

7 Day Meal Plan

Name: _____

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

B BITES

Bites Earned Bites Left
Flexi fast Free Oil



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MONDAY

BREAKFAST

Cinnamon French Toast **SERVES 1** **FREE FOOD**

Whisk 1 egg with a dash of skimmed milk and ½ tsp of cinnamon in a shallow dish. Place 1, 30g slice of whole meal bread in the mixture to soak up the egg. Repeat with a second slice of bread. Spritz a pan with low cal spray oil and cook the bread gently until browned on both sides. Serve with low fat natural yogurt and fresh berries.

LUNCH

Cheesy Sweet Potato with Chorizo **SERVES 2** **2 BITES PER SERVING**

Preheat the oven to 190c, gas 5. Prick 2x200g sweet potatoes with a fork, spray with low cal oil and bake until soft, about 45 mins. Meanwhile, fry 40g thinly sliced chorizo over a medium heat for a few minutes until it crisps up and releases its oil. Stir in 4 chopped spring onions, 80g, quartered baby plum tomatoes and 50g washed and shredded kale. Cook for 2–3 minutes and season to taste. Split the baked potatoes in half and scoop out a little of the insides. Mix with the chorizo mix, pile back into the skins and sprinkle with 30g reduced fat grated cheddar cheese. Pop back in the oven until the cheese melts. Serve with a green salad.

DINNER

Prawn & Salmon Burgers with Spicy Mayo **SERVES 4** **FREE FOOD**

Roughly chop 180g of peeled raw prawns and 4 skinless salmon fillets into small chunks. Blitz half the prawns, half the salmon, 3 chopped spring onions, zest of a lemon, and ½ a small pack of coriander into a coarse paste. Tip into a bowl, stir in the rest of the prawns and salmon, season, and shape into 4 burgers. Chill for 10 minutes. Mix 60g lighter-than-light mayo or 0% Greek yogurt with 1 tbsp chilli sauce, season, and add a squeeze of lemon juice. Spray a pan with low-cal oil and fry the burgers for 3–4 minutes on each side until the fish is cooked through. Top with spicy mayo and serve with a 200g baked potato and steamed green beans.

TUESDAY

BREAKFAST

Apple Porridge with Chia Seeds **SERVES 1** **1 BITE**

Make up to 60g porridge with skimmed milk or water and top with ½ grated apple and 15g Chia seeds.

LUNCH

Broccoli Pasta Salad with Eggs & Sunflower Seeds **SERVES 2** **1 BITE PER SERVING**

Hard-boil 2 large eggs for 8 minutes, then shell and halve. Meanwhile, boil 75g of wholewheat penne pasta for 5 mins, then add 160g broccoli florets and 160g trimmed and halved fine beans. Cook for another 5 minutes until everything is tender. Drain, reserving the water, then tip the pasta and veg into a bowl and stir in 1 tbsp white miso paste, 1 tsp grated ginger, 1 tbsp rapeseed oil and 4 tbsp pasta water. Serve topped with the eggs, sprinkled with 2 tbsp sunflower seeds.

DINNER

Pork Souvlaki **SERVES 4** **0.5 BITE PER SERVING**

Cut 400g lean pork shoulder into 2cm chunks and put in a large bowl with 1 tbsp. olive oil, ½ tsp. dried oregano, the zest and juice of a lemon, ½ tsp hot paprika and a good pinch of salt. Toss everything to combine and leave to marinate for 10 minutes. Combine 100ml fat free natural yogurt, 1 small grated garlic clove and ½ a grated cucumber in a bowl. Season with salt and set aside. Heat the grill to high and thread the pork and peppers onto 4 metal skewers. Place on a non-stick baking sheet and grill for 3–4 minutes on each side or until cooked through. Serve with little gem lettuce, yogurt mix and ¼ plate of couscous, cooked to packet instructions. Optional: Add a tbsp. of chilli sauce to each serving for 1 extra Bite.

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

Monte Cristo Sandwich **SERVES 1** **1 BITE**

Grate 30g strong flavoured low-fat cheddar cheese and sprinkle half of it on a 30g slice wholemeal bread. Layer 2 slices of lean ham, ½ a thinly sliced spring onion, 1 thinly sliced cherry tomato and a few roughly chopped spinach leaves on top. Sprinkle with the remaining cheese & press a second slice of bread on top. Beat a small egg with a tsp of natural yogurt & ½ tsp Worcestershire sauce. Season with ¼ tsp mustard powder, salt & pepper. Dip the sandwich in the egg, soaking well on both sides. Spray a pan well with low cal oil and cook the sandwich on both sides until golden & the cheese has melted.

