

7 Day Meal Plan

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

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

BITES
 Bites Earned Free Oil



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MONDAY

BREAKFAST

Fruit & Nut Salad

SERVES 4

1 BITE PER SERVING

Dice 2 pears and 2 apples and mix with a punnet of blueberries. In another bowl, blend 1 pot of 0% Greek-style yogurt, 1 tbsp lemon juice, 2 tsp lemon zest, ½ tsp vanilla essence, ½ tsp cinnamon, and ¼ tsp nutmeg. Gently fold in the fruit. Distribute evenly among 4 bowls and top each with 10g chopped pecans.

LUNCH

Ham & Cheese Wrap

SERVES 1

1 BITE PER SERVING

Fill a warmed wholemeal wrap with 2 slices lean ham, 30g grated low fat cheddar cheese, rocket leaves and sliced red onion. Top with a tbsp no added sugar relish, roll up, cut in two and serve.

DINNER

Roasted Vegetable & Pasta Bake

SERVES 4

1.5 BITES PER SERVING

Dice a red pepper, 1 courgette, 1 leek, ½ onion, a handful of mushrooms, and a clove of garlic. Spread them on a baking tray, spray with low-calorie oil, season, and sprinkle with a tablespoon of dried herbs. Roast until tender and slightly charred. Cook 240g pasta according to package instructions. In a large bowl, toss the roasted vegetables with the cooked pasta, a tin of chopped tomatoes, a handful of frozen peas, and 60g torn low-fat mozzarella. Transfer to an ovenproof dish, sprinkle with 60g grated parmesan, and bake until golden brown. Serve with salad or additional vegetables.

TUESDAY

BREAKFAST

Make-ahead Greek Yogurt Parfait

SERVES 2

1 BITE PER SERVING

Mix 1 teaspoon vanilla extract into 300g 0% Greek Yogurt. Layer two glasses or jars halfway with any frozen fruit. Top each with half of the yogurt mixture and refrigerate overnight. In the morning, add 30g no added sugar granola to each glass before serving.

LUNCH

Baked Potato with Cottage Cheese & Bacon

SERVES 1

FREE FOOD

Mix 4 tbsp cottage cheese with 2 rashers of grilled & chopped lean back bacon & pile onto a 200g baked potato. Serve with a green salad.

DINNER

Cod in Orange Sauce

SERVES 4

FREE FOOD

Pre-heat the oven to 180c. Line an ovenproof baking dish (with a lid) with baking paper. Spray paper with low cal oil and lay 4 cod fillets on top. Pour over the juice of an orange and sprinkle with 1tsp Herbs de Provence, a crushed garlic clove and the zest of the orange. Season, cover and bake for 20 mins until the cod is just cooked. Serve the fish, drizzled with a spoonful of the sauce with ¼ plate baby boiled potatoes steamed broccoli and carrots.

WEDNESDAY

BREAKFAST

Fibre Filler

SERVES 1

FREE FOOD

Top 60g bran flakes with a pot of low-fat yogurt, mixed berries and ½ chopped banana.

LUNCH

Sardines & Sourdough

SERVES 1

FREE FOOD

Drain a can of sardines in brine and serve hot or cold on 2x30g slices wholemeal sourdough toast. Sprinkle with parsley & a squeeze of lemon.

DINNER

Pasta Primavera

SERVES 4

1.5 BITES PER SERVING

Steam 75g broad beans, 200g asparagus tips and 170g peas until just tender, then set aside. Cook 240g spaghetti or tagliatelle according to pack instructions. Meanwhile, heat 2tsp olive oil and 2 tps. butter in a pan and gently fry 175g, trimmed and sliced baby leeks until soft. Add 200ml fromage frais and warm through very gently, stirring constantly so it doesn't split. Add a handful of fresh chopped herbs (mint, parsley & chives) and the steamed veg with a splash of the pasta water to loosen. Drain the pasta and stir into the sauce. Season to taste, divide between 4 plates or shallow bowls and top each with 15g shaved parmesan.

THURSDAY

BREAKFAST

Oat & Banana Pancakes

SERVES 1

FREE FOOD

Blend 30g porridge oats, 2 eggs, 1 banana, 1 teaspoon vanilla extract, and a pinch of cinnamon until smooth. Spray a pan with low-calorie oil and pour small portions of the mixture onto it. Cook as you would regular pancakes. Serve with your favorite yogurt and berries.

LUNCH

Sweet Potato & Apple Soup

SERVES 4

1.5 BITES PER SERVING

Pee and cube 800g sweet potato. Chop 2 sticks celery and 2 spring onions. Slice 3 eating apples. Simmer all ingredients in 1.2 liters vegetable stock with 1 tsp cumin and ginger until potatoes are tender. Blend, then top with yogurt and parsley. Serve with a 65g wholegrain or seeded roll.

