

# 7 Day Meal Plan

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MONDAY

**BREAKFAST**

Poached Eggs & Relish  
SERVES 1  
FREE FOOD

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

**LUNCH**

Mushroom Omelette  
SERVES 1

1 BITE PER SERVING

Spray non-stick pan, fry 50g mushrooms till golden. Mix with 30g reduced fat cheddar and chopped chives. Pour 2 beaten eggs into pan, cook. Add mushroom mix to half, fold. Cook briefly. Serve with green salad, 60g wholemeal sourdough.

**DINNER**

Sizzling Beef in Black Bean Sauce

SERVES 2  
FREE FOOD

Mix in bowl: 1 diced red pepper, finely sliced ginger (thumb-sized), handful of green beans, 2 crushed garlic cloves, ½ finely sliced red chili, 2 sliced spring onions, sliced coriander stalks (save leaves). Add 200g lean beef (thinly sliced). Spray wok, heat, add mix. Stir-fry 3-4 mins. Add 2 tbsp black bean sauce, 1 tbsp soy sauce, juice of lime. Stir until beef cooked. Serve, garnish with coriander leaves, lime wedges. Serve with ¼ plate noodles or basmati rice.

Don't forget your  
2 snacks a day!

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

TUESDAY

**BREAKFAST**

Cinnamon & Berry Overnight Oats  
SERVES 1

0.5 BITES PER SERVING

Mix 60g of oats with 80mls skimmed milk, cover and leave in the fridge overnight. Serve topped with a handful of berries, pinch of cinnamon and 1tsp sunflower seeds.

**LUNCH**

Stuffed Moroccan Pitta  
SERVES 2

2 BITES PER SERVING

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 Unislim soup.

**DINNER**

Aubergine, Tomato & Parmesan Bake

SERVES 4

1.5 BITES PER SERVING

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**

Mushrooms & Eggs  
SERVES 1  
FREE FOOD

Grill a large Portobello mushroom and serve with 2 poached eggs, 2x30g slices wholemeal toast and some wilted spinach.

**LUNCH**

Open Beef & Rocket Sandwich

SERVES 1

FREE FOOD

Mix 1 tsp 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**

Chargrilled Beef Fillet with Rosemary Potato Cubes & Caramelised Onions

SERVES 4

1 BITE PER SERVING

Preheat the oven to 220c, gas mark 7. Cut 4x 200g potatoes into cubes. Toss in a roasting tray with 1tbsp olive oil and the roughly chopped leaves of 2 sprigs of rosemary. Season well and transfer to the oven for 30-40 minutes, stirring occasionally. Grind plenty of black pepper over a 500g piece of beef fillet and sear on all sides in a hot non-stick pan for 2-3 minutes until charred. Transfer to the oven and roast for 15-20 minutes for rare, 30 minutes for medium and 40 minutes for well done. Remove from the oven, cover and leave to relax for 10 minutes. In the meantime, heat 1tbsp olive oil in a non-stick pan and gently fry 2 finely sliced onions. Keep the heat low and allow the onions to gently colour for about 20 minutes. Add 2 tsp balsamic vinegar and cook for a further 5 minutes until the mixture is sticky and a rich caramel colour. Carve the beef into 4 thick slices and serve with the potato cubes and the caramelised onions.

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**

Chicken & Roast Veg Wrap

SERVES 1

FREE FOOD

Chop 1 red onion, handful of mushrooms, 1 yellow pepper, 2 tomatoes, place on baking tray. Spray with low cal oil, sprinkle 1 tsp mixed herbs. Roast until cooked and slightly charred. Spread wholemeal wrap with lighter than light mayo, fill with veg. Top with cooked chicken, roll up and enjoy. (Great for leftover chicken & veg from roast dinner)

**DINNER**

Crispy Baked Hake with Yogurt Tartar Sauce

SERVES 4

2 BITES PER SERVING

Melt 25g butter. Line large baking tray with parchment paper & brush with melted butter. In shallow dish, mix 75g stale wholemeal breadcrumbs, 15g grated reduced fat cheddar, and 1tbsp chopped parsley. Put 40g plain flour in another dish & beaten egg in a third. Season 4 hake fillets, dip in flour, egg, then breadcrumbs. Place on tray, brush with remaining butter. Bake at 200°C for 15 mins or until cooked. For Tartar sauce, mix 150g 0% Greek Yogurt, 1tsp Dijon mustard, 1tbsp chopped capers, 1 finely chopped gherkin & 1tbsp chopped parsley. Serve fish & sauce with tender stem boiled potatoes.

