

7 Day Meal Plan

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

DATE: / /

BREAKFAST

LUNCH

DINNER

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SNACK.....

BITES
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Bites Earned ○ Free Oil ○

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MONDAY

BREAKFAST

Banana Bran

FREE FOOD
SERVES 1

Top 60g All- Bran or Bran Flakes with a sliced banana and serve with skimmed milk or low-fat yogurt

LUNCH

Cauliflower Cheese Soup

2 BITES PER SERVING
SERVES 4

Spray a pan with low-cal oil, sauté 1 chopped onion, 2 sticks chopped celery, and 2 crushed garlic cloves. Add 1 large diced potato, a medium cauliflower (cut into florets), and cook briefly. Pour in 1 liter hot vegetable stock, simmer 25-30 mins. Remove bay leaf, blitz soup, return to pan. Stir in 100ml reduced-fat crème fraîche, 2 tsp wholegrain mustard, and 90g grated reduced-fat cheddar. Heat until cheese melts. Serve sprinkled with grated reduced fat cheddar (30g in total) and chopped chives

DINNER

Air fryer Paprika Chicken

FREE FOOD
SERVES 4

Coat 4 chicken breasts in ½ tbsp rapeseed oil and set aside. In a bowl, combine 1tsp salt, ½ tsp garlic granules, 1tsp smoked sweet paprika and 2tsp mixed herbs with a good grinding of black pepper, then scatter onto a plate. Roll each oiled chicken breast in the seasoning and put in your air fryer basket. Cook at 180C for 18-20 mins, turning after 10 mins. Serve with ¼ plate of baby boiled potatoes and steamed greens such as broccoli or green beans.

Don't forget your 2 snacks a day!

Visit unislim.com for tasty snack ideas

TUESDAY

BREAKFAST

Cinnamon French Toast

FREE FOOD
SERVES 1

Whisk 1 egg with a dash of skimmed milk and ½ tsp of cinnamon in a shallow dish. Place 1, 30g slice of whole meal bread in the mixture to soak up the egg. Repeat with a second slice of bread. Spritz a pan with low cal spray oil and cook the bread gently until browned on both sides. Serve with low fat natural yogurt and fresh berries.

LUNCH

Ham & Tomato Omelette

FREE FOOD
SERVES 1

Whisk 2 eggs and season. Add 2 slices of chopped ham, a diced tomato, a chopped scallion, and a few sliced mushrooms and mix gently. Spray a non-stick pan with low cal oil and heat. Add the egg mix and swirl around the pan. When it's almost set, finish under a hot grill. Serve with a green salad and a 60g wholemeal bagel.

DINNER

Popcorn Chicken & Chips

1 BITE PER SERVING
SERVES 2

Preheat the oven to 170c/150c/gas 3. Line a baking tray with greaseproof paper. Blitz 4x30g slices of wholemeal bread into fine crumbs and put in a shallow dish with ½ tsp garlic granules, 1/4 tsp chilli powder and ½ tsp sea salt. Dice 300g chicken fillet into bite sized pieces. Beat an egg in a bowl and add the chicken, stirring to coat. Dip the chicken in the breadcrumbs a few pieces at a time and then place on the baking tray. Spray the chicken with low cal oil and pop in the oven for 20-25 minutes until cooked through. Serve with 100g Unislim Gorge Us chips.

WEDNESDAY

BREAKFAST

Breakfast Berry Parfait

FREE FOOD
SERVES 1

In a large glass, layer 1tbsp Low fat natural yogurt with a layer of berries, then another layer of yogurt, then a layer of no added sugar muesli (60g in total) and so on until you've filled the glass or used all your ingredients. Garnish with mint leaves.

LUNCH

Paprika Chicken Bagel

FREE FOOD
SERVES 6

Lay a chicken fillet between 2 sheets of cling film and bash with a rolling pin until about 1cm thick. Squeeze some lemon juice over the chicken and dust with paprika. Spray a griddle pan with low cal oil and cook the chicken on both sides until charred and cooked through. Cut into slices. Mix 2 tbsp lighter than light mayo with a crushed garlic clove and spread on a toasted bagel. Top with lettuce, tomato slices & the chicken and serve with a 1tbsp of Unislim coleslaw.

DINNER

Linguine with Avocado, Tomato & Lime

FREE FOOD
SERVES 2

Cook 120g (uncooked weight) linguine pasta according to pack instructions. Meanwhile put the zest and juice of a lime in a bowl with a peeled and chopped avocado, 2 large ripe, chopped tomatoes, ½ a pack fresh coriander, chopped, 1 finely chopped red onion and a deseeded and finely chopped red chilli. Mix well. Drain the pasta, toss into the bowl and mix well. Serve straight away while still warm. Add cooked chicken or salmon for extra protein if you wish.

THURSDAY

BREAKFAST

Carb Free Grill

FREE FOOD
SERVES 1

Grill 2 rashers of lean bacon and a sliced tomato. Spray a pan with low cal oil and fry 8-10 sliced mushrooms. When the mushrooms are almost cooked add a handful of spinach to the pan & wilt. Dry fry 2 eggs. Serve with no added sugar beans.

