bake 2x200g sweet potatoes until soft, about 45 mins. Fry 40g thinly sliced chorizo until crispy; add 4 chopped spring onions, 80g quartered baby plum tomatoes, and 50g shredded kale. Cook for 2-3 mins, season. Scoop out potato insides, mix with chorizo mixture, refill skins, top with 30g reduced-fat grated cheddar. Melt cheese in the oven. Serve with green salad.

DINNER

Teriyaki Salmon & Green Beans
0.5 BITES PER SERVING
SERVES 4
Preheat oven to 180°C/160°C/gas 4. Place 4 salmon fillets on parchment-lined tray diagonally. Cook 100g trimmed green beans for 1 min, drain. Arrange beans around salmon, add lemon wedges. Mix 2 tbsp soy sauce, 1 tbsp honey, 1 tbsp mirin, 1 crushed garlic clove. Pour half sauce over salmon, bake 15 mins. Pour rest of sauce, bake 5 mins. Squeeze lemon over salmon, serve with ¼ plate brown rice or noodles.

Don't forget your
2 snacks a day!

Visit unislīm.com for tasty snack ideas

TUESDAY

BREAKFAST

Blueberry Pancakes
1 BITE PER SERVING
SERVES 2
Beat a large egg and add to 120g wholemeal flour and 1 tsp baking powder. Whisk until smooth. Fold in 200g blueberries. Pour small portions into a hot pan, sprayed with low cal oil. Cook until golden on both sides and serve with a dollop of low-fat natural yogurt

LUNCH

Toasted BLT
FREE FOOD
SERVES 1
Spread 2x30g slices, toasted granary bread with lighter than light mayo. Pile one of the slices with little gem lettuce leaves & sliced tomato. Top with 2 slices grilled lean bacon cut into pieces. Cover with the second slice of bread. Cut in half and serve.

DINNER

Pork Meatballs and Spaghetti
1 BITE PER SERVING
SERVES 4
Sauté 1 chopped onion, 1 chopped celery stick, and 2 chopped garlic cloves in a pan sprayed with low-cal oil until soft. Add 2 tbsp tomato puree, then 2x400g tins of chopped tomatoes, 1 cinnamon stick, 100ml red wine, and 100ml chicken stock. Season, bring to boil, simmer for an hour. Blitz for smoother sauce. In another pan, sauté 1 chopped onion and 5 minced garlic cloves, then cool. Mix 450g extra lean minced pork, 1 tbsp fresh basil, 1 tsp ground cinnamon, cooked onion, and garlic. Season, roll into 16 meatballs. Bake at 180°C until cooked. Stir meatballs into the sauce, serve with ¼ plate whole wheat spaghetti. Top with 1 tbsp parmesan cheese and fresh basil.

WEDNESDAY

BREAKFAST

Bacon & Eggs
FREE FOOD SERVES 1
Dry fry 2 eggs in a non-stick pan and serve with 2 slices grilled lean bacon, grilled tomatoes and up to 60g wholemeal toast.

LUNCH

Ham Salad & Guac Rolls
0.5 BITES PER SERVING
SERVES 2
Split 2 x 60g wholemeal rolls in half and thickly spread the base of each with up to 30g guacamole. Top with a few rocket leaves, sliced red onion and sliced tomato. Season with salt and pepper and finish with slices of lean ham. Spread the remaining halves of the rolls with lighter than light mayo and place on top. Serve with a bowl of Unislīm soup.

DINNER

Chargrilled Beef Fillet with Rosemary Potato Cubes & Caramelised Onion
1 BITE PER SERVING
SERVES 4
Preheat oven to 220c, gas mark 7. Cut 4x 200g potatoes into cubes. Toss in a roasting tray with 1 tbsp olive oil and roughly chopped rosemary. Season well and transfer to the oven for 30-40 mins, stirring occasionally. Add black pepper to a 500g piece of beef fillet and sear on all sides in a hot non-stick pan until charred. Transfer to the oven and roast for 15-20 mins for rare, 30 mins for medium and 40 mins for well done. Remove from the oven, cover and leave to rest for 10 mins. Heat 1 tbsp olive oil in a non-stick pan and fry 2 finely sliced onions. Keep the heat low and allow the onions to gently colour for about 20 minutes. Add 2 tsp balsamic vinegar and cook for a further 5 minutes until the mixture is sticky & a rich caramel colour. Carve the beef into 4 thick slices and serve with the potato cubes and the caramelised onions.

THURSDAY

BREAKFAST

Muesli & Fruit
FREE FOOD
SERVES 1
Muesli & Fruit: Serves 1 FF
Top 60g no-added sugar muesli with 0% Greek yogurt, ½ grated apple and a sliced banana.

LUNCH

Tuna Melt Toasties
1 BITE PER SERVING
SERVES 2
Mash a tin of tuna in brine or water with 4 chopped spring onions and 2 tbsp lighter than light mayo. Toast 4x30g slices wholemeal bread and spread with the tuna mix. Sprinkle with 60g, grated, reduced fat cheddar and pop under a hot grill until the cheese has melted. Serve with a tbsp no added sugar relish.

