

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

Mushrooms & Eggs
SERVES 1
FREE FOOD

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

LUNCH

Spiced Carrot & Lentil Soup
SERVES 4
1 BITE PER SERVING

Heat a larg saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 minute or until they start to jump around the pan and release their aromas. Scoop out about half and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1L hot vegetable stock and 125ml skim milk to the pan and bring to the boil. Simmer for 15 minutes until the lentils have swollen and softened. If you like it smooth whizz all or some of it with a blender. Season to taste and finish with a dollop of low-fat plain yogurt and a sprinkling of the reserved spices. Serve with a 65g wholemeal roll.

DINNER

Spanish Style Chicken Bake
SERVES 4

1.5 BITES PER SERVING
Preheat the oven to 200°C/180°C fan/Gas 6. Halve 600g baby potatoes, cut 1 medium brown onion and 1 medium red onion into wedges, and quarter 8 medium tomatoes. Place in a large roasting tray with 8 unpeeled garlic cloves. Season with sea salt and black pepper, toss, and roast for 20 minutes. Meanwhile, skin and slice 80g chorizo thinly. Slash 8 boneless, skinless chicken thighs and season. Remove the roasting tray, scatter the chorizo over the vegetables, and place the chicken on top. Mix ½ tsp oregano and ½ tsp sweet smoked paprika, then sprinkle over the chicken. Return to the oven for 20 minutes. Remove the tray, spoon any juices over the chicken, and add a sliced green pepper. Increase the oven to 220°C/200°C fan/Gas 7 and roast for another 20 minutes until the peppers are soft and the chicken is golden. Squeeze the garlic from their skins before eating.

TUESDAY

BREAKFAST

Berry & Banana Shredded Wheat
SERVES 1
FREE FOOD

Top 2 Shredded Wheat with skimmed milk or low-fat yogurt ½ a sliced banana and a handful of blueberries.

LUNCH

Avocado and Roast Chicken Salad
SERVES 2
FREE FOOD

Cut 2 cooked chicken breasts into chunks. Toss with ½ a peeled and sliced cucumber, an avocado, cut into chunks, a thinly sliced red onion and a grated apple. Stir in 4tbsp 0% Greek yogurt and season. Serve piled onto a bed of salad leaves with a 65g brown roll.

DINNER

Roasted Vegetable & Pasta Bake
SERVES 4

1.5 BITES PER SERVING
Chop a red pepper, 1 courgette, 1 leek, ½ onion, a handful of mushrooms and a clove of garlic. Place on a baking tray, spritz with Low Cal oil, season and sprinkle with a tbsp dried herbs. Toss together and roast until the veg is tender and beginning to char. Meanwhile, cook 240g pasta according to packet instructions. In a large bowl toss the roasted veg with the cooked pasta, a tin of chopped tomatoes, a handful of frozen peas & 60g, torn, low fat mozzarella. Pour the mix into an ovenproof dish, sprinkle with 60g grated parmesan and bake until golden brown. Serve with salad or extra veg.

WEDNESDAY

BREAKFAST

Raspberry & Apple Smoothie
SERVES 2
FREE FOOD

Into a blender or smoothie maker put, 2 cored apples, 150g frozen raspberries, 150ml low fat natural yogurt, 30g porridge oats, juice of ½ lemon and 100ml low fat milk. Blitz until smooth, adding a little more milk or water if it's too thick.

LUNCH

Ham Salad & Guac Rolls
SERVES 2

0.5 BITE 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

Grilled Salmon with Couscous
SERVES 1

FREE FOOD
Cook 60g couscous according to packet instructions. Stir through some chopped parsley, chopped tomatoes, red onion, broccoli florets, beetroot and a squeeze of lemon juice. Serve with a grilled salmon fillet.

THURSDAY

BREAKFAST

Boiled Eggs & Toast with Berries & Yogurt
SERVES 1
FREE FOOD

Serve 2 boiled eggs with up to 60g wholemeal toast. Follow with a low-fat yogurt topped with a handful of berries.

