

# 7 Day Meal Plan

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**BREAKFAST****Banana & Apple Muesli:****SERVES 1 FREE FOOD**

Top 60g, no-added sugar muesli, with 0% Greek yogurt, ½ grated apple and a sliced banana.

**LUNCH****Nutty Chicken Satay Strips****SERVES 2****1.5 BITES PER SERVING**

Heat the oven to 200c/180c/gas 4 and line a baking tray with non-stick paper. Mix 2tbsp no added sugar chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 2 tsp lime juice in a bowl. Add a dash of boiling water, if necessary, to get a coating consistency. Cut 2 chicken fillets into strips and add to the mix. Stir well to coat the chicken, then arrange on the baking sheet, spaced apart, and bake for 8-10 minutes until cooked, but still juicy. Eat warm with a side salad

**DINNER****Beef & Black Bean Stir-fry****SERVES 2****1/2 BITE PER SERVING**

Spray a wok with low cal oil and add 2 finely sliced garlic cloves and 2cm grated ginger. Add 300g of minute steak cut into strips and cook until the beef starts to colour. Add 2 handfuls of trimmed and blanched green beans and stir-fry for a minute more. Stir in 4tbsps black bean sauce, add a splash of water and move everything around until evenly coated. Cook for another minute or two. Serve with ¼ plate brown rice or noodles

**BREAKFAST****Bran flakes & Apple****SERVES 1 FREE FOOD**

Serve 60g Bran flakes with skimmed milk and ½ a grated apple.

**LUNCH****Tuna Bean Salad****SERVES 2****1/2 BITE PER SERVING**

Chop 2 tomatoes into wedges, slice ¼ cucumber & 4 spring onions and add to a bowl along with some rocket, a tin of tuna in brine or water, drained, & 200g butter beans. Blend 1tbsp. each balsamic vinegar and lemon juice and 2 tsps. olive oil and pour over the mixture. Toss well and divide between 2 plates. Serve with 60g granary bread

**DINNER****Taco Wedges****SERVES 4****1 BITE PER SERVING**

Cut 4x 200g potatoes into wedges, spray with low cal oil, sprinkle with cayenne pepper and bake in the oven until soft and golden. While the wedges are cooking, spray a pan with low cal oil and sauté 2 minced garlic cloves and 1 chopped onion. Add 400g extra lean mince & brown. Stir in a tin of chopped tomatoes, 1tbsp tomato puree, a chopped red & green pepper, a can of kidney beans and a cup of beef stock. Add 1tsp each of chilli powder, cumin, and paprika & simmer for 5 mins. Divide the wedges between 4 plates, cover with the mince mixture, and top with a dollop of low-fat yogurt or make a Taco sauce by mixing 3 tbsps. of lighter than light mayo, 2 tbsps. tomato puree, ½ tsp chilli powder and 1tbsp. crushed garlic. Sprinkle each serving with 30g of grated low-fat cheddar.

**BREAKFAST****Poached Eggs & Relish****SERVES 1 FREE FOOD**

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

**LUNCH****Carrot & Ginger Soup****SERVES 4 FREE FOOD**

Spray a large saucepan with low cal oil and add 1 finely chopped onion, 2 finely chopped garlic cloves and a thumb sized piece of ginger, grated. Reduce the heat to low and cook for about 10 minutes until the onion is soft. Add 1kg of frozen or freshly sliced carrots and a litre of chicken stock. Simmer for about 30 mins until the carrots are tender. Remove from the heat, cool a little and then blitz until smooth. Garnish with some chopped parsley and serve with a 60g seeded roll.

**DINNER****Vegetarian Fajitas****SERVES 4 FREE FOOD**

Cut 1 red and 1 yellow pepper into strips. Take 2-3 strips of each colour, finely chop, and set aside. Spray a pan with low cal oil and fry the remaining pepper strips with a red onion, cut into thin wedges, until soft. Cool slightly and then mix in the raw peppers. Add a crushed garlic clove and cook for a minute, then add ½ tsp chilli powder, ½ tsp smoked paprika and ½ tsp ground cumin. Cook for a few minutes until the spices become aromatic, then add the juice of ½ lime and season. Transfer the mix to a dish, leaving any juices behind, and keep warm. Tip a 400g tin, drained, black beans into the same pan with the juice of ½ a lime and plenty of seasoning. Stir the beans to allow them to warm and absorb any flavours, then add a small bunch of chopped coriander. Fill 4, warmed, wholemeal tortillas with the beans and the fajita mix and serve with sliced avocado and 0% Greek yogurt.