FRIDAY

**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**

Roasted Butternut Squash Soup

SERVES 4

0.5 BITES PER SERVING

Cut peeled, deseeded butternut squash into large cubes. Roast in tray, spray with low cal oil, roast 30 mins till golden and soft. While squash cooks, spray large pan with low cal oil. Fry 2 diced onions, 1 thinly sliced garlic clove, and optional finely chopped red chili on low heat 15-20 mins till soft. Add roasted squash, 850ml hot vegetable stock, 4tbsp reduced fat crème fraiche. Remove from heat, blend until smooth. Gently reheat, season to taste. Serve with 65g seeded brown roll.

**DINNER**

Sweet Potato Shepherd's Pie

SERVES 4

0.5 BITES PER SERVING

Spray large pan with low cal oil, fry 2 chopped onions till soft. Add 2 chopped garlic cloves, 2 diced carrots, 2tbsp fresh thyme, cook 4 mins. Stir in 400g extra lean mince, brown. Add 60g red lentils, 100g frozen peas, 300g diced turnip, 1tbsp flour. Cook, then gradually add 100ml red wine, 550ml beef stock. Bring to boil, cover, simmer 35-40 mins. Boil 600g sweet potatoes, mash with 1tsp nutmeg, 100g low fat natural yogurt, black pepper. Spoon mince into ovenproof dish, top with potato mixture. Bake 20 mins till golden. Serve with steamed green veg.

SATURDAY

**BREAKFAST**

Apple Bran  
SERVES 1

FREE FOOD

Top 60g All- Bran or Bran Flakes with ½ a grated apple and serve with skimmed milk or low-fat yogurt.

**LUNCH**

Pesto, Cannellini Beans & Tuna Jackets

SERVES 2

1.5 BITES PER SERVING

Bake 2x200g sweet potatoes until really soft. Mix ½ x 400g can cannellini beans with 2tbsp reduced fat pesto, 30g light cream cheese, 100g can tuna in water, drained, ½ finely chopped red onion and the zest of a lemon. Split the potatoes and stuff with the filling. Sprinkle with chopped basil before serving with a green salad.

**DINNER**

Roast Chicken & Steamed Greens

SERVES 4

FREE FOOD

Heat the oven to 200c. Place a full chicken on a roasting tray, spray with low cal oil and season. Squeeze the juice from ½ a lemon over the chicken and place the other half in the cavity along with a few sprigs of rosemary. Place in the oven for at least an hour, making sure it's fully cooked before serving. While the chicken is cooking place 800g parboiled potatoes onto a baking tray, spray with low cal oil and roast in the oven. Serve with steamed green veg.

SUNDAY

**BREAKFAST**

Wake up Smoothie

SERVES 2

0.5 BITES PER SERVING

Combine 150ml unsweetened orange juice, 150g frozen berries, a ripe banana, 100ml low fat natural yogurt and 2 tsps. of honey in a blender. Whizz for a minute until creamy. Serve immediately. Follow with a boiled egg & a slice of whole meal toast.

**LUNCH**

Tofu Scramble

SERVES 2

FREE FOOD

Spray deep frying pan with Low cal oil, sauté 1 chopped garlic clove for 10 secs. Add small onion, 100g sliced mushrooms, sauté 3-4 mins till translucent. Break 200g firm organic tofu into pieces, add to pan. Cook 5 mins, until scrambled egg texture. Mix 1tbsp nutritional yeast flakes with 1tbsp water to paste. Add to pan with handful spinach, 1tsp turmeric, chilli flakes, cumin, lemon juice, soy sauce. Cook until warmed through. Serve with up to 60g wholemeal/granary toast.

**DINNER**

Creamy Mushroom Tagliatelle

SERVES 4

1 BITE PER SERVING

Spritz large frying pan with low cal oil, cook a finely chopped onion, thinly sliced leek, 2 crushed garlic cloves until soft. Add 400g sliced chestnut mushrooms, cook 5 mins. Pour in 100ml vegetable stock or white wine, reduce 5 mins. Stir in 60ml low fat crème fraiche, lemon zest. Cook 240g tagliatelle. Drain, return to hot pan. Stir in 400g baby spinach leaves, wilt, then gently stir in creamy mushroom mix. Divide between 4 plates, serve immediately sprinkled with 30g grated parmesan.