

# 7 Day Meal Plan

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

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

BITES          
 Bites Earned  Free Oil



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MONDAY

**BREAKFAST**

Overnight Oats  
SERVES 2  
1 BITE PER SERVING  
In a bowl, mix 250g 0% Greek yogurt, 60ml skimmed milk, 6tbsp porridge oats and 1tbsp mixed seeds. Divide between 2 glass jars, cover and leave in the fridge overnight. Drizzle with a tsp of honey or maple syrup and top with sliced banana and some berries before serving.

**LUNCH**

Coronation Chicken Pitta  
SERVES 4  
0.5 BITES PER SERVING  
Combine 6 tbsp lighter than light mayo with 2-3 tsp mild curry powder, ½ tsp ground cinnamon, 2 tbsp mango chutney, and 30g sultanas. Season with black pepper and mix with 500g shredded cooked chicken. Stir to coat the chicken, adding 2 tbsp water to loosen if needed. Fill 4 wholemeal pittas with the mix and serve with a green salad.

**DINNER**

Vegetarian Fajitas  
SERVES 4  
FREE FOOD  
Slice and sauté 1 red and 1 yellow pepper in low-cal oil with red onion. Add garlic, ½ tsp each of chili powder, smoked paprika, and ground cumin. Squeeze in ½ lime, season, and transfer to a dish, keeping warm. In the same pan, warm drained black beans (400g tin) with lime juice and seasoning. Stir in chopped coriander. Fill 4 warmed wholemeal tortillas with the beans and fajita mix. Serve with sliced avocado and 0% Greek yogurt.

TUESDAY

**BREAKFAST**

Cinnamon Bagel with Raspberries  
SERVES 1  
1 BITE PER SERVING  
Mix 30g light cream cheese with a handful of fresh raspberries and spread on a toasted wholemeal bagel. Sprinkle with cinnamon and serve with a 150ml glass of fresh orange juice.

**LUNCH**

Super-Salad Wrap  
SERVES 1  
1.5 BITES PER SERVING  
Spread a wholemeal tortilla with 30g low fat hummus and pile the centre with shredded lettuce, ¼ carrot, grated, 4 cucumber sticks and 2 avocado slices. Top with 1 tbsp fresh tomato salsa and 30g low fat, grated cheddar. Roll the wrap and slice in 2. Serve with any Unislim soup.

**DINNER**

Ginger Chicken & Green Bean Noodles  
SERVES 2  
FREE FOOD  
Cook 120g egg noodles according to pack instructions and set aside. Spray a wok with low cal spray oil, heat, and stir-fry 2 sliced chicken fillets for 5 minutes. Add 200g, trimmed green beans and fry for another 4-5 minutes until the beans are just tender and the chicken is cooked through. Peel a thumb-sized piece of ginger and cut into matchsticks. Add to the wok with 2 sliced garlic cloves, a finely sliced ball of stem ginger +1tsp of syrup from the jar, 1tsp cornflour mixed with 1tbsp water, 1tsp dark soy sauce and 2 tsp rice vinegar. Stir fry for 1 minute and then toss in the cooked noodles. Continue cooking until everything is hot and the sauce coats the noodles.

WEDNESDAY

**BREAKFAST**

Fresh Fruit Compote with Egg & Toast  
SERVES 1  
0.5 BITES PER SERVING  
Dice 1 apple, 1 kiwi, 10 grapes, 5 strawberries, and 1 pear. Drizzle with 1 tsp honey and microwave for 30 secs. Pair with a boiled egg and up to 60g wholemeal toast.

**LUNCH**

Calzone  
SERVES 1  
1 BITE PER SERVING  
Preheat oven to 190°C. Spread a wholemeal tortilla with tomato puree and fill with sliced red onion, red and yellow peppers, and chopped lean ham. Top with 30g grated low-fat cheddar, fold up, and bake on a tray for 5-10 mins. Serve with a side salad.

**DINNER**

Smoky Tofu Chili  
SERVES 4  
FREE FOOD  
Drain and pat dry 2x396g packs of firm tofu. Wrap in kitchen paper, place a weighted chopping board on top, and set aside for 30 minutes. In a sprayed pan, cook 2 diced onions, 2 diced celery sticks, and 3 diced red peppers with 3 tbsp water for 6-8 mins. Add 4 sliced garlic cloves, 1 tsp chilli powder, 2 tsp smoked paprika, 1 tsp cumin, 1 tsp cinnamon, and 1 tsp dried oregano. Cook for 2 mins. Add 500ml veg stock, 1 tbsp tomato puree, and 2x400g tins chopped tomatoes. Season, bring to boil, and simmer for 45 mins. Unwrap tofu, cut into 1.5cm cubes, toss in ½ tsp hot chili powder, and fry in batches for 8-10 mins. Set aside. Drain and rinse 2x400g tins black beans and add to the chili. Cook uncovered for 15 mins before adding the tofu. Simmer for another 10 mins, season, and serve.

