

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

Apple & Pear Overnight Oats
0.5 BITES PER SERVING
SERVES 4

Place 240g rolled oats and a pinch of cinnamon in a lidded container. Pour over 500ml skimmed/ oat milk. Mix well, cover and pop in the fridge overnight. In the morning, grate 2 apples and 2 pears and stir most of it into the mixture. Transfer to bowls and top with the remaining fruit, a dollop of natural yogurt and a tsp of honey.

LUNCH

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

Spread 2 slices of 30g wholemeal bread with passata. Scatter one slice with 30g torn low-fat mozzarella and torn basil leaves. Add shredded ham, sliced tomatoes, roast peppers, or onions. Top with the second slice, butter the outsides with 2 tsps low-fat butter. Cook until cheese melts and outside is crisp in a sandwich toaster or heavy pan. Serve with a side 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.

Don't forget your
2 snacks a day!

Visit unisl^{im}.com for tasty
snack ideas

TUESDAY

BREAKFAST

Spinach and Egg Muffins
1 BITE PER SERVING
SERVES 6

Preheat oven to 190°C. Sauté 12 mushrooms in a pan spritzed with low-cal oil. Set mushrooms aside. Wilt 300g spinach in the pan with a little water. Whisk 4 eggs in a large bowl. Drain and add wilted spinach, cooked mushrooms, and 180g low-fat cheese to the eggs. Mix well, divide into 12 muffin cups, and bake for 20–25 mins until set.

LUNCH

Chicken & Avocado Salad Wrap
FREE FOOD
SERVES 1

Spread a whole meal wrap with lighter than light mayo. Mix together 1 diced tomato and ¼ red onion, diced. Add to the wrap along with ½ sliced avocado and sliced, cooked chicken. Add some fresh parsley, salt and pepper. For a spicy kick, sprinkle with cayenne pepper or chilli flakes. Add some fresh parsley, salt and pepper. For a spicy kick, sprinkle with cayenne pepper or chilli flakes.

DINNER

Unisl^{im} Sweet & Spicy Beef Burger
FREE FOOD
SERVES 4

In a large bowl, combine 450g lean mince, 1 tbsp hot horseradish sauce, 1 tbsp Worcestershire sauce, 1 tsp garlic paste, 1 tsp onion sugar, 1 tsp onion relish and 1 tsp fresh parsley, roughly chopped. Divide the mixture into 4 burgers, cover, and chill for 10 minutes before cooking on a hot grill. Serve with 100g Gorge Us chips and a side salad.

WEDNESDAY

BREAKFAST

Blueberry & Almond Smoothie
2 BITES PER SERVING
SERVES 1

Blend together a handful of blueberries, ½ frozen banana, 10g almonds, 15g flaxseeds, 2tbsps 0% Greek yogurt and 150ml skimmed or unsweetened almond milk. Add a little more milk if it's too thick and serve in a tall glass.

LUNCH

Spicy Tuna Baked Potato
FREE FOOD
SERVES 1

Drained a can of tuna in water or brine and mix with a sliced spring onion, a handful of halved cherry tomatoes, ½ chopped red chilli and ½ a small bunch of chopped coriander. Split a 200g baked potato and fill with the tuna mix. Serve with a green salad.

DINNER

Chicken Satay Curry
2 BITES PER SERVING
SERVES 4

Combine a 400ml tin of reduced-fat coconut milk, 30g peanut butter (100% nuts), 2 tbsp soy sauce, 1-2 tbsp sweetener, 1 tbsp fish sauce, 1 tbsp curry powder, 1 crushed garlic clove, grated ginger (thumb-sized), and 1 tsp chilli flakes (optional). Whisk well. In a large pan sprayed with low-cal oil, sauté 1 sliced onion, 1 sliced red pepper, and 1 sliced green pepper until soft. Add 4 diced chicken fillets and the sauce. Simmer until chicken is cooked and sauce thickens. Optionally, add 1 tbsp chicken gravy granules for thickness. Serve with ¼ plate basmati rice, lime wedges, and garnish with chopped coriander and chilli flakes.

THURSDAY

BREAKFAST

Apple Bran Serves
FREE FOOD
SERVES 1

Top up to 60g All Bran or Bran flakes with skimmed milk and top with ½ grated apple.

