

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

Bacon Bap
FREE FOOD
SERVES 1

Grill 2 slices of lean bacon and fill a 60g wholemeal roll. Top with a sliced tomato and a tbsp. no added sugar ketchup or relish.

LUNCH

Broccoli Pasta Salad with Eggs & Sunflower Seeds
1 BITE PER SERVING
SERVES 2

Hard-boil 2 large eggs for 8 minutes, then shell and halve. Meanwhile, boil 75g of wholewheat penne pasta for 5 mins, then add 160g broccoli florets and 160g trimmed and halved fine beans. Cook for another 5 minutes until everything is tender. Drain, reserving the water, then tip the pasta and veg into a bowl and stir in 1 tbsp white miso paste, 1 tsp grated ginger, 1 tbsp rapeseed oil and 4 tbsp pasta water. Serve topped with the eggs, sprinkled with 2 tbsp sunflower seeds.

DINNER

Firecracker Prawns
1 BITE PER SERVING
SERVES 4

Spray a wok with low cal oil and stir-fry 2, sliced red peppers, 4, finely chopped spring onions, 1-2 deseeded and sliced chillies, 100g baby corn, and 100g mange tout for 2-3 minutes. Add 400g raw king prawns and cook for another 3-4 minutes until the prawns turn pink. Add 4tbsp oyster sauce, 4tbsp soy sauce, 2tsp tomato puree, juice of ½ lime and ½ tsp sugar. Stir well and cook for another minute until the sauce is thick. Serve with ¼ plate egg noodles.

Don't forget your 2 snacks a day!

Visit unislīm.com for tasty snack ideas

TUESDAY

BREAKFAST

Shredded Wheat & Apple
FREE FOOD
SERVES 1

Serve 2 shredded wheat with skimmed milk and top with ½ a grated apple.

LUNCH

Parma Ham & Veggie Omelette
1 BITE PER SERVING
SERVES 1

Spritz a pan with low cal oil & set over a medium heat. Cook 2 slices of Parma ham for 1-2 minutes each side until crispy. Make an omelette using 2 eggs, 30g reduced fat cheddar cheese, chopped parsley, a handful of sliced mushrooms & some sliced red and yellow peppers. Serve the omelette with the Parma ham crumbled on top and a 60g wholemeal crusty roll.

DINNER

Slow-cooker Butter Chicken
1.5 BITES PER SERVING
SERVES 4

Create marinade: Mix lemon juice, 2 tsps ground cumin, 2 tsps paprika, 1-2 tsps hot chili powder, and 200g low-fat yogurt. Coat 500g chicken in marinade, chill for at least an hour. In a pan, heat 2tbsp butter/oil; sauté onion, 3 crushed garlic cloves, 1 deseeded and finely chopped green chili, grated ginger, and seasoning. Cook for 10 mins. Add 1 tsp garam masala, 2 tsp ground fenugreek, and 3tbsp tomato puree; cook until fragrant. Add 250ml chicken stock and marinated chicken. Transfer to slow cooker; cook 6-7 hours on low. Serve with ¼ plate basmati rice, chopped coriander, and 30g toasted, flaked almonds. Optionally, add lime wedges. Sprinkled with chopped coriander and 30g toasted, flaked almonds. Squeeze over some lime wedges if you like.

WEDNESDAY

BREAKFAST

Scrambled Eggs on Sourdough
FREE FOOD SERVES 1

Scramble 2 eggs with skimmed milk. Top with chopped parsley and serve on 60g wholemeal sourdough with grilled mushrooms and tomatoes 60g wholemeal toast.

LUNCH

Scotch Broth
1 BITE PER SERVING
SERVES 6

In a large saucepan, combine 250g each of peeled and diced carrots, diced turnips, 2 diced onions, 1 diced celery stalk, 1 sliced leek, 120g pearl barley, 125g dried peas (soaked for 4-5 hours & drained), and 2.3 litres of lamb stock. Season and bring to a boil. Simmer for 2-3 hours until peas and barley are soft. Stir in 85g chopped kale and cook for an additional 10 minutes until tender. Check seasoning and serve with a 60g seeded roll. Alternatively, use a slow cooker on high for 6-8 hours (or until barley is soft).

DINNER

Rosemary & Caper Pork Loin Chops
FREE FOOD
SERVES 4

Spritz a large frying pan with low cal oil. Season 4 bone-in pork loin chops and fry on both sides until cooked through. Transfer to a serving plate and cover with tinfoil. Add 200ml of chicken stock to the pan and bring to the boil. Stir in 1½ tsps. wholegrain mustard, 3 tsps. rinsed capers and ¼ tsp of fresh rosemary leaves. Simmer until reduced by half. Spoon the sauce over the chops and serve with ¼ plate of baby boiled potatoes and vegetables of your choice with chopped coriander.

THURSDAY

BREAKFAST

Energising Green Smoothie
FREE FOOD
SERVES 1

Blend ½ avocado, ½ banana, chopped ginger, ½ cucumber, 2 handfuls of spinach, lime juice, and 230ml coconut water until smooth. Pour into a tall glass and serve immediately.