DINNER

Quick Chicken & Cider Stew

SERVES 4

1 BITE PER SERVING

Spray a wide non-stick pan with low-calorie oil and cook 2 dessert apples, cored and cut into wedges, for 2-3 minutes each side until tender and golden. Remove and set aside. Cook 4 chicken fillets and 400g sliced mushrooms in the same pan for 8-10 minutes until golden brown. Pour in 300ml dry cider and 100ml chicken stock, then bring to a boil. Reduce heat and simmer for 10-15 minutes until chicken is cooked through and the sauce has thickened. Remove chicken and keep warm. Season the sauce, stir in apple wedges and 4 tbsp reduced-fat crème fraîche. Heat gently. Pour sauce over chicken, sprinkle with chopped parsley, and serve with baby boiled potatoes and extra vegetables.

FRIDAY

BREAKFAST

Scrambled Egg with Spinach & Tomato

SERVES 1

FREE FOOD

Scramble 2 eggs with skimmed milk and serve on a bed of wilted spinach with grilled tomatoes and a toasted 60g wholemeal bagel.

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

Slow Cooker Turkey Chili

SERVES 4

FREE FOOD

In a large frying pan, crumble and cook 500g minced turkey until almost cooked through but still slightly pink. Drain any excess liquid and add the turkey to your slow cooker with 1 chopped onion, 1 red & 1 green pepper, chopped, 1 red chilli chopped, 3 cloves of garlic, minced, 2 tins tomatoes, 2 tins kidney beans, drained, 1 tsp chilli powder, 1 tsp ground cumin, 1 dried oregano, salt and pepper. Stir until combined and cook on low for 6 hours or high for 4 hours, stirring occasionally. Once cooked, taste and adjust seasonings as necessary. Serve with ¼ plate of quinoa topped with chopped coriander.

SATURDAY

BREAKFAST

Baked Oats

SERVES 1

FREE FOOD

Combine 40g porridge oats, ¾ tsp sweetener, 2 beaten medium eggs, 175g fat-free natural yogurt, 1 tsp vanilla extract, grated zest and juice of ½ a lemon, and 50g blueberries. Pour into a small ovenproof dish and bake at 200°C/180°C/gas 6 until browned. Top with a few more berries and serve with a dollop of yogurt.

LUNCH

Creamy Chicken Salad Pitta

SERVES 4

FREE FOOD

In a large bowl, combine 400g, shredded, cooked chicken, ½ a diced red onion, ½ a diced small apple, 100g grapes, halved, 160g 0% Greek yogurt, 2tbsp lemon juice, ½ tsp garlic powder, salt and pepper, to taste. Mix until well combined. Fill 4 toasted whole meal pitta pockets with the mix and serve with a side salad.

DINNER

Broccoli, Chilli & King Prawn Stir-fry

SERVES 4

FREE FOOD

Heat a large wok or frying pan, spray with low-calorie oil. Add 2 sliced garlic cloves, 1-inch sliced ginger, and 1 sliced red chili, stir-fry for 2 mins. Add 200g tender stem broccoli and 300g broccoli florets, cook with 3 tbsp water for 5 mins. Stir in 2 tbsp light soy sauce, 1 tsp sweetener, ½ tsp Chinese 5 spice, and 350g cooked king prawns. Cook for another 5 mins. Serve as is or with ½ plate noodles.

SUNDAY

BREAKFAST

Porridge with Pecans & Prunes

SERVES 1

1 BITE PER SERVING

Make up to 60g Of porridge with skimmed milk and top with 5 chopped prunes and 10g pecans.

LUNCH

Cheesy Tuna Melt

SERVES 2

1 BITE PER SERVING

Preheat the grill. Drain a tin of tuna and flake into a bowl with ½ a bunch of chopped spring onions and 4 tbsp lighter than light mayo. Toast 2x45g slices of granary bread and spread with the tuna mix. Sprinkle 60g of grated low-fat cheddar cheese on top and return to the grill until the cheese melts. Sprinkle with paprika and serve with a tbsp of no added sugar relish.

DINNER

Beef Stroganoff

SERVES 4

1 BITE PER SERVING

Season 400g thinly sliced steak with salt and pepper. Sear in a large pan with low-calorie oil. Remove steak. Deglaze with 1 tsp white wine vinegar and 2 tsp Worcestershire sauce. Sauté 1 thinly sliced onion and 250g sliced button mushrooms. Add 1 tsp Dijon mustard. Dissolve 1 rich beef stock cube and 1 beef stock pot in 500ml boiling water, reduce by half. Stir in 200g Philadelphia Lightest until smooth. Return steak to the pan, simmer for 5-10 minutes. Adjust sauce thickness with water if needed. Serve with chopped parsley and a 200g baked potato or ¼ plate basmati rice.

Don't forget your
2 snacks a day!

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