**BREAKFAST****Fresh Fruit Compote****SERVES 1****1/2 BITE PER SERVING**

Chop or slice 1 apple, 1 kiwi, 10 grapes, 5 strawberries and 1 pear. Drizzle over 1tsp honey and heat for 30 secs in microwave. Follow with a boiled egg and up to 60g wholemeal toast

**LUNCH****Ham Salad Pitta****SERVES 1 FREE FOOD**

Pack a warmed whole meal pitta pocket with 2 slices lean ham, diced cherry tomatoes, diced cucumber and rocket leaves. Top with a tbsp lighter than light mayo and serve with a bowl of Unislim soup

**DINNER****Goats Cheese & Spinach Pasta****SERVES 4****1.5 BITES PER SERVING**

Cook 240g, dried weight, fusilli as per packet instructions. Drain and cover to keep warm. Meanwhile, spray a pan with low cal oil. Add 2 finely chopped garlic cloves and a deseeded and finely chopped red chili. Cook for 1 minute and add 130g baby spinach. Cook for a few minutes until the spinach wilts. Add this mix to the pasta, tossing to coat well, and cook for 2 minutes. Stir in a large handful of chopped basil leaves. To serve, divide the pasta between 4 bowls and crumble 30g of goats' cheese on each dish.

**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****Hawaiian Pizza****SERVES 1****1 BITE PER SERVING**

Top a wholewheat tortilla with 1tbsp of tomato puree, 30g low fat mozzarella, 1 sliced tomato, 1 clove grated garlic, 1 sliced pineapple ring and 1 slice of cooked ham, torn. Sprinkle with oregano and place under a hot grill for a few minutes until the cheese melts. Serve with a leafy salad.

**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 Unislim Gorge Us rustic cut chips.

**BREAKFAST****Breakfast Bruschetta****SERVES 1.5 BITE 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 1tsp honey.

**LUNCH****Greek Salad Wraps****SERVES 2****2 BITES PER SERVING**

Heat 2 wholemeal tortilla wraps and spread with 50g reduced fat hummus. Fill each with a sliced vine tomato, cucumber slices, 6 olives and 20g crumbled feta cheese. Roll up tightly, cut in half and serve.

**DINNER****Salmon Pasta Salad****SERVES 2 FREE FOOD**

Cook 120g, uncooked weight of whole-wheat penne pasta according to packet instructions. Drain and set aside. Spray a pan with oil and cook a chopped red pepper until soft. Add 2 skinless salmon fillets and cover for 8-10 mins. Mix the juice and zest of a lemon, 1 chopped garlic clove, 1 chopped shallot and 2 tbsps. capers. Add in the peppers, salmon and drained pasta and toss everything gently together, breaking up the salmon as you go. Divide between 2 plates & top with rocket.

**BREAKFAST****Cream Cheese & Smoked****Salmon Bagel****SERVES 1****1/2 BITE PER SERVING**

Spread a toasted wholemeal bagel with 30g extra light cream cheese and top with a slice of smoked salmon. Sprinkle with black pepper and a squeeze of lemon juice.

**LUNCH****Baked Sweet Potato with Feta****SERVES 1****1.5 BITES PER SERVING**

Spritz a 200g sweet potato with spray oil and sprinkle with sea salt. Rub the oil and salt well into the skin & bake in a preheated oven until cooked through. Allow to cool for a few minutes, then cut in half and scoop out the flesh. Mix 30g Feta cheese, cut into small cubes, with the potato flesh and refill the skins. Place back in the oven to reheat. Top with chopped parsley and serve with a green salad.

**DINNER****Crispy Baked Hake with Yogurt****Tartar Sauce****SERVES 4****2 BITES PER SERVING**

Melt 25g butter. Line a large baking tray with parchment paper & brush with a little of the melted butter. In a shallow dish place 75g stale wholemeal breadcrumbs, 15g, finely grated, reduced fat, cheddar cheese and 1tbsp chopped parsley. Put 40g plain flour in a shallow dish & 1 beaten egg in a 2nd shallow dish. Season 4 hake fillets and dip them, one at a time, into the flour, egg and finally the breadcrumb mixture. Place on the baking tray, brush with the remaining butter and bake at 200c for 15 minutes or until cooked through. While the fish is cooking make the Tartar sauce by combining 150g 0% Greek Yogurt, 1tsp Dijon style mustard, 1tbsp chopped capers, 1 finely chopped gherkin & 1tbsp chopped parsley. Serve the fish & Tartar sauce with steamed cauliflower and carrots & ¼ plate baby boiled potatoes.

**Don't forget your  
2 snacks a day!**

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snack ideas