

# 7 Day Meal Plan

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

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

BITES  
         
 Bites Earned  Free Oil

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MONDAY

**BREAKFAST**

**Cinnamon French Toast**  
FREE FOOD  
SERVES 1

Whisk 1 egg with a dash of skimmed milk and ½ tsp cinnamon in a dish. Soak 2, 30g slices of whole meal bread in the mixture. Cook in a pan with low-cal spray oil until browned on both sides. Serve with low-fat natural yogurt and fresh berries, yogurt and fresh berries.

**LUNCH**

**Leek & Potato Soup**  
1 BITE PER SERVING  
SERVES 4

Melt 2 tsp low fat spread in a saucepan and add 1 large washed and sliced leek and a handful of fresh thyme sprigs. Cook for 5 minutes until soft. Stir in 400g floury potatoes, chopped into small chunks and season with salt and pepper. Pour in 800ml chicken or vegetable stock and simmer until the potatoes are soft. Stir in 90ml reduced fat Crème Fraiche and cook for another 2 mins. Remove from the heat and blitz until smooth. Ladle into bowls and scatter with chopped flat leaf parsley.

**DINNER**

**Meatballs and Spaghetti**  
1 BITE PER SERVING  
SERVES 4

Spray a large pan with low-cal oil, fry 3 chopped garlic cloves for 2-3 mins. Add 2x 400g tins plum tomatoes, simmer 15 mins, breaking them up. In a bowl, combine 500g extra lean mince, 1 chopped red onion, 1 tsp chilli powder; season. Form 15-20 small balls, brown in a non-stick pan. Add meatballs to sauce, simmer 20 mins. Serve with 60g (uncooked) spaghetti. Top with chopped basil and 15g grated Parmesan.

TUESDAY

**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**

**Stuffed Moroccan Pitta**  
2 BITES PER SERVING  
SERVES 2

Toast 2 wholemeal pittas and spread the insides with 50g low fat hummus. Layer with 4, halved falafels, ½ a sliced red pepper and a handful of rocket leaves. Serve with a cup of Unislīm soup.

**DINNER**

**Aubergine, Tomato & Parmesan Bake**  
1½ BITES PER SERVING  
SERVES 4

Spray a pan with low cal oil and cook 2 crushed garlic cloves for 3 mins. Tip in a tin of tomatoes, simmer for 8 minutes and add 2tbsp tomato puree. Meantime, cut 2 aubergines into long thick slices and brush with a little oil. Heat a griddle pan until very hot then cook the aubergine slices in batches until browned & a little charred. Lay some of the aubergine in an oven proof dish and top with some of the sauce. Sprinkle with 30g grated parmesan & some chopped basil. Repeat these layers finishing with a layer of cheese. (Use 90g cheese in total) Bake in the oven for 20 mins and serve with a leafy salad and a 65g seeded brown roll.

WEDNESDAY

**BREAKFAST**

**Berry Porridge with Chia Seeds**  
1 BITE PER SERVING  
SERVES 1

Make up to 60g porridge with skimmed milk. Top with a handful of berries and 15g chia seeds.

**LUNCH**

**Salmon Pasta Salad**  
FREE FOOD  
SERVES 2

Cook 120g (uncooked weight) wholewheat penne pasta according to pack instructions. Spray a pan with low cal oil and fry 1 chopped red pepper until soft. Add 2, skinless salmon fillets, cover and cook gently for 8-10 minutes. Mix the zest and juice of a lemon with 2 chopped garlic cloves, a finely chopped shallot and 2tbsp capers. Add the cooked salmon & pepper and the drained pasta. Season with black pepper and toss everything gently, breaking up the salmon as you go. Serve on a bed of rocket.

**DINNER**

**Creamy Cheese Stuffed Chicken**  
2 BITES PER SERVING  
SERVES 4

Preheat oven to 180°C/gas 4. Cut a pocket in 4 chicken fillets. Mix 120g Philadelphia light cheese with 1tbsp chopped chives; fill each pocket and secure with cocktail sticks. Sear chicken in a pan with low-cal oil until golden, then bake for 25 mins. Fry 2 large thinly sliced leeks in pan juices for 8-10 mins, add 400g sliced mushrooms, cook for 3-4 mins. Add 120ml chicken stock, boil, then thicken. Stir in 120ml reduced-fat crème fraiche, heat for 2-3 mins. Serve chicken with sauce, a 200g baked potato, and green vegetables.

THURSDAY

**BREAKFAST**

**Fruity Yogurt & Eggs**  
FREE FOOD  
SERVES 1

Serve 2 boiled eggs with up to 60g wholemeal toast and follow with a chopped pear topped with low fat yogurt, sprinkled with cinnamon.