THURSDAY

**BREAKFAST**

Nut Butter Toast with Banana  
SERVES 1  
1 BITE PER SERVING  
Spread 2x30g slices of wholegrain toast with 2 tsp no added sugar peanut butter and top with a mashed banana. Sprinkle with cinnamon.

**LUNCH**

Smoked Salmon Open Sandwich  
SERVES 2  
FREE FOOD  
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**

Popcorn Chicken & Chips  
SERVES 2  
1 BITE PER SERVING  
Preheat the oven to 170c/150c/gas 3. Line a baking tray with greaseproof paper. Blitz 4x30g slices of wholemeal bread into fine crumbs and put in a shallow dish with ½ tsp garlic granules, ¼ tsp chilli powder and ½ tsp sea salt. Dice 300g chicken fillet into bite sized pieces. Beat an egg in a bowl and add the chicken, stirring to coat. Dip the chicken in the breadcrumb crumbs a few pieces at a time and then place on the baking tray. Spray the chicken with low cal oil and pop in the oven for 20-25 minutes until cooked through. Serve with 100g Unislim Gorge Us chips.

Don't forget your 2 snacks a day!

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

FRIDAY

**BREAKFAST**

Bacon & Beans  
SERVES 1  
FREE FOOD  
Grill 2 turkey rashers and serve with reduced sugar beans, grilled tomato and 2x30g slices wholemeal toast.

**LUNCH**

Roasted Butternut Squash SOUP  
SERVES 4  
0.5 BITES PER SERVING  
Dice a peeled and deseeded butternut squash. Roast in a tray, sprayed with low-cal oil, for 30 minutes until golden and soft. In a pan sprayed with low-cal oil, fry 2 diced onions, 1 thinly sliced garlic clove, and a deseeded, finely chopped red chili (optional) on low heat for 15-20 minutes until onions are soft. Add the roasted squash, 850ml hot vegetable stock, and 4 tbsp reduced-fat crème fraîche. Blend until smooth, gently reheat, season to taste, and serve with a 65g seeded brown roll.

**DINNER**

Greek Style Roast Fish  
SERVES 2  
FREE FOOD  
Heat the oven to 200c/180c/gas 6. Tip 200g small potatoes, scrubbed and cut into wedges into a roasting dish with 1 sliced onion, 2 roughly chopped garlic cloves and ½ tsp dried oregano (or ½ tsp fresh) Season, spray with low cal oil and toss to coat everything. Roast for 30 minutes turning everything halfway through. Add 2 large tomatoes and ½ lemon, cut into wedges and roast for 10 minutes, then top with 2 pollock (or any white fish) fillets and cook for 10 minutes more. Serve scattered with parsley with extra green vegetables or a side salad.

SATURDAY

**BREAKFAST**

Apple Porridge with Chia Seeds  
SERVES 1  
1 BITE PER SERVING  
Make up to 60g porridge with skimmed milk or water and top with ½ grated apple and 15g Chia seeds.

**LUNCH**

Prawn, Avocado & Rice Salad  
SERVES 2  
0.5 BITES PER SERVING  
Cook 120g (uncooked weight) brown basmati rice as per packet instructions. Combine the cooled rice with 300g cooked prawns, 1 diced avocado, 2 chopped spring onions, 8 cherry tomatoes and a handful of chopped coriander. Mix the juice of a lime with 2 tsp honey and gently fold into the salad just before serving.

**DINNER**

Creamy Mushroom Tagliatelle  
SERVES 4  
1 BITE PER SERVING  
Spritz a large frying pan with low cal oil and cook a finely chopped onion, a thinly sliced leek and 2 crushed garlic cloves until soft. Add 400g, sliced chestnut mushrooms and cook for 5 minutes. Add 100ml vegetable stock or white wine and cook for about 5 minutes until it reduces. Stir in 60ml low fat crème fraîche and the zest of a lemon. Cook 240g tagliatelle according to packet instructions. When the pasta is just tender, drain and return to the hot pan in which it was cooked. Stir in 400g baby spinach leaves and when it wilts gently stir in the creamy mushroom mix. Divide between 4 plates and serve immediately sprinkled with 30g grated parmesan.

SUNDAY

**BREAKFAST**

Berries & Apple Weetabix  
SERVES 1  
FREE FOOD  
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 Sweet Potato with Feta  
SERVES 1  
1.5 BITES PER SERVING  
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.

**DINNER**

Herb Roast Pork with Roasted Veg  
SERVES 6  
FREE FOOD Preheat oven to 180°C/160°C/gas 4. Remove rind and fat from a 1.25 kg pork leg roasting joint. Spread with 1tbsp wholegrain mustard, herbs (2tbsp parsley, 2tbsp thyme, 1tsp sage), and black pepper. Place 80g Prosciutto slices on top. Spray a roasting tin with low-cal oil, add pork in the center, surround with 3 carrots, 2 red onions, 12 garlic cloves, 1 small celeriac, and thyme sprigs. Spray with oil, cover, and roast for an hour. Increase heat to 220°C/200°C/gas 7, uncover, spray, and roast for 20 mins. Remove meat and let it rest. Spray veg with oil and continue until golden. Serve pork with roasted vegetables and a 200g baked potato.