

7 Day Meal Plan

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

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

BITES
 Bites Earned Free Oil



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MONDAY

BREAKFAST

Blueberry Pancakes
SERVES 2

1 BITE PER SERVING

Beat a large egg and add to 20g wholemeal flour and 1tsp baking powder. Whisk until smooth. Fold in 200g blueberries. Pour small portions into a hot pan, sprayed with low cal oil. Cook until golden on both sides and serve with a dollop of low-fat natural yogurt.

LUNCH

Tuna Pitta Pocket
SERVES 1

FREE FOOD

Mix a tin of tuna in brine with a squeeze of lighter than light mayo, a spoonful of sweetcorn and some sliced scallions. Fill a toasted wholemeal pitta with the mixture and serve with a bowl of Unislim soup.

DINNER

Cajun Chicken Burgers
SERVES 4

1 BITE PER SERVING

Heat a grill to medium high and line a baking tray with foil. Mix 2tbsps Cajun seasoning with 2 tps. olive oil. Flatten 4 chicken fillets and spread with the oil and spices mix. Grill for 10 minutes, turning halfway through. Top each fillet with 30g reduced fat cheddar and return to the grill until the cheese has melted. Serve on a toasted wholemeal burger bap with lighter than light mayo, red onion, tomato, and lettuce.

Don't forget your
2 snacks a day!

Visit unislim.com for tasty
snack ideas

TUESDAY

BREAKFAST

1 BITE PER SERVING
Sausage Roll
SERVES 1

2 BITES PER SERVING

Grill 2x40g low fat sausages and serve in a 60g wholemeal roll. Top with 1tbsp reduced sugar tomato ketchup.

LUNCH

Cauliflower Cheese Soup
SERVES 4

2 BITES PER SERVING

Spray a large pan with low-cal oil. Sauté 1 chopped onion, 2 chopped celery sticks, and 2 crushed garlic cloves until tender. Add 1 large diced potato and a medium cauliflower (florets); cook for 1 minute. Pour in 1 liter hot vegetable stock, add a bay leaf, and simmer for 25-30 minutes until vegetables are tender. Remove the bay leaf, blend the soup until smooth, and return to the pan. Stir in 100ml reduced-fat crème fraiche, 2 tsp wholegrain mustard, and 90g grated reduced-fat cheddar. Melt the cheese over low heat. Serve with 30g grated reduced-fat cheddar and chopped chives.

DINNER

Pork Noodle Stir Fry
SERVES 4

1 BITE PER SERVING

Spray a wok with low-cal oil and brown 400g lean pork mince over high heat for 8 minutes. Meanwhile, soak 240g egg noodles in hot water. Add chopped ginger, 3 crushed garlic cloves, and 320g stir-fry veg to the pan; stir-fry for 2-3 minutes. Combine 1 tbsp soy sauce with 2 tsp cornflour to make a paste. Add 3 tbsp soy sauce, 4 tbsp sweet chilli sauce, and 2 tbsp water. Drain noodles and add to the pan with the sauce. Cook until the sauce coats the noodles; add water if needed. Serve.

WEDNESDAY

BREAKFAST

Banana Porridge with Pomegranate Seeds & Cinnamon
SERVES 1

FREE FOOD

Make up to 60g porridge with skimmed milk and top with ½ sliced banana and 1 tbs pomegranate seeds. Sprinkle with cinnamon.

LUNCH

Goats Cheese & Spinach Pasta
SERVES 4

1.5 BITES PER SERVING

Prepare 240g dried weight fusilli per packet instructions. In a pan sprayed with low-cal oil, cook 2 finely chopped garlic cloves and a deseeded, finely chopped red chili for 1 minute. Add 130g baby spinach; cook until wilted. Toss in the cooked pasta and cook for 2 minutes. Stir in a large handful of basil leaves. Serve by dividing the pasta among 4 bowls and crumble 30g goats' cheese on each.

DINNER

Beef Tagine
SERVES 6

FREE FOOD

Create a spice blend by mixing 1 tsp each of ground cumin, ground coriander, paprika, ½ tsp cinnamon, and ½ tsp chilli flakes. Rub half into 800g lean beef; marinate covered in the fridge, preferably overnight. When ready, spray a pan with low-cal oil, fry 1 large chopped onion and 3 sliced garlic cloves until soft. Set aside. Brown beef, add remaining spice blend, and stir. Return onion mix, add drained chickpeas and 500g passata. Bring to boil, cover, and simmer on low for 1½ hours (or 8 hrs in a slow cooker). 20 mins before serving, add zest of an orange and 18 chopped dates. Serve with ¼ plate basmati rice, sprinkled with chopped coriander.

THURSDAY

BREAKFAST

Energising Green Smoothie
SERVES 1

FREE FOOD

Blitz the flesh of ½ avocado, ½ banana, a piece of root ginger, peeled and chopped, ½ chopped cucumber, 2 handfuls of spinach, the juice of a lime and 230ml coconut water in a blender until smooth. Pour into a tall glass and serve immediately.