DINNER

Creamy Cheese Stuffed Chicken
2 BITES PER SERVING
SERVES 4
Preheat the oven to 180c/gas 4. Cut along the side of 4 chicken fillets to form a pocket. Mix 120g Philadelphia light cheese with 1 tbsp chopped chives and fill each pocket. Secure with wooden cocktail sticks. Spray a pan with low cal oil and sear the chicken on both sides over a high heat until golden. Put the chicken in an ovenproof dish and bake for 25 mins until cooked through. In the meantime, fry 2 large, thinly sliced leeks in the juices left on the pan for 8-10 mins. Add 400g small mushrooms, thinly sliced and cook for 3-4 mins. Add 120ml chicken stock and bring to the boil. Reduce the heat and allow to thicken. Stir in 120ml reduced fat crème fraîche and gently heat for 2-3 mins. Serve the chicken fillets, with the sauce spooned on top, ¼ plate baby boiled potatoes & green vegetables.

FRIDAY

BREAKFAST

Eggs & Avocado on Toast
FREE FOOD
SERVES 1
Slice ½ an avocado and divide between 2x 30g slices of wholemeal toast. Top each with a poached egg. Sprinkle with some freshly chopped parsley & serve with grilled tomatoes.

LUNCH

Curried Parsnip & Apple Soup
0.5 BITES PER SERVING
SERVES 4
In a large saucepan with low-cal oil, sauté 700g chopped parsnips and 1 chopped onion until the onion browns. Add 2 thinly sliced garlic cloves; cook for 45 seconds. Pour in 1 litre vegetable stock, 200g each of peeled and chopped potatoes and granny smith apples, and 2 tbsp curry powder. Simmer until vegetables are tender. Blend until smooth, return to heat, season, and adjust curry powder to taste. Serve garnished with chopped coriander, accompanied by a 65g seeded roll.

DINNER

Spaghetti Puttanesca
0.5 BITES PER SERVING
SERVES 4
Spray a non-stick pan with low cal oil and fry a finely chopped onion until soft. Add 2 large crushed garlic cloves and ½ tsp chilli flakes and cook for another minute. Stir in a can of chopped tomatoes, 5 chopped anchovies, 24 pitted black olives and 2 tsp drained capers. Bring to a gentle simmer and cook, uncovered, for 15 mins. Season to taste. Meanwhile cook 240g dried spaghetti, according to packet instructions, then drain and toss with the sauce. Garnish with chopped parsley and serve.

SATURDAY

BREAKFAST

Salted Caramel Oaty Waffles
FREE FOOD
SERVES 1
Mix 60g of porridge oats with 70ml low fat plain yogurt, ½ tsp salted caramel flavouring, ¾ tsp baking powder & an egg. Pour into a waffle iron & cook until golden. Serve with a tbsp 0% Greek yogurt and your favourite berries.

LUNCH

Hawaiian Pizza
1 BITE PER SERVING
SERVES 1
Top a wholewheat tortilla with 1 tbsp of tomato puree, 30g low fat mozzarella, 1 sliced tomato, 1 clove grated garlic, 1 sliced pineapple ring and 1 slice of cooked ham, torn. Sprinkle with oregano and place under a hot grill for a few minutes until the cheese melts. Serve with a leafy salad.

DINNER

Beef Tagine
FREE FOOD
SERVES 6
Prepare a spice blend by mixing 1 tsp ground cumin, 1 tsp ground coriander, 1 tsp paprika, ½ tsp cinnamon, and ½ tsp chilli flakes. Rub half of the blend into 800g lean beef pieces, marinate in the fridge, preferably overnight. When ready to cook, sauté 1 large chopped onion and 3 sliced garlic cloves in a large pan sprayed with low-cal oil until soft. Set aside. Brown the beef in the pan, add the remaining spice blend, then stir in the onion and garlic mix. Add a tin of drained chickpeas and 500g passata. Bring to boil, cover, and simmer on low heat for 1 ½ hours (or 8 hours on low heat in a slow cooker). 20 minutes before serving, add zest of an orange and 18 chopped dates. Serve with ¼ plate basmati rice, garnished with chopped coriander.

SUNDAY

BREAKFAST

Pecan Porridge with Prunes
1 BITE PER SERVING
SERVES 1
Make up to 60g porridge with skimmed milk and top with 5 chopped prunes & 3 crushed pecans.

LUNCH

Vegetable Frittata
1.5 BITES PER SERVING
SERVES 2
In a large pan sprayed with low-cal oil, sauté 1 finely chopped medium red onion for 2 mins. Add sliced yellow pepper, button mushrooms, crushed garlic, Herbs de Provence, and chilli flakes; fry until soft. Stir in frozen petit pois. Beat 4 eggs, pour into the pan, season. Top with crumbled feta and halved cherry tomatoes. Cook until eggs start to set, then grill briefly. Serve with a green salad.

DINNER

Sweet Potato Shepherd's Pie
0.5 BITES PER SERVING
SERVES 4
Spray a large pan with low cal oil and fry 2 finely chopped onions until they soften and start to colour. Add 2 chopped garlic cloves, 2 finely diced carrots and 2 tbsp fresh thyme and cook for 4 more mins. Stir in 400g extra lean mince and brown. Add 60g red lentils, 100g frozen peas, 300g diced turnip and 1 tbsp plain flour. Cook for a few minutes and then gradually add 100ml red wine and 550ml beef stock. Bring to the boil, cover and simmer for 35-40 mins. Meanwhile, boil 600g sweet potatoes until tender. Drain and mash with 1 tsp nutmeg, 100g low fat natural yogurt and black pepper. Spoon the mince and veg into a large ovenproof dish and spread the potato mixture on top. Pop in the oven for about 20 mins until the top is golden brown and serve with steamed green veg.

