

# 7 Day Meal Plan

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

DATE: / /

BREAKFAST

LUNCH

DINNER

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SNACK .....

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 Bites Earned  Free Oil

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## MONDAY

### BREAKFAST

**Power Start Smoothie**  
1 BITE PER SERVING  
SERVES 2

Blitz 225g mango, 100g strawberries, a small banana, 2 tbsp. oat bran, 4 tbsp 0% Greek yogurt, 1 tbsp flaxseeds, 2 tps. clear honey and 300ml unsweetened almond or skimmed milk until smooth. If it's too thick add a little water and blitz again. Pour into 2 glasses and garnish with mint leaves.

### LUNCH

**Roasted Red Pepper & Quinoa Soup**  
0.5 BITES PER SERVING  
SERVES 4

Chop 1 onion and 2 red peppers, place in a baking tray with 2 crushed garlic cloves. Sprinkle with basil and rosemary, spritz with low-cal oil, roast at 200°C for 30 mins. Add to a pot with 1 liter vegetable stock, blend until smooth. Simmer for 15 mins. Cook 120g quinoa as per packet instructions; add to the soup. Swirl each bowl with 1 tbsp reduced-fat Crème Fraiche before serving. with 1 tbsp reduced fat Crème Fraiche before serving.

### DINNER

**Tomato Basil Salmon**  
1 BITE PER SERVING  
SERVES 2

Preheat the oven to 190c. Line a baking sheet with foil and spray with low cal spray oil. Place 2 salmon fillets onto the foil, sprinkle with 1 tbsp dried basil, top with a thinly sliced tomato and 30g grated parmesan. Bake in the oven until the salmon is opaque and the cheese has melted. Serve with ¼ plate baby boiled potatoes and steamed green veg.

## TUESDAY

### BREAKFAST

**Fruity Buddha Bowl**  
0.5 BITES PER SERVING  
SERVES 1

Spray a pan with low-cal oil and heat. Add up to 60g porridge oats, cook for 1-2 minutes. Mix ½ tsp vanilla extract with a pinch of cinnamon, stir into the oats. Cook for another 1-2 minutes until toasted. Transfer to a bowl, stir in a pot of 0% Greek yogurt. Top with a sliced banana, sliced strawberries, and 1 tbsp pomegranate seeds.

### LUNCH

**Bean & Avocado Salad**  
0.5 BITES PER SERVING  
SERVES 2

Combine a tin of rinsed cannellini beans with 1 large sliced avocado, 100g quartered cherry tomatoes, 20g chopped basil, and ¼ thinly sliced red onion. Mix juice from ½ lemon with 2 tps olive oil, season, drizzle over the salad before serving. Optionally, add cooked chicken or a hardboiled egg for extra protein.

### DINNER

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

Preheat the oven to 190°C. Fry a diced onion in low-cal oil until soft. Add a crushed garlic clove, cook for 1 minute. Transfer to a large bowl, add 500g pork mince, 120g fresh wholemeal breadcrumbs, 1 tsp dried oregano, ½ tsp sea salt, and 1 tsp black pepper. Mix well, add 2 beaten eggs, mix again. Shape into a loaf in a roasting tin, sprinkle 120g breadcrumbs on top, pat lightly. Pour 300ml beef stock around the base, bake for 20 mins. Pour 200ml more stock, bake for another 15 mins. Serve with roasted vegetables.

## WEDNESDAY

### BREAKFAST

**Mini Fry Up**  
FREE FOOD  
SERVES 1

Grill 2 turkey rashers and 2 vine tomatoes and serve with a dry fried egg & up to 60g wholemeal toast.

### LUNCH

**Spicy Chicken & Salad Open Sandwich**  
FREE FOOD  
SERVES 1

Spread 1 tbsp. reduced fat pesto over 2x30g slices of whole meal bread. Cover one slice with 30g low-fat mozzarella slices and then a layer of cooked turkey slices. Finish with a thinly sliced tomato, season lightly and top with the other slice of bread. Place the sandwich under a hot grill and cook until golden on both sides. Cut in half and serve immediately.

### DINNER

**Sweet Potato Nachos**  
0.5 BITES PER SERVING  
SERVES 4

Peel 4 medium sweet potatoes into 5mm thick slices, spread on a baking tray, spray with low-cal oil, sprinkle with salt. Roast at 220c/180c fan for 30-40 minutes, flipping halfway until starting to turn golden. While cooking, spray a pan, fry a diced red onion for 5 minutes until translucent. Add 100g minced beef (or veggie mince), cook. Stir in ½ tsp ground cumin, ½ tsp ground coriander, ½ tsp smoked paprika, a pinch of chilli powder, and 130g sliced bell pepper. Transfer to a bowl. In the same pan, add a 400g tin of black beans with 100ml liquid, 1 tsp ground cumin, and a pinch of salt. Mash into a creamy paste, set aside. When sweet potatoes are roasted, top with refried beans, followed by a layer of mince.

## THURSDAY

### 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 wholegrain bread. Spread with the blueberry mix and drizzle with 1 tsp honey.