LUNCH

Cheesy Chicken Melt

1 BITE PER SERVING
SERVES 2

Chop a cooked chicken fillet, mix with ½ bunch chopped spring onions, and 2 tbsp lighter-than-light mayo. Spread on 2 slices of granary bread. Top with 60g grated low-fat cheddar, grill until melted. Sprinkle with paprika and serve with 1tbsp Unislim relish and a side salad.

DINNER

Zesty Haddock with Crushed Potatoes & Peas

1 BITE PER SERVING
SERVES 4

Bake 800g floury potatoes, cut into chunks until tender, adding 140g frozen peas for the final minute of cooking. Drain and roughly crush together adding plenty of seasoning and 1tbsp. olive oil. Keep warm. Meanwhile make a dressing by mixing 1tbsp. olive oil with the juice and zest of ½ lemon, 1tbsp finely chopped capers, 2tbsp. snipped chives and some seasoning. Dust 4 haddock fillets in 2tbsp. plain flour, tap off the excess and season. Spray a pan with low cal oil and fry the fish for 2-3 minutes on each side until cooked, then add the dressing and warm through. Serve with the crushed potatoes and steamed broccoli.

FRIDAY

BREAKFAST

Granola & Yogurt

1.5 BITES PER SERVING
SERVES 1

Top 45g no added sugar granola with a handful of chopped berries and ½ sliced banana. Serve with 0% Greek yogurt.

LUNCH

Cheese & Bacon Baked Potato

1 BITE PER SERVING
SERVES 1

Prick a 200g potato, spray with low-cal oil, sprinkle with salt, and bake at 200°C until soft. Cut a cross, scoop out the flesh, and mix with a diced spring onion, a crumbled grilled bacon rasher, and 30g grated low-fat cheddar. Fill the potato shell, grill until cheese melts. Serve with a green salad.

DINNER

Vegan three-bean Chili with Baked Potatoes

FREE FOOD
SERVES 2

Bake 2x200g potatoes at 200°C/gas 6 for an hour. In a non-stick pan, sauté a deseeded and chopped yellow or orange pepper and 2 finely grated garlic cloves with low-cal oil. Add 1tsp cumin seeds, ½tsp chilli flakes, 1tsp smoked paprika, 1tsp ground coriander, and 1tsp dried oregano. Pour in a 400g can chopped tomatoes, 2tsp vegetable bouillon powder, and a 400g can three-bean salad. Simmer covered for 15 minutes until thickened. Stir in a handful of chopped coriander. Cut a cross in the top of the baked potatoes, press open. Spoon over the chilli, top with mashed avocado, and squeeze lime wedges. Scatter with coriander leaves. Serve with any remaining lime wedges and noodles.

SATURDAY

BREAKFAST

Zesty Grapefruit & Eggs

1.5 BITES PER SERVING
SERVES 1

Top 45g no added sugar granola with a handful of chopped berries and ½ sliced banana. Serve with 0% Greek yogurt.

LUNCH

Bean & Avocado Salad

0.5 BITES PER SERVING
SERVES 2

Toss a tin of rinsed and drained cannellini beans with 1 large, thickly sliced avocado, 100g quartered cherry tomatoes, 20g roughly chopped fresh basil and ¼ red onion, thinly sliced. Stir the juice of ½ a lemon with 2tsp. olive oil, season and drizzle over the salad just before serving. If you wish, add cooked chicken or a hardboiled egg for extra protein

DINNER

Pork Souvlaki

0.5 BITES PER SERVING
SERVES 4

Cut 400g lean pork shoulder into 2cm chunks and put in a large bowl with 1tbsp. olive oil, ½tbsp. dried oregano, the zest and juice of a lemon, ½tsp hot paprika and a good pinch of salt. Toss everything to combine and leave to marinate for 10 minutes. Deseed and cut 2 red peppers into chunks. Combine 100ml fat free natural yogurt, 1 small grated garlic clove and ½ a grated cucumber in a bowl. Season with salt and set aside. Heat the grill to high and thread the pork and peppers onto 4 metal skewers. Place on a non-stick baking sheet and grill for 3-4 minutes on each side or until cooked through. Serve with little gem lettuce, yogurt mix and ¼ plate of couscous, cooked to packet instructions. Optional: Add a 1tbsp. of chilli sauce to each serving for 1 extra Bite

SUNDAY

BREAKFAST

Banana Porridge with Pomegranate Seeds & Cinnamon

FREE FOOD
SERVES 1

Prepare 60g porridge with skimmed milk, top with ½ sliced banana and 1tbsp pomegranate seeds. Sprinkle with cinnamon, serve in a tall glass immediately.

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, 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 side salad.

DINNER

Butter Bean & Spinach Stew with Toasted Pine Nuts

1.5 BITES PER SERVING
SERVES 4

Spray a large saucepan with low cal oil & once hot, add 30g pine nuts. Stir for about 3 mins until golden brown, then scoop onto a plate. Add 2tbsp olive oil to the pan & fry a chopped onion until soft and browned. Add 4, peeled and minced, garlic cloves, 1½tsp ground allspice & 1tbsp ground coriander. Cook for another 5 mins, turning down the heat then add 2x400g tins butterbeans, drained, & 500ml veg stock. Bring to the boil, add 400g baby leaf spinach &, when it has wilted, add ¾tsp sea salt, stir & cook on a low heat for about 10 mins. Stir through the juice of ½ a large lemon, sprinkle with the pine nuts, & serve with ¼ plate brown or basmati rice.