**LUNCH**

**Vegetable Frittata**  
1½ BITES PER SERVING  
SERVES 2

Spray a pan with low-cal oil, fry 1 chopped red onion for 2 mins. Add a sliced yellow pepper, 8 mushrooms, 2 crushed garlic cloves, 2 tsp Herbs de Provence, and ¼ tsp chilli flakes. Fry until soft; stir in 50g frozen petit pois. Beat 4 large eggs, pour into the pan, season, and top with 60g crumbled feta and 8 halved cherry tomatoes. Cook until the eggs start to set, then grill. Serve with a leafy green salad.

**DINNER**

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

Preheat oven to 170°C/gas 3. Brown 500g cubed lean pork in a 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 mins. Reintroduce pork, add 1x330ml dry cider, 400ml chicken stock, 1tbsp Dijon mustard, 2 bay leaves, chopped sage, and orange rind. Cover and bake for at least 1½ hours. Mix 2tbsp cornflour with water, add to casserole, stir over low heat until thickened. Stir in 4tbsp low-fat crème fraiche, season. Serve with parsley and green vegetables.

FRIDAY

**BREAKFAST**

**Berries & Apple Weetabix**  
FREE FOOD  
SERVES 1

Grate ½ an apple and serve with a handful of blueberries on top of 2 Weetabix with skimmed milk or low-fat natural yogurt.

**LUNCH**

**Baked Potato with Cottage Cheese & Bacon**  
FREE FOOD  
SERVES 1

Mix 4tbsp cottage cheese with 2 rashers of grilled & chopped lean back bacon & pile onto a 200g baked potato. Serve with a green salad.

**DINNER**

**Sizzling Beef in Black Bean Sauce**  
FREE FOOD  
SERVES 2

Mix 1 diced red pepper, sliced ginger, green beans, 2 crushed garlic cloves, ½ sliced red chili, 2 sliced spring onions, and sliced coriander stalks with 200g thin-sliced lean beef. Spray a wok with low-cal oil, add the mixture. Stir-fry for 3-4 mins, constantly moving. Add 2tbsp black bean sauce, 1tbsp soy sauce, and juice of a lime. Stir until beef is cooked. Serve immediately, garnished with coriander leaves and lime wedges, with ¼ plate noodles or basmati rice.

SATURDAY

**BREAKFAST**

**Poached Eggs & Relish**  
FREE FOOD  
SERVES 1

Spread 2x30g slices wholemeal toast with 1tbsp no added sugar tomato relish. Slice a large tomato and layer onto the toast. Top with 2 poached eggs.

**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 tbspc reduced fat coleslaw. Serve with any Unislīm soup.

**DINNER**

**Sweet Potato Shepherd's Pie**  
0.5 BITES PER SERVING  
SERVES 4

Spray a pan with low-cal oil, fry 2 chopped onions until softened. Add 2 garlic cloves, 2 diced carrots, and 2tbsp thyme; cook for 4 mins. Brown 400g extra lean mince, stir in 60g red lentils, 100g peas, 300g diced turnip, and 1tbsp flour. Gradually add 100ml red wine and 550ml beef stock. Boil, cover, and simmer for 35-40 mins. Boil 600g sweet potatoes, mash with 1tsp nutmeg, 100g low-fat yogurt, and black pepper. Spoon mince and veg into an ovenproof dish, top with potato mixture.

SUNDAY

**BREAKFAST**

**Sausage Roll**  
2 BITES PER SERVING  
SERVES 1

Grill 2x40g low fat sausages and serve in a 60g wholemeal roll. Top with 1tbsp reduced sugar tomato ketchup.

**LUNCH**

**Open Beef & Rocket Sandwich**  
FREE FOOD  
SERVES 1

Mix 1tsp lighter than light mayo, a squeeze of mustard or horseradish and slices of roast beef, cut into strips. Top 2 x 30g slices of granary bread with rocket leaves and pile the beef mix on top.

**DINNER**

**Cod in Orange Sauce**  
FREE FOOD  
SERVES 4

Pre heat the oven to 180c. Line an ovenproof baking dish (with a lid) with baking paper. Spray paper with low cal oil and lay 4 cod fillets on top. Pour over the juice of an orange and sprinkle with 1tsp Herbs de Provence, a crushed garlic clove and the zest of the orange. Season, cover and bake for 20 mins until the cod is just cooked. Serve the fish, drizzled with a spoonful of the sauce with ¼ plate baby boiled potatoes, steamed broccoli and carrots.

Don't forget your  
2 snacks a day!

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