LUNCH

Ham & Tomato Omelette
SERVES 1

FREE FOOD
Whisk 2 eggs and season. Add 2 slices of chopped ham, a diced tomato, a chopped scallion, and a few sliced mushrooms and mix gently. Spray a non-stick pan with low cal oil and heat. Add the egg mix and swirl around the pan. When it's almost set, finish under a hot grill. Serve with a green salad and a 60g wholemeal bagel.

DINNER

Roasted Cauliflower Tagine
SERVES 4

1 BITE PER SERVING
Pre-heat the oven to 220c/200c/gas 7. Break a cauliflower into florets and toss with ½ tbs olive oil and ½ tbs ras el hanout or harissa seasoning in a baking dish, then roast for 20-25 minutes. Meanwhile spray a large, lidded saucepan with low cal spray oil and cook 2, thickly sliced red onions, 1 sliced carrot and 3, finely sliced garlic cloves for 5 minutes, then stir in ½ tbsp of ras el hanout and cook for another minute. Add a 400g tin of chopped tomatoes, a 400g tin of chickpeas, rinsed and drained, 80g pitted green olives, halved and 200ml boiling water. Reduce the heat, cover and simmer for 15-20 minutes until the veg is cooked and the sauce has thickened. Remove from the heat and stir in the cauliflower. Serve the tagine with ¼ plate couscous and top each plate with 30ml 0% Greek yogurt and roughly chopped parsley

FRIDAY

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

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

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.

SATURDAY

BREAKFAST

Apple & Cinnamon Pancakes
SERVES 2
FREE FOOD

Blitz 40g oats until finely ground (like flour) Tip into a bowl with 40g grated apple, 50ml skimmed milk, ¼ tsp cinnamon, 1tsp granulated sweetener and 2 beaten eggs. Spray a large pan with low cal oil and spoon 4 equal quantities of the batter in. Cook for 1-2 minutes on both sides and serve with sliced apple, berries, and low-fat natural yogurt.

LUNCH

Paprika Chicken Bagel
SERVES 1

FREE FOOD
Lay a chicken fillet between 2 sheets of cling film and bash with a rolling pin until about 1cm thick. Squeeze some lemon juice over the chicken and dust with paprika. Spray a griddle pan with low cal oil and cook the chicken on both sides until charred and cooked through. Cut into slices. Mix 2 tbsp lighter than light mayo with a crushed garlic clove and spread on a toasted bagel. Top with lettuce, tomato slices & the chicken and serve with a tbsp of Unislim coleslaw.

DINNER

Sesame & Ginger Beef Stir-fry
SERVES 1

1.5 BITES
Make a marinade by mixing 1 tbsp soy sauce, 1 tsp ginger root, peeled and grated, ½ minced garlic clove, 1tsp honey and 1 tsp dried chilli flakes. Toss 100g lean beef strips in the marinade and chill for about 30 minutes. Spray a wok or large pan with low cal oil and add a thinly sliced carrot and some broccoli florets, sliced if they're too thick. Add the beef to the pan and cook until the beef is browned and the vegetables have softened but still have some bite. Serve with ¼ plate basmati rice, garnished with chopped coriander and sprinkled with 2tsps sesame seeds.

SUNDAY

BREAKFAST

Bacon Bag
SERVES 1
FREE FOOD

Grill 2 slices of lean bacon and fill a toasted whole meal roll. Top with a sliced tomato and a tbsp no added sugar ketchup or relish.

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

Creamy Cheese Stuffed Chicken
SERVES 4

2 BITES PER SERVING
Preheat the oven to 180c/gas 4. Cut along the side of 4 chicken fillets to form a pocket. Mix 120g Philadelphia light cheese with 1 tbsp chopped chives and fill each pocket. Secure with wooden cocktail sticks. Spray a pan with low cal oil and sear the chicken on both sides over a high heat until golden. Put the chicken in an ovenproof dish and bake for 25 minutes until cooked through. In the meantime, fry 2 large, thinly sliced leeks in the juices left on the pan for 8-10 minutes. Add 400g small mushrooms, thinly sliced and cook for 3-4 mins. Add 120ml chicken stock and bring to the boil. Reduce the heat and allow to thicken. Stir in 120ml reduced fat crème fraiche and gently heat for 2-3 minutes. Serve the chicken fillets, with the sauce spooned on top, ¼ plate new potatoes and green vegetables.

Don't forget your
2 snacks a day!

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