### LUNCH

**Chicken & Roast Veg Wrap**  
FREE FOOD  
SERVES 1

Chop 1 red onion, a handful of mushrooms, 1 yellow pepper, and 2 tomatoes; place on a baking tray. Spray with low-cal oil, sprinkle with 1 tsp mixed herbs. Roast until cooked and slightly charred. Spread a wholemeal wrap with lighter-than-light mayo, fill with the veggies. Top with cooked chicken, roll up, and enjoy. (Also great for using leftover chicken & veg from a roast dinner).

### DINNER

**Ras El Hanout Cod**  
1 BITE PER SERVING  
SERVES 4

Preheat the oven to 200°C. In a roasting tin, combine a large cauliflower (cut into florets), a sliced red onion, and a 400g tin of drained and rinsed chickpeas. Top with 4 cod fillets. Drizzle with olive oil, add a pinch of sea salt, and sprinkle 2 tbsp ras el hanout spice. Roast for 25 minutes. For the dressing, mix 2 tbsp olive oil with the zest and juice of a lemon and 1 tsp sea salt; set aside. After cooking, remove the cod, pour over the dressing, and garnish with pomegranate seeds and chopped mint. Serve with ¼ plate baby boiled potatoes and steamed green beans.

## FRIDAY

### BREAKFAST

**Easy Crepes**  
1 BITE PER SERVING  
SERVES 2

In a blender, combine ½ cup skimmed milk, ½ cup water, 1 tsp sweetener, 2 tsp vanilla extract, and 1 cup wholegrain flour. Crack 2 medium eggs into a bowl and add to the blender; blend to a smooth consistency. For best results, let the batter sit in the fridge for 30-60 minutes. Warm a small non-stick pan, spray with low-cal oil, pour in ¼ cup of batter. Flip after slight bubbling, cook the other side for 20-30 seconds. Keep warm while cooking remaining crepes. Serve with fresh berries and low-fat vanilla yogurt.

### LUNCH

**Smoked Salmon Open Sandwich**  
FREE FOOD  
SERVES 2

Spread 4x30g of rye or whole grain bread with 100g quark. Top with 100g smoked salmon slices and a squeeze of lemon juice. Sprinkle with chives and black pepper before serving.

### DINNER

**Cajun Chicken Burgers**  
1 BITE PER SERVING  
SERVES 4

Heat a grill to medium high and line a baking tray with foil. Mix 2tbsps Cajun seasoning with 2 tps. olive oil. Flatten 4 chicken fillets and spread with the oil and spices mix. Grill for 10 minutes, turning halfway through. Top each fillet with 30g reduced fat cheddar and return to the grill until the cheese has melted. Serve on a toasted wholemeal burger bap with lighter than light mayo, red onion, tomato, and lettuce.

## SATURDAY

### BREAKFAST

**Raspberry & Banana Porridge with Chia Seeds**  
1 BITE PER SERVING  
SERVES 1

Make up to 60g porridge with skimmed milk. Top with ½ sliced banana, a handful of raspberries and 15g chia seeds.

### LUNCH

**Smokey Beans & Baked Eggs**  
FREE FOOD  
SERVES 3

Spray a wide shallow pan with low-cal spray oil. Cook 1 chopped onion until softened. Add a sliced red pepper, cook for 5 minutes until softened. Stir in 3 crushed garlic cloves, 2 tsp smoked paprika, and 1 tbsp reduced-sugar tomato ketchup. Add a 400g can chopped tomatoes. Cover, simmer for 10 minutes, then uncover and cook to thicken. Add 2x400g cans of black or pinto beans. Create spaces for 6 eggs; crack and drop them in. Cover, reduce heat, cook for 3-5 minutes until eggs are done. Scatter with chopped coriander before serving.

### DINNER

**Steak & Baked Potato**  
FREE FOOD  
SERVES 2

Cook 2 lean sirloin or fillet steaks to your liking and serve with sautéed mushrooms and onions (using low cal spray oil) and a 200g baked potato.

## SUNDAY

### 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

**Ham, Tomato and Mozzarella Toastie**  
2 BITES PER SERVING  
SERVES 1

Spread 2x30g slices wholemeal bread with passata or tomato puree. Top 1 slice with 30g torn low-fat mozzarella, torn basil leaves, shredded ham, and vegetables like tomatoes, roast peppers, or onions. Cover with the second slice, butter the outsides with 2 tsp low-fat butter. Cook in a sandwich toaster or heavy pan until cheese is melted and the outside is crisp. Serve with a side salad.

### DINNER

**Minced Turkey Ragù with Tagliatelle**  
0.5 BITES PER SERVING  
SERVES 4

Spray a large pan with low cal oil and add 500g turkey mince, 1 chopped onion, 1 diced red pepper, 2 crushed garlic cloves and 2tsp dried oregano. Fry for 2-3 minutes until browned. Add 75g sliced black olives, a 400g tin of chopped tomatoes, 3tbsp sundried tomato puree and 300ml chicken stock and simmer, covered, for 20minutes. Remove the lid and simmer for a further 5 minutes until the sauce has reduced a little. Meanwhile, cook 240g (uncooked weight) tagliatelle according to packet instructions and serve with the ragu.

**Don't forget your 2 snacks a day!**  
Visit [unislim.com](http://unislim.com) for tasty snack ideas