DINNER

Minced Turkey Ragu with Tagliatelle **SERVES 4** **0.5 BITES PER SERVING**

Spray a large pan with low cal oil and add 500g turkey mince, 1 chopped onion, 1 diced red pepper, 2 crushed garlic cloves and 2tsp dried oregano. Fry for 2–3 minutes until browned. Add 75g sliced black olives, a 400g tin of chopped tomatoes, 3tbsp sundried tomato puree and 300ml chicken stock and simmer, covered, for 20 minutes. Remove the lid and simmer for a further 5 minutes until the sauce has reduced a little. Meanwhile, cook 240g (uncooked weight) tagliatelle according to packet instructions and serve with the ragu.

THURSDAY

BREAKFAST

Bacon & Beans **SERVES 1** **FREE FOOD**

Grill 2 turkey rashers and serve with reduced sugar beans, grilled tomato and 2x30g slices wholemeal toast.

LUNCH

Spicy Chicken & Salad Open Sandwich **SERVES 1** **FREE FOOD**

Mix a tablespoon of low-fat natural yogurt with ¼ tsp of mild curry powder and add 85g cooked, chopped chicken. Top 2x30g slices of wholemeal bread with lettuce, grated carrot and sliced cucumber. Pile the spicy chicken on top and serve.

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.

FRIDAY

BREAKFAST

Sausage Roll **SERVES 1** **2 BITES**

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 and fry, 1 chopped onion, 2 sticks chopped celery and 2 crushed garlic cloves until tender but not browned. Stir in 1 large diced potato and a medium cauliflower, cut into florets and cook for 1 minute. Add 1 litre hot vegetable stock and a bay leaf and simmer gently for 25–30 minutes until the veg are tender. Remove the bay leaf, blitz the soup in batches until smooth and return to the pan. Stir in 100ml reduced-fat crème fraîche, 2 tsp wholegrain mustard and 90g grated reduced fat cheddar cheese. Stir gently over a low heat until the cheese has melted. Serve sprinkled with grated reduced fat cheddar (30g in total) and chopped chives

DINNER

Satay Sweet Potato Curry **SERVES 4** **2 BITES PER SERVING**

Spray a saucepan with low cal oil and soften 1 chopped onion for 5 minutes. Add 2 grated garlic cloves and a thumb sized piece of grated ginger. Cook for a minute, until fragrant. Stir in 3tbsp Thai red curry paste, 1 tbsp, no added sugar smooth peanut butter and 500g sweet potato, peeled and cut into chunks. Add a 400ml can, reduced fat, coconut milk and 200ml of water. Bring to the boil, reduce the heat and simmer for 25–30 minutes until the sweet potato is soft. Stir through a 200g bag of spinach and the juice of a lime and season well before serving.

SATURDAY

BREAKFAST

Spicy Scrambled Egg & Avocado **TOAST SERVES 1** **FREE FOOD**

Mash ½ an avocado with black pepper and a squeeze of lemon juice. Spread on 2x30g slices of wholemeal toast and top with 2 eggs, scrambled with a little milk. Sprinkle with chilli flakes for a little added heat

LUNCH

Hawaiian Pizza **SERVES 1** **1 BITE**

Top a wholewheat tortilla with 1 tbsp 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

Honey & Orange Roast Sea Bass with Lentils **SERVES 2** **1 BITE PER SERVING**

Heat oven to 200C/180C fan/gas 6. Place 2 sea bass fillets, skin-side down, on individual squares of foil. Mix together the zest and juice of ½ an orange, 2tsp clear honey, 2 tsp wholegrain mustard, 2 tsp olive oil and some seasoning, and drizzle it over the fillets. Pull the sides of the foil up and twist the edges together to make individual parcels. Place the parcels on a baking tray and bake in the oven for 10 mins until the fish is just cooked and flakes easily when pressed with a knife. Warm a 250g pouch of ready to eat Puy lentils following pack instructions, then mix with the juice of ½ an orange, 100g of watercress, a small bunch of chopped parsley, a small bunch of chopped dill and seasoning. Divide the lentils between 2 plates and top each with a sea bass fillet. Drizzle over any roasting juices that are caught in the foil and serve with steamed asparagus and carrots.

SUNDAY

BREAKFAST

Berries & Apple Weetabix **SERVES 1** **FREE FOOD**

Grate ½ an apple and serve with a handful of blueberries on top of 2 Weetabix with skimmed milk or low-fat natural yogurt.

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

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, green salad and Unislim free coleslaw.

Don't forget your
2 snacks a day!

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snack ideas