

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

Shredded Wheat & Apple
SERVES 1
FREE FOOD

Top 2 Shredded Wheat with ½ a grated apple and skimmed milk. Serve with a 150ml glass of orange juice.

LUNCH

Roasted Red Pepper & Quinoa Soup
SERVES 4

0.5 BITES PER SERVING
Chop 1 onion, 2 red peppers, and place in a tray with 2 crushed garlic cloves. Sprinkle with fresh basil and rosemary, spritz with low-cal oil, and roast at 200c for 30 mins. Transfer the roasted vegetables to a pot with 1 litre of vegetable stock, blend until smooth with a hand blender, and 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.

DINNER

Sesame & Ginger Beef Stir-fry
SERVES 1

1.5 BITES PER SERVING
Make a marinade by mixing 1 tbsp soy sauce, 1 tsp ginger root, peeled & grated, ½ minced garlic clove, 1tsp honey & 1 tsp dried chilli flakes. Toss 100g lean beef strips in the marinade and chill for about 30 minutes. Spray a wok or large pan with low cal oil and add a thinly sliced carrot & some broccoli florets, sliced if they're too thick. Add the beef to the pan & cook until the beef is browned and the vegetables have softened but still have some bite. Serve with ¼ plate basmati rice, garnished with chopped coriander & sprinkled with 2tsps sesame seeds.

TUESDAY

BREAKFAST

Stewed Apple Porridge
SERVES 1

2 BITES PER SERVING
Add up to 60g uncooked oats. 1 medium, peeled and sliced apple and a pinch of cinnamon to a saucepan with 200ml water /skimmed milk. Bring to the boil and simmer until the oats are cooked and apple is soft. If it's too thick add a little more milk/water. Top with a spoonful of 0%Greek yogurt, 15g crushed walnuts and drizzle with a tsp honey.

LUNCH

Tuna Bean Salad
SERVES 2

0.5 BITES PER SERVING
Chop 2 tomatoes into wedges, slice ¼ cucumber & 4 spring onions and add to a bowl along with some rocket, a tin of tuna in brine or water, drained, & 200g butter beans. Blend 1 tbsp. each balsamic vinegar and lemon juice and 2 tsps. olive oil and pour over the mixture. Toss well and divide between 2 plates. Serve with 60g granary bread.

DINNER

Pork & Apple Burgers with Chips
SERVES 4

1.5 BITES PER SERVING
Mix 500g pork mince with a grated eating apple and season. Shape into 4 burgers and chill for 30 minutes before frying on a non-stick pan. Place in a 60g brown burger bap and top with rocket, cucumber and sliced red onion. Serve with 100g Unislim Gorge Us rustic cut chips.

WEDNESDAY

BREAKFAST

Sausage Bagel
SERVES 1

2 BITES PER SERVING
Grill 2x40g low fat pork sausages and fill a toasted wholemeal bagel. Top with a tbsp. Unislim relish or reduced sugar/salt tomato ketchup.

LUNCH

Veggie Omelette
SERVES 1

1 BITE PER SERVING
Sauté 4 small quartered asparagus spears, 5 halved button mushrooms, and 1 chopped spring onion in low-cal spray oil. Whisk 2 eggs with 50ml skimmed milk, season, and add sautéed veggies. Cook gently in a pan, allowing uncooked egg to flow underneath. Sprinkle with 15g grated parmesan, fold in half, and serve with a side salad and a 60g wholemeal roll.

DINNER

Roasted Cauliflower Tagine SERVES 4

1 BITE PER SERVING
Preheat oven to 220c/200c/gas 7. Toss a cauliflower (broken into florets) with ½ tbs olive oil and ½ tbs ras el hanout or harissa seasoning in a baking dish, roast for 20-25 minutes. In a lidded saucepan, cook 2 sliced red onions, 1 sliced carrot, and 3 finely sliced garlic cloves with low-cal spray oil for 5 minutes. Stir in ½ tbsp ras el hanout and cook for another minute. Add a 400g tin of chopped tomatoes, a 400g tin of chickpeas (rinsed and drained), 80g pitted green olives (halved), and 200ml boiling water. Reduce heat, cover, and simmer for 15-20 minutes until the veg is cooked, and the sauce thickens. Remove from heat, stir in the roasted cauliflower. Serve with ¼ plate couscous, topping each plate with 30ml 0% Greek yogurt and chopped parsley.

THURSDAY

BREAKFAST

Breakfast Grill
SERVES 1

FREE FOOD
Dry fry or poach 2 eggs and serve with 2 grilled bacon medallions, sugar free beans, grilled mushrooms and tomatoes and 2x30g slices of wholemeal toast.

LUNCH

Classic Club Sandwich
SERVES 1
FREE FOOD

Spread 2x30g slices of wholemeal bread with lighter than light mayo. Pile 1 slice with lettuce, diced tomato & diced red onion. Top with a grilled bacon medallion and sliced, cooked, chicken breast. Top with the second slice of bread, cut in two and serve with any Unislim souphigh for 6-8 hours (or until barley is soft).