LUNCH

Scotch Broth
1 BITE PER SERVING
SERVES 6

In a large saucepan, combine 250g each of peeled and diced carrots, diced turnips, diced onions, 1 diced celery stalk, 1 sliced leek, 120g pearl barley, and 125g dried peas (soaked for 4–5 hours & drained). Add 2.3 litres of lamb stock, season, and bring to a boil. Reduce heat, simmer for 2–3 hours until peas and barley are soft. Stir in 85g chopped kale, cook for an additional 10 minutes until kale is tender. Check seasoning and serve with a 60g seeded roll. For the slow cooker, combine all ingredients and cook on

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 tbsps. wholegrain mustard, 3 tbsps. 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.

FRIDAY

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

Honey Mustard Chicken Pasta
FREE FOOD
SERVES 4

Cook 240g farfalle (uncooked weight) following package instructions, then cool under running water. In a large bowl, combine 3 tbsp lighter-than-light mayo, 1 heaped tsp wholegrain mustard, and 1 tsp clear honey for a creamy dressing. Thin with water if needed. Add the dressing to the pasta with 300g cooked chicken (torn), 4 thinly sliced spring onions, 4 tomatoes (chunks), and a small bunch of torn basil leaves. Gently mix and season to taste.

DINNER

Fish Goujons & Chips
FREE FOOD
SERVES 4

Mix 30g wholemeal bread crumbs with the zest of a lemon and 2 tbsp chopped flat leaf parsley. Season well. Slice 4 hake or cod fillets into goujon strips, dip into a whisked egg and then coat evenly with the breadcrumb mix. Bake in the oven at 180°C for 10mins until golden. Serve with 100g Gorge Us chips and a dipping sauce made by combining 2tbsp lighter than light mayo with 1tbsp no added sugar ketchup and a squeeze of lemon.

SATURDAY

BREAKFAST

Salted Caramel Oaty Waffles
FREE FOOD
SERVES 1

Mix 60g of porridge oats with 70ml low fat plain yogurt, ½ tsp salted caramel flavouring, ¾ tsp baking powder & an egg. Pour into a waffle iron &

LUNCH

Salmon & Lemon Zest Bagel
1 BITE PER SERVING
SERVES 1

Mix 30g light cream cheese with 1dsp low fat natural yogurt, zest of ½ lemon and some black pepper. Spread onto a toasted wholemeal bagel and top with smoked salmon.

DINNER

Linguine with Avocado, Tomato & Lime
FREE FOOD
SERVES 2

Cook 120g (uncooked weight) linguine pasta according to pack instructions. Meanwhile put the zest and juice of a lime in a bowl with a peeled and chopped avocado, 2 large ripe, chopped tomatoes, ½ a pack fresh coriander, chopped, 1 finely chopped red onion and a deseeded and finely chopped red chilli. Mix well. Drain the pasta, toss into the bowl and mix well. Serve straight away while still warm. Add cooked chicken or salmon for extra protein if you wish.

SUNDAY

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.

LUNCH

Cheesy Beans on Toast
1 BITE PER SERVING
SERVES 1

Warm a tin of reduced sugar beans and serve with 2x30g slices of wholemeal toast. Top with 30g grated reduced fat cheddar.

DINNER

Slow-cooker Butter Chicken
1.5 BITES PER SERVING
SERVES 4

Create a marinade: Mix the juice of a lemon with 2 tsps ground cumin, 2 tsps paprika, 1-2 tsps hot chili powder, and 200g low-fat natural yogurt. Cut 500g skinless, boneless chicken thighs into bite-sized pieces, toss in the marinade, cover, and chill for at least an hour. In a large heavy saucepan, heat 2 tbsp butter or vegetable oil. Add 1 large chopped onion, 3 crushed garlic cloves, 1 finely chopped green chili (deseeded), grated ginger (thumb-sized), and season. Fry for 10 mins until soft. Add 1 tsp garam masala, 2 tsp ground fenugreek, and 3 tbsp tomato puree; cook until fragrant. Add 250ml chicken stock and marinated chicken. Transfer to a slow cooker, cook on low for 6-7 hours until chicken is tender. Serve with ¼ plate basmati rice, chopped coriander, 30g toasted, flaked almonds, and lime wedges if desired.