

7 Day Meal Plan

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

DATE: / /

DATE: / /

DATE: / /

DATE: / /

DATE: / /

DATE: / /

DATE: / /

BREAKFAST

BREAKFAST

BREAKFAST

BREAKFAST

BREAKFAST

BREAKFAST

BREAKFAST

LUNCH

LUNCH

LUNCH

LUNCH

LUNCH

LUNCH

LUNCH

DINNER

DINNER

DINNER

DINNER

DINNER

DINNER

DINNER

SNACK.....

SNACK.....

SNACK.....

SNACK.....

SNACK.....

SNACK.....

SNACK.....

SNACK.....

SNACK.....

SNACK.....

SNACK.....




SNACK.....

SNACK.....



SNACK.....




BITES 
 Bites Earned  Free Oil 

BITES 
 Bites Earned  Free Oil 

BITES 
 Bites Earned  Free Oil 

BITES 
 Bites Earned  Free Oil 

BITES 
 Bites Earned  Free Oil 

BITES 
 Bites Earned  Free Oil 

BITES 
 Bites Earned  Free Oil 















MONDAY

BREAKFAST

Scrambled Eggs on Sourdough
SERVES 1

FREE FOOD

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

LUNCH

Honey & Lime Prawn Salad
SERVES 1

1.5 BITES PER SERVING

Mix a handful of chopped spinach, 4 cherry tomatoes & 2 spring onions. Add 4 chopped apricots, 6 chopped almonds & 150g cooked prawns. Cook up to 60g (uncooked weight) wild or basmati rice as per pack instructions. Allow the rice to cool & add to mixture. In a small bowl, mix the juice of ½ lime & 1 tsp honey. Drizzle over the dish just before serving.

DINNER

Mixed Bean Chilli
SERVES 4
FREE FOOD

Spray a pan with low-cal oil and gently fry 2 chopped onions and 2 crushed garlic cloves for 2 minutes. Add 2 diced red/green peppers, 2 tsp cumin, 2 tsp crushed chili, and 1 tsp chili powder. Sweat for 5 minutes, then add 300g sliced mushrooms and cook for 1 minute. Tip in a can of chopped tomatoes, 4 tbsp tomato puree, and 2 cans of beans (mixed beans or a combination of your choice e.g., butterbeans, pinto, cannellini etc.). Crumble in a veg stock cube. Mix everything well, bring to the boil, and simmer for 5-10 mins. Serve with sliced avocado, a squeeze of lime, a spoonful of natural yogurt, and ¼ plate basmati or brown rice.

TUESDAY

BREAKFAST

Raspberry Porridge with Honey and Chia Seeds
SERVES 1

1.5 BITES PER SERVING

Make up to 60g porridge with skimmed milk. Top with a handful of raspberries, 15g chia seeds and 1tsp honey.

LUNCH

Smokey Beans & Baked Eggs
SERVES 3
FREE FOOD

Spritz a pan with low-cal spray oil and cook 1 chopped onion until softened. Add 1 sliced red pepper and cook for another 5 minutes until softened. Stir in 3 crushed garlic cloves, 2 tsp smoked paprika, and 1 tbsp reduced sugar tomato ketchup, then add a 400g can of chopped tomatoes. Simmer covered for 10 minutes, then uncover and cook a bit longer to thicken. Add 2x400g cans of black or pinto beans. Create spaces for 6 eggs, crack them in, cover, and cook until eggs are set, about 3-5 minutes. Serve sprinkled with chopped coriander.

DINNER

Peri Peri Chicken
SERVES 4

0.5 BITES PER SERVING

Mix 2 tbsp hot, chilli sauce, zest and juice of a lemon and 3 minced garlic cloves in a bowl. Add 4 chicken breasts and stir until they are coated. Lightly spray a griddle pan with oil and cook the chicken over a medium heat until browned and cooked through. Serve immediately with a baked potato and vegetables of your choice.

WEDNESDAY

BREAKFAST

Cinnamon Muesli
SERVES 1
FREE FOOD

Top 60g no added sugar muesli with 5 chopped prunes, a handful of pomegranate seeds and 3 tbsp 0% Greek yogurt. Sprinkle with a tsp cinnamon.

LUNCH

Cheesy Beans on Toast
SERVES 1
1 BITE PER SERVING

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

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 Unisl^{im} Gorge Us rustic cut chips.

THURSDAY

BREAKFAST

Fruity Weetabix
SERVES 1
FREE FOOD

Top 2 Weetabix with skimmed milk or low-fat yogurt, a handful of mixed berries and a sliced kiwi.

LUNCH

2 BITES PER SERVING
BLT
SERVES 1
FREE FOOD

Spread 2x30g slices granary bread with lighter than light mayo. Pile one of the slices with little gem lettuce leaves & sliced tomato. Top with 2 slices grilled lean bacon cut into pieces. Cover with the second slice of bread. Cut in half and serve.

