

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

Banana Bran
SERVES 1
FREE FOOD

Top 60g All- Bran or Bran Flakes with a sliced banana and serve with skimmed milk or low-fat yogurt.

LUNCH

Tuna Bean Salad
SERVES 2

0.5 BITES 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 1 tbsp. 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

Firecracker Prawns
SERVES 4

1 BITE PER SERVING

Spray a wok with low cal oil and stir-fry 2, sliced red peppers, 4, finely chopped spring onions, 1-2 deseeded and sliced chillies, 100g baby corn, and 100g mange tout for 2-3 minutes. Add 400g raw king prawns and cook for another 3-4 minutes until the prawns turn pink. Add 4tbsp oyster sauce, 4tbsp soy sauce, 2tsp tomato puree, juice of ½ lime and ½ tsp sugar. Stir well and cook for another minute until the sauce is thick. Serve with ¼ plate egg noodles.

TUESDAY

BREAKFAST

Immune Boosting Smoothie
SERVES 1
FREE FOOD

Blend 1-2 handfuls of rinsed spring greens with 1 banana, 1 peeled orange, 2 slices of pineapple, a handful of blueberries and 150ml unsweetened almond milk or water. Serve immediately in a tall glass.

LUNCH

Honey Mustard Chicken Pasta
SERVES 4

FREE FOOD

Cook 240g (uncooked weight) farfalle or other pasta shape according to pack instructions and cool under running water. In a large bowl mix 3 tbsp lighter than light mayo with 1 heaped tsp wholegrain mustard and 1 tsp clear honey to make a creamy dressing. Loosen with a little water if it's too thick. Add the dressing to the pasta with 300g cooked chicken, torn into rough pieces, 4 thinly sliced spring onions, 4 tomatoes, cut into chunks and a small bunch of roughly torn basil leaves. Gently mix together and season to taste.

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.

WEDNESDAY

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

Cheesy Beans on Toast
SERVES 1

1 BITE

Warm a tin of sugar free baked beans and serve with 2x30g slices granary toast. Top with 30g reduced fat cheddar.

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 the pasta, tossing to coat well and cook for 2 minutes. Stir in a large handful of basil leaves. To serve, divide the pasta between 4 bowls and crumble 30g of goats' cheese on each.

THURSDAY

BREAKFAST

Berry Parfait
SERVES 1
FREE FOOD

In a large glass, layer one spoonful of low-fat natural yogurt with a layer of berries, then another layer of yogurt, then a layer of no added sugar muesli (60g in total) and so on until you've filled the glass. Garnish with mint leaves. (optional)

LUNCH

Grilled Halloumi with Zesty Avo Smash
SERVES 2

2 BITES PER SERVING

Preheat the airfrier to the hottest setting and put in 2 in 2x60g slices wholemeal sourdough and 80g Halloumi. (if you can't fit it just toast the bread) Air fry for 6 minutes, turning once. Mash a ripe avocado with the zest and juice of a lime and a handful of chopped coriander. Season well. To serve, spread the avo mix on the toast, top with the halloumi and add a squeeze of Sriracha.

DINNER

Grilled Steak & Rosemary Potatoes
SERVES 1

FREE FOOD

Halve 6 baby potatoes, spritz with low cal oil and sprinkle with dried or fresh rosemary. Oven roast until golden. Meanwhile grill a lean sirloin or fillet steak to your liking. Serve the steak with the rosemary potatoes, sauteed mushrooms and onions (using low cal spray) and steamed broccoli.

FRIDAY

BREAKFAST

Blueberry Pancakes
SERVES 2
1 BITE PER SERVING

Beat a large egg and add to 120g 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

Tomato & Courgette Soup
SERVES 6

0.5 BITES PER SERVING

Spritz a large pan with low cal oil and heat. Add 2 chopped onions and 2 sliced courgettes and cook for 5 minutes, stirring occasionally. Add 2x400g cans of tinned tomatoes and 3 tbsp plain flour. Stir continuously for a few minutes and then add ½ tsp turmeric and 1.5 L of vegetable stock. Season, then cover and simmer for 30 minutes. Blend until smooth. Top each bowl with a tsp toasted sesame seeds just before serving with a 65g brown roll.

DINNER

Chicken & Bean Enchiladas
SERVