

# 7 Day Meal Plan

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

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK .....

SNACK .....

BITES          
 Bites Earned  Free Oil

DATE: / /

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BREAKFAST

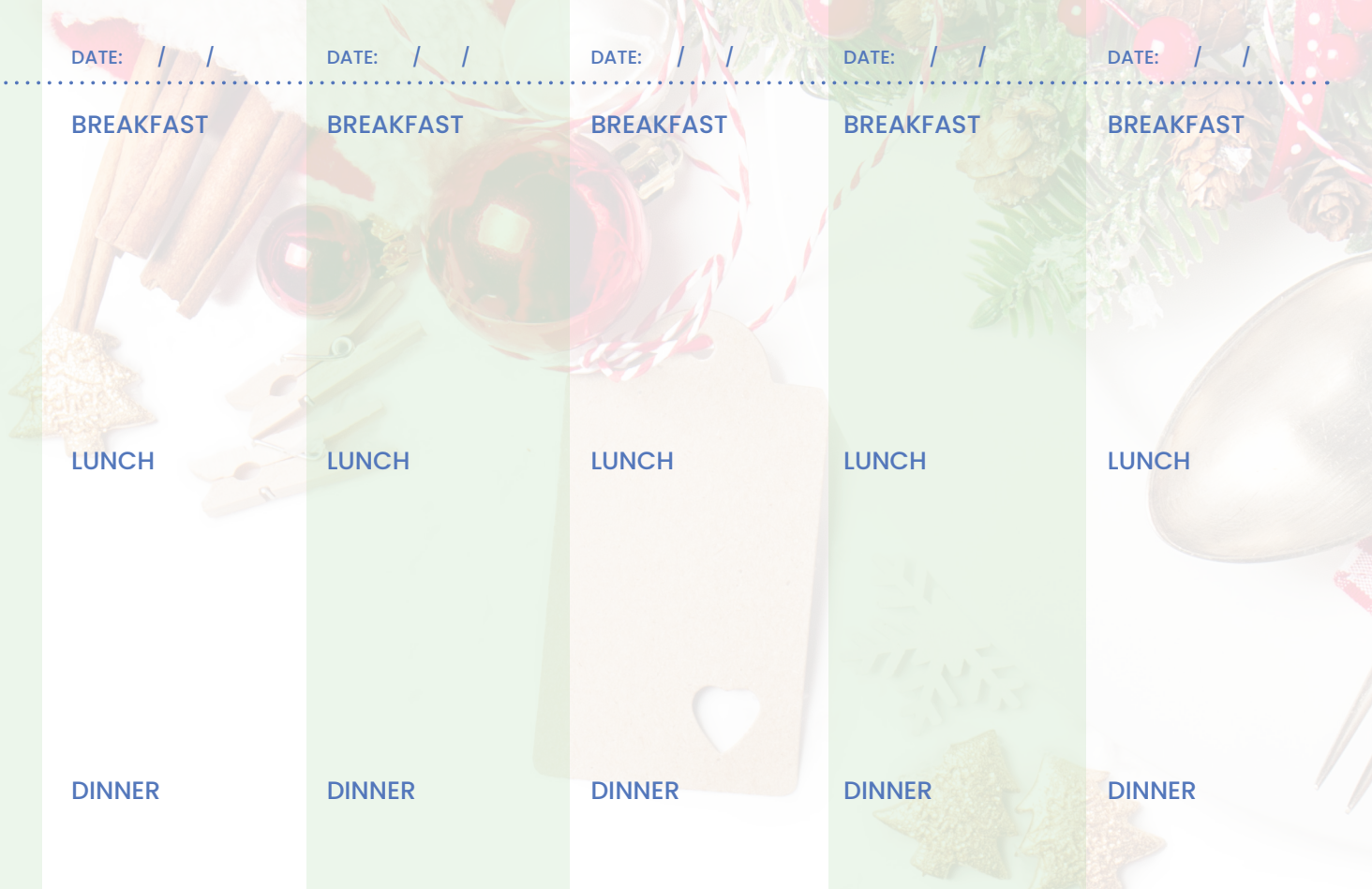
LUNCH

DINNER

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 Bites Earned  Free Oil



MONDAY

**BREAKFAST**

**Nutty Cinnamon Porridge & Banana**  
1 BITE PER SERVING  
SERVES 1

Make up to 60g porridge with skimmed milk. Top with ½ sliced banana and 12g almonds and sprinkle with cinnamon.

**LUNCH**

**Minestrone Soup**  
FREE FOOD  
SERVES 4

Spray a pan with low cal oil and fry 1 chopped onion & 2 chopped garlic cloves for 3–4 minutes. Add 2 sliced carrots, 2 sliced courgettes, 2 sliced celery stalks, 2 handfuls of green beans, a tin of chopped tomatoes & a litre of vegetable stock. Bring to the boil and simmer for 10 mins. Add 240g wholegrain pasta & cook for another 10 minutes. Season to taste, remove from the heat & stir in 1 tbsp reduced fat pesto just before serving.