DINNER

Meatballs & Spaghetti
SERVES 4
1 BITE PER SERVING

Heat low-cal oil in a pan. Sauté 1 onion, 1 celery stick, and 2 garlic cloves. Add 2 tbsp tomato puree, cook briefly, then pour in 1x400g chopped tomatoes, 1 cinnamon stick, 100ml red wine, and 100ml chicken stock. Season, bring to boil, then simmer for 1 hour. Blend for smoother sauce if desired. In another pan, sauté 1 onion & 5 minced garlic cloves until soft. Let cool. Mix in a bowl: 450g lean minced pork/beef, 1 tbsp basil, 1 tsp cinnamon, cooked onion & garlic. Season and roll into 16 meatballs. Bake at 180C until cooked. Combine cooked meatballs with sauce. Serve with ¼ plate whole wheat spaghetti, sprinkle with 1 tbsp parmesan, and garnish with fresh basil. Enjoy!

FRIDAY

BREAKFAST

Breakfast Bruschetta:
SERVES 1
0.5 BITE PER SERVING

Peel and slice ½ banana. Put in a bowl with 80g blueberries and 50g Quark. Mix well. Toast 2x30g slices of wholegrain bread. Spread with the blueberry mix and drizzle with 1 tsp honey.

LUNCH

Spinach & Tuna Pancakes
SERVES 2

0.5 BITES PER SERVING

Spray a non-stick pan with low-cal oil, fry 2 chopped garlic cloves. Add 250g baby spinach, wilt, mix in 1 tbsp tomato puree, a 120g can of tuna in spring water, drained, and 200g cottage cheese. Set aside. Beat 2 large eggs with 4 tbsp wholemeal flour and 2 tbsp water. Spray another pan, add half the batter, swirl to coat. Cook briefly, flip, repeat. Place pancakes on plates, spoon tuna filling, roll up. Serve with a side salad.

DINNER

Sea Bass with Spinach, 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 potatoes.

SATURDAY

BREAKFAST

Fruity Buddha Bowl
SERVES 1

0.5 BITES PER SERVING

Spray a pan with low-cal spray oil and heat. Add up to 60g porridge oats and cook for 1-2 minutes. Mix ½ tsp pure vanilla extract with a pinch of cinnamon and stir into the oats. Cook for another 1-2 minutes until the oats are toasted. Put the oats into a bowl and stir in a pot of 0% Greek yogurt. Top with a small sliced banana, a few sliced strawberries, and a tbsp of pomegranate seeds. Sprinkle with 1 tbsp chia seeds.

LUNCH

Minestrone Soup
SERVES 4
FREE FOOD

Spray a pan with low-cal oil and fry 1 chopped onion & 2 chopped garlic cloves for 3-4 minutes. Add 2 sliced carrots, 2 sliced courgettes, 2 sliced celery stalks, 2 handfuls of green beans, a tin of chopped tomatoes & a litre of vegetable stock. Bring to boil and simmer for 10 mins. Add 240g wholegrain pasta & cook for another 10 minutes. Season to taste, remove from heat & stir in 1 tbsp reduced fat pesto just before serving.

DINNER

Honey Chilli Chicken
SERVES 4

1 BITE PER SERVING

Preheat the oven to 180c/160c/gas 4 and spray a baking dish with low-cal oil. Mix 2 tbsp runny honey, a pinch of dried chilli flakes, 2 crumbled chicken stock cubes, 3 tbsp soy sauce, and 1 ½ tsp garlic granules in a bowl. Place 600g skinless chicken thigh fillets in the dish and spread the mixture all over. Bake in the oven for 25-30 minutes and serve with a 200g baked potato, steamed broccoli, and green beans.

SUNDAY

BREAKFAST

Easy Crepes
SERVES 2

1 BITE PER SERVING

In a blender, mix ½ cup skimmed milk, ½ cup water, 1 tsp sweetener, 2 tsp vanilla extract & 1 cup wholegrain flour. Add 2 medium eggs. Blend until smooth. Chill batter for 30-60 minutes. Heat non-stick pan, spray with low-cal oil. Pour ¼ cup batter. Flip when edges lift, cook 20-30 seconds. Keep warm. Serve with berries and low-fat vanilla yogurt.

LUNCH

Hummus & Red Pepper Wrap
SERVES 1

0.5 BITS PER SERVING

Spread a wholemeal wrap with 25g reduced fat hummus. Top with a handful of salad leaves, a chopped roasted red pepper (from a jar), ¼ red onion, finely sliced, and some turkey or chicken slices, if you want extra protein. Roll the wrap and serve with any Unisl^{im} soup.

DINNER

Slow Cooker Beef Goulash
SERVES 4
1 BITE PER SERVING

Set slow cooker on low. Sear 1kg braising/stewing steak, cut into chunks. Fry 1 large chopped onion until golden. Add 2 chopped mixed peppers, 2 chopped garlic cloves. Stir in 1 tbsp flour, 1 tsp caraway seeds, ½ tsp sweet smoked paprika. Add 2 tbsp tomato puree, 2 large chopped tomatoes, 200ml beef stock. Simmer, then transfer to slow cooker with beef. Add more stock to cover. Cook for 6-7 hours until tender. Swirl in 1 tbsp sour cream, sprinkle with parsley. Serve with 200g baked potato or ¼ plate baby boiled potatoes.

Don't forget your
2 snacks a day!

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