DINNER

Spanish Style Chicken Bake
SERVES 4

1.5 BITES PER SERVING
Preheat oven to 200c/180c/Gas 6. Halve 600g baby potatoes, cut 1 medium brown onion & 1 medium red onion into 8 wedges. Quarter 8 medium tomatoes. Place in a roasting tray with 8 unpeeled garlic cloves. Season with sea salt and black pepper, toss, and roast for 20 minutes. Meanwhile, skin 80g chorizo and slice thinly. Slash 8 boneless, skinless chicken thighs and season. Remove the tin, scatter chorizo, place chicken on top. Mix ½ tsp oregano with ½ tsp sweet smoked paprika, sprinkle over chicken. Return to the oven for 20 minutes. Spoon juices over chicken, add green pepper strips. Turn the oven up to 220c/200c/Gas 7 and bake for another 20 minutes until peppers are soft and chicken is golden. Squeeze garlic out of skins before eating.

FRIDAY

BREAKFAST

Mushrooms on Toast
SERVES 2

FREE FOOD
Spritz a pan with low cal oil & fry 180g sliced mushrooms with a chopped garlic clove. Add chopped parsley & 1 tsp of lemon juice. Divide the mushrooms between 4x30g slices of wholemeal toast, sprinkle with parsley and serve.

LUNCH

Cheese & Bacon Baked Potato
SERVES 1

1 BITE PER SERVING
Prick a 200g potato with a fork, spray with low cal oil and sprinkle with salt. Bake at 200c until soft. Cut a cross in the top and scoop out the flesh. Mix the flesh with a diced spring onion, a crumbled rasher of grilled bacon and 30g grated low fat cheddar cheese. Fill the potato shell with the mix and pop under a hot grill until the cheese melts. Serve with a green salad.

DINNER

Tomatoes and Butterbeans
SERVES 1

FREE FOOD
Spray a non-stick pan with low cal oil and heat. Season a sea bass fillet and sear it, skin side down, cooking for 3 minutes until crisp. Turn the fish over, push to one side and cook for a couple more minutes. Add 5 halved cherry tomatoes, 1 crushed garlic clove, 125g baby spinach leaves and 200g can drained butter beans. Cook for a couple of minutes to wilt the spinach. Remove the fish, check the beans are warmed through and serve as a carb free meal or add a ¼ plate baby boiled potato.

SATURDAY

BREAKFAST

Granola & Yogurt
SERVES 1

1.5 BITES PER SERVING
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
SERVES 1

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

DINNER

Chicken & Bean Enchiladas
SERVES 4

1.5 BITES PER SERVING
Spray a pan with low-cal oil, fry 4 diced chicken breasts until cooked. In the first minutes, add 1 large sliced onion and 1 chopped red pepper. Stir in a tin of red kidney beans, a tin of chopped tomatoes, and a thinly sliced fresh red chili; bring to a boil, then simmer for 15 mins. Spread the mixture down the center of 4 wholemeal tortillas. Roll up, sprinkle with 120g reduced-fat cheddar cheese, and bake until the cheese melts. Top each tortilla with a tbsp. of reduced-fat crème fraiche and serve with a green salad.

SUNDAY

BREAKFAST

Apple & Cinnamon Pancakes
SERVES 2

FREE FOOD
Blitz 40g oats until finely ground (like flour) Tip into a bowl with 40g grated apple, 50ml skimmed milk, ¼ tsp cinnamon, 1tsp granulated sweetener and 2 beaten eggs. Spray a large pan with low cal oil and spoon 4 equal quantities of the batter in. Cook for 1-2 minutes on both sides and serve with sliced apple, berries, and low-fat natural yogurt.

LUNCH

Fruity Curried Chicken Salad
SERVES 2

1 BITE PER SERVING
In a large bowl, mix 2 tbsp 0% Greek yogurt, 1 tsp mild curry powder, 1 tbsp fresh lemon juice, sea salt, and black pepper. Add 1 thinly sliced celery stick, 6 raw broccoli florets, 1 red apple (cored, cut into ½ inch pieces), 15 halved red seedless grapes, and 15g halved walnuts. Toss to coat with the dressing.

DINNER

Goat Cheese & Spinach Pasta
SERVES 4

1.5 BITES PER SERVING
Cook 240g fusilli as per packet instructions. Meanwhile, spray a pan with low-cal oil, add 2 finely chopped garlic cloves and a deseeded, finely chopped red chili. Cook for 1 minute, then add 130g baby spinach and cook until wilted. Toss this mix with the cooked pasta and cook for 2 minutes. Stir in a large handful of chopped basil leaves. To serve, divide the pasta between 4 bowls and crumble 30g goat cheese on each.

Don't forget your
2 snacks a day!
Visit unislim.com for tasty
snack ideas