**DINNER**

**Pork & Cider Casserole**  
1 BITE PER SERVING  
SERVES 4

Preheat the oven to 170°C/gas 3. Brown 500g cubed lean pork in a flameproof casserole dish. Set aside. Add 1 chopped onion, 2 crushed garlic cloves, 2 diced celery stalks, 2 large carrots, 3 parsnips, and 800g cubed potatoes to the pan; cook for 6–8 minutes. Reintroduce pork, pour in 1x330ml dry cider, 400ml chicken stock. Boil, then add 1 tbsp Dijon mustard, 2 bay leaves, sage, and orange rind. Cover and cook in the oven for at least 1½ hours. Blend 2 tbsp cornflour with water, add to the casserole on the hob, stir until thickened. Stir in 4 tbsp low-fat crème fraîche, season. Serve with parsley and green vegetables.

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 parsley and serve with grilled tomatoes.

**LUNCH**

**Spicy Tuna Baked Potato**  
FREE FOOD  
SERVES 1  
Drained a can of tuna in water or brine and mix with a sliced spring onion, a handful of halved cherry tomatoes, ½ chopped red chilli and ½ a small bunch of chopped coriander. Split a 200g baked potato and fill with the tuna mix. Serve with a green salad.

**DINNER**

**Turkey Burger & Sweet Potato Wedges**  
FREE FOOD  
SERVES 2

In a bowl, mix 260g lean turkey breast meat, 1 small diced red onion, 1 grated garlic clove, 1 peeled and grated apple and 1 large beaten egg. Mix the ingredients well with your hands and add a good pinch of salt and pepper, 2 tsp dried oregano and 1 tsp paprika. Shape the mixture into 2 burgers and place on a baking tray in the oven for 15–20 mins until cooked through. Serve the burgers with 100g Unislīm Gorge Us Sweet Potato Wedges and veg of your choice.

**Don't forget your 2 snacks a day!**

Visit [unislīm.com](http://unislīm.com) for tasty snack ideas

WEDNESDAY

**BREAKFAST**

**Nut Butter Bagel with Banana**  
1 BITE PER SERVING  
SERVES 1  
Spread a toasted wholegrain bagel with 2 tsp no added sugar peanut butter and top with a mashed banana. Sprinkle with cinnamon and follow with a low-fat yogurt.

**LUNCH**

**Spicy Chicken & Salad Open Sandwich**  
FREE FOOD  
SERVES 1  
Mix a tablespoon of low-fat natural yogurt with ¼ tsp of mild curry powder and add 85g cooked, chopped chicken. Top 2x30g slices of wholemeal bread with lettuce, grated carrot and sliced cucumber. Pile the spicy chicken on top and serve.

**DINNER**

**Slow Cooker Goulash**  
FREE FOOD  
SERVES 4

Cut 500g lean stewing steak into bite sized pieces and toss in 3 tbsp smoked sweet paprika until well coated. Spray a pan with low cal spray oil and brown the meat on all sides. Place the meat in the slow cooker with 1 large onion, 1 yellow pepper, 1 red pepper, 2 medium carrots and 175g potatoes all cut into chunks. Add ¾ tsp garlic granules, 1 tin chopped tomatoes, 2 tbsp tomato puree and 500ml beef stock. Stir well, cover and cook on high for 4½ hours or low for 6–7 hours. Serve with steamed red cabbage.

THURSDAY

**BREAKFAST**

**Pancakes and Bacon**  
0.5 BITES PER SERVING  
SERVES 2  
In a bowl, beat 1 egg and mix with 230ml skimmed milk and 120g wholegrain flour. Whisk until smooth. Spray a hot pan with low-cal oil, pour in a small amount of batter. Cook each side for 1–2 minutes until golden. Repeat for the rest. Serve hot pancakes with grilled lean bacon and berries.

**LUNCH**

**Lime Prawn Cocktail Pitta Salad**  
FREE FOOD  
SERVES 2  
Heat the oven to 200°C/gas 6. Slice a wholemeal pitta into triangles, put on a baking sheet and spray with a little oil. Bake for 10–15 minutes until golden. Mix together 1tsp Tabasco, 1tsp reduced sugar ketchup, 1tbsp lighter than light mayo, 1tbsp. fat free natural yogurt and the juice and zest of ½ lime. Toss 60g cooked king prawns into the dressing. Layer lettuce, sliced cucumber, sliced tomatoes and the dressed prawns into a lunchbox or jar. Season, top with the pitta chips and serve with lime wedges.

**DINNER**

**Stir-Fried Chicken with Broccoli & Brown Rice**  
1 BITE PER SERVING  
SERVES 2  
Boil 200g broccoli for 4 mins; set aside, reserving water. Spray a pan with low-cal oil. Stir-fry 15g ginger, 2 garlic cloves, and 1 red onion for 2 mins. Add 1 tsp chilli powder, stir briefly. Add 2 diced chicken fillets, stir for 2 mins. Add broccoli, 1tbsp reduced salt soy sauce, 1tbsp honey, 1 roasted red pepper (cubed), and 4tbsp broccoli water. Cook until heated through, serve with chopped coriander and ¼ plate of brown rice.

FRIDAY

**BREAKFAST**

**Shredded Wheat & Apple**  
FREE FOOD  
SERVES 1  
Serve 2 shredded wheat with skimmed milk and top with ½ a grated apple.

**LUNCH**

**Mushroom Omelette**  
1 BITE PER SERVING  
SERVES 1  
Spray a small non-stick pan with low-cal oil, fry 50g sliced mushrooms until golden. Transfer to a bowl, mix with 30g reduced-fat grated cheddar and chopped chives. In the pan, pour 2 beaten eggs; cook until almost set. Spoon mushroom mix over half, flip the other half. Cook briefly, lift onto a plate. Serve with a green salad and 60g wholemeal sourdough.

**DINNER**

**Tikka Salmon with Jewelled Rice**  
1 BITE PER SERVING  
SERVES 3  
Mix 1tbsp tikka curry paste with 2tbsp low-fat natural yogurt. Season 3 salmon fillets; coat with the yogurt paste. Set aside. In a large pan, spray low-cal oil, cook a chopped red onion until soft. Stir in 2tbsp tikka curry paste, cook for 1 minute. Add 1tsp turmeric, 50g chopped dried apricots, and 180g brown basmati rice. Season, stir. Pour in 800ml boiled water, bring to a boil, reduce heat for 15 mins. Cover, simmer for 15 mins. Uncover, stir rice, place salmon on top, cover. Cook on low for 15–20 mins. Scatter with 100g pomegranate seeds and coriander leaves. Serve with low-fat natural yogurt.

SATURDAY

**BREAKFAST**

**Breakfast Banana Split**  
1 BITE PER SERVING  
SERVES 2  
Peel and slice 2 bananas lengthwise; arrange on 2 plates in an X shape. Mix 200g 0% Greek yogurt, 1tbsp sweetener, and ½tsp vanilla extract. Slice 10 blueberries and 4 strawberries, stir into the yogurt. Spoon the yogurt onto the bananas. Sprinkle with 25g flaked almonds and decorate with strawberry halves.

**LUNCH**

**Mexican Eggs**  
FREE FOOD  
SERVES 1  
Warm a wholemeal wrap in a pan and transfer onto a plate. Spray the pan with low cal spray oil and cook 1 diced tomato and 2 chopped spring onions until soft. Season and spread over the wrap. Dry fry or poach 2 eggs and place on top of the wrap. Sprinkle with 1tsp chilli sauce, fold the wrap and serve.

**DINNER**

**Roasted Vegetable & Pasta Bake**  
1.5 BITES PER SERVING  
SERVES 4  
Chop a red pepper, 1 courgette, 1 leek, ½ onion, a handful of mushrooms and a clove of garlic. Place on a baking tray, spritz with low cal oil, season and sprinkle with a tbsp of dried herbs. Toss together and roast until the veg is tender and beginning to char. Meanwhile, cook 240g pasta according to packet instructions. In a large bowl toss the roasted veg with the cooked pasta, a tin chopped tomatoes, a handful of frozen peas & 60g, torn, low fat mozzarella. Pour the mix into an ovenproof dish, sprinkle with 60g grated parmesan and bake until golden brown. Serve with salad or extra veg.

SUNDAY

**BREAKFAST**

**Eggs Florentine**  
FREE FOOD  
SERVES 2  
Make a hollandaise sauce by placing 4tbsp 0% Greek yogurt, ½tsp mustard powder, the juice of a lemon, a pinch of cayenne pepper, salt and pepper into a pan on a low heat. Whisk continuously for 5 minutes. In a hot pan, sauté a handful of spinach for 2 minutes and drain. Toast 2 wholemeal muffins and top each one with the spinach, 2 poached eggs and hollandaise sauce.

**LUNCH**

**Tuna & Sweetcorn Pasta Salad**  
FREE FOOD  
SERVES 2  
Cook 120g pasta according to pack instructions. In the final 2 minutes, add a small head of broccoli, cut into florets. Drain pasta and broccoli, rinse under cold water. In a mixing bowl, combine with a drained tin of sweetcorn, 10 halved cherry tomatoes, and 2–3tbsp lighter-than-light mayo. Season with black pepper. Flake a tin of tuna into the salad, toss lightly. Serve on a bed of Little Gem lettuce.

**DINNER**

**Garlic & Lemon Roast Chicken**  
FREE FOOD  
SERVES 4  
Mix the juice of ½ a lemon, 1tsp olive oil, 1tsp dried thyme, and 2 minced garlic cloves. Rub the mixture over a medium chicken, sprinkle with salt and pepper. Place the squeezed lemon and 2 whole garlic cloves inside. Roast in a pre-heated oven for approx. 80 mins, depending on weight. Serve with ¼ plate of potatoes roasted using spray oil, and steamed cauliflower and carrots.