LUNCH

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

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

DINNER

Taco Wedges
1 BITE PER SERVING
SERVES 4

Cut 4x 200g potatoes into wedges, spray with low-cal oil, sprinkle cayenne pepper, and bake until soft and golden. While wedges cook, sauté 2 minced garlic cloves and 1 chopped onion in a pan sprayed with low-cal oil. Add 400g extra lean mince, brown, then stir in chopped tomatoes, tomato puree, chopped red & green pepper, kidney beans, and beef stock. Add 1tsp each of chilli powder, cumin, and paprika; simmer for 5 mins. Divide wedges between 4 plates, top with mince mixture, and add a dollop of low-fat yogurt or Taco sauce (mix 3 tsps. lighter than light mayo, 2 tsps. tomato puree, ½ tsp chili powder, 1tbsp. crushed garlic). Sprinkle each serving with 30g grated low-fat cheddar.

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

Egg, Onion & Mayo Sandwich
FREE FOOD
SERVES 1

Mix 1 egg, boiled and chopped, with 1 tomato, finely chopped, 2 spring onions, finely chopped and 1tbsp lighter than light mayo. Season with salt and pepper and make a sandwich using 2x30g slices wholemeal bread. Serve with any Unislīm soup.

DINNER

Rosemary Roast Chicken
0.5 BITES PER SERVING
SERVES 4

Preheat the oven to 200c/180c/gas 6. In a large roasting tin, toss together 1 aubergine, sliced into chunks, 2, sliced courgettes, 250g cherry tomatoes, halved and 3, roughly chopped mixed peppers. Add the chopped leaves of 3 rosemary sprigs, a crushed garlic clove, 2 tsp oil and some seasoning. Spread the vegetables in an even layer. In a small bowl mix the chopped leaves of 3 rosemary sprigs with a crushed garlic clove and 2 tsp olive oil. Slash 4 chicken fillets a few times with a sharp knife and brush with the flavoured oil. Season and chill for 15 mins. Make spaces in the roasting dish and nestle the chicken fillets amongst the vegetables. Place a rosemary sprig on top of each fillet. Place the roasting tin in the oven for about 20mins until the chicken is cooked and the vegetables are beginning to char. Serve with a 200g baked potato.

SATURDAY

BREAKFAST

Winter Fruit Salad
0.5 BITES PER SERVING
SERVES 2

Combine 3 clementine oranges (segmented), 1 peeled and cored apple, 1 peeled and cored pear, 1 peeled and chopped kiwi, and 1 chopped banana. In a measuring cup, mix 2 tsp honey, 1tbsp lime juice, and 1tbsp lemon juice. Warm briefly to dissolve honey, then stir in 2tbsp low-fat natural yogurt. Drizzle over the fruit, mix gently, and divide between 2 bowls. Sprinkle each with 30g no-added-sugar muesli.

LUNCH

Baked Sweet Potato with Feta
1.5 BITES PER SERVING
SERVES 1

Spritz a 200g sweet potato with spray oil and sprinkle with sea salt. Rub the oil and salt well into the skin & bake in a preheated oven until cooked through. Allow to cool for a few minutes then cut in half and scoop out the flesh. Crumble 30g Feta cheese with the potato flesh and refill the skins. Place back in the oven to reheat. Top with chopped parsley and serve with a green salad leafy salad.

DINNER

Grilled Steak & Rosemary Potatoes
FREE FOOD
SERVES 1

Halve 6 baby potatoes, spritz with low cal oil and sprinkle with dried or fresh rosemary. Oven roast until golden. Meanwhile grill a lean sirloin or fillet steak to your liking. Serve the steak with the rosemary potatoes, sauteed mushrooms and onions (using low cal spray) and steamed broccoli.

SUNDAY

BREAKFAST

Stewed Apple Porridge
2 BITES PER SERVING
SERVES 1

Combine 60g uncooked oats, a peeled and sliced apple, and a pinch of cinnamon in a saucepan with 200ml water/skimmed milk. Bring to a boil, then simmer until oats are cooked and apple is soft. Adjust thickness with more milk/water if needed. Top with 0% Greek yogurt, 15g crushed walnuts, and a tsp of honey.

LUNCH

Tuna Roll
1 BITE PER SERVING
SERVES 1

Drain and mix a small tin of tuna in brine with lighter than light mayo and 2 chopped scallions. Fill a 60g wholemeal roll with the mix. Add some salad leaves & a tbsp reduced fat coleslaw. Serve with any Unislīm soup.

DINNER

Tuna Pasta Bake
1.5 BITES PER SERVING
SERVES 4

Cook 240g pasta (uncooked weight) according to packet instructions. While the pasta is cooking, spray a pan with low cal oil and sauté 2 diced courgettes and 5 sliced spring onions for 5 minutes. Stir in ½ tsp smoked sweet paprika and ½ tsp garlic granules. Add 400ml vegetable stock, 100g frozen peas, 100g spinach and the juice of ½ a lemon. Cook for 2-3 minutes until the spinach has wilted, then gently stir in 150g low fat cream cheese. Break up 2x 160g tins tuna in brine in a bowl. Drain the pasta and add to the pan with the tuna. Stir everything together & transfer to a large oven proof dish. Sprinkle 30g, grated, reduced fat cheddar on top and cook for 15 minutes. Serve with a green salad.