LUNCH

Egg, Onion & Mayo Sandwich
SERVES 1

FREE FOOD

Mix 1 egg, boiled and chopped, with 1 tomato, finely chopped, 2 spring onions, finely chopped and 1 tbsp lighter than light mayo. Season with salt and pepper and make a sandwich using 2x30g slices wholemeal bread. Serve with any Unislim soup.

DINNER

Zesty Haddock with Crushed Potatoes & Peas
SERVES 4

1 BITE PER SERVING

Boil 800g chunks of floury potatoes until tender, adding 140g frozen peas in the last minute. Drain and crush with seasoning, adding 1 tbsp. olive oil. Keep warm. Mix 1 tbsp. olive oil with juice and zest of ½ lemon, 1 tbsp. finely chopped capers, 2 tbsp. snipped chives, and seasoning for dressing. Dust 4 haddock fillets in 2 tbsp. plain flour, tap off excess, season. Spray a pan with low-cal oil, fry fish for 2-3 mins each side. Add dressing, warm through. Serve with crushed potatoes and steamed broccoli.

FRIDAY

BREAKFAST

Carb Free Grill
SERVES 1

FREE FOOD

Grill 2 rashers of lean bacon and a sliced tomato. Spray a pan with low cal oil and fry 8-10 sliced mushrooms. When the mushrooms are almost cooked add a handful of spinach to the pan & wilt. Dry fry 2 eggs. Serve with no added sugar beans.

LUNCH

Cheesy Chicken Melt
SERVES 2

1 BITE PER SERVING

Chop a cooked chicken fillet & mix with ½ a bunch of chopped spring onions & 2 tbsp lighter than light mayo. Spread on 2 slices of granary bread. Top with 60g, grated low fat cheddar cheese & grill until the cheese is melted. Sprinkle with paprika & serve with a tbsp of Unislim relish and a side salad.

DINNER

Steak & Baked Potato
SERVES 2

FREE FOOD

Cook 2 lean sirloin or fillet steaks to your liking and serve with sautéed mushrooms and onions (using low cal spray oil) and a 200g baked potato.

SATURDAY

BREAKFAST

Granola & Yogurt
SERVES 1

1.5 BITES PER SERVING

Top 45g no added sugar granola with a handful of chopped berries and ½ sliced banana. Serve with 0% Greek yogurt.

LUNCH

Ham Salad & Guac Rolls
SERVES 2

0.5 BITES PER SERVING

Split 2 x 60g wholemeal rolls in half and thickly spread the base of each with up to 30g guacamole. Top with a few rocket leaves, sliced red onion and sliced tomato. Season with salt and pepper and finish with slices of lean ham. Spread the remaining halves of the rolls with lighter than light mayo and place on top. Serve with a bowl of Unislim soup.

DINNER

Air fryer Paprika Chicken
SERVES 4

FREE FOOD

Coat 4 chicken breasts in ½ tbsp rapeseed oil and set aside. In a bowl, combine 1tsp salt, 1½ tsp garlic granules, 1tsp smoked sweet paprika and 2tsp mixed herbs with a good grinding of black pepper, then scatter onto a plate. Roll each oiled chicken breast in the seasoning and put in your air fryer basket. Cook at 180C for 18-20 mins, turning after 10 mins. Serve with ¼ plate of baby boiled potatoes and steamed greens such as broccoli or green beans.

SUNDAY

BREAKFAST

Berry & Apple Shredded Wheat
SERVES 1

FREE FOOD

Top 2 Shredded Wheat with skimmed milk or low-fat yogurt, ½ a grated apple and a handful of blueberries.

LUNCH

Parma Ham & Veggie Omelette
SERVES 1

1 BITE PER SERVING

Spritz a pan with low cal oil & set over a medium heat. Cook 2 slices of Parma ham for 1-2 minutes each side until crispy. Make an omelette using 2 eggs, 30g reduced fat cheddar cheese, chopped parsley, a handful of sliced mushrooms & some sliced red and yellow peppers. Serve the omelette with the Parma ham crumbled on top and a 60g wholemeal crusty roll.

DINNER

Butter Bean & Spinach Stew with Toasted Pine Nuts. SERVES 4

1.5 BITES PER SERVING

Spray a large saucepan with low-cal oil and, when hot, add 30g pine nuts, stirring for about 3 minutes until golden. Scoop onto a plate. Add 2 tbsp olive oil, fry a chopped onion until soft and browned. Add 4 minced garlic cloves, 1½ tsp ground allspice, and 1 tbsp ground coriander. Cook for 5 minutes, then add 2x400g tins drained butterbeans and 500ml veg stock. Bring to boil, add 400g baby leaf spinach, and when wilted, add ¼ tsp sea salt. Cook on low heat for about 10 minutes. Stir in the juice of ½ a large lemon, sprinkle with pine nuts, and serve with ¼ plate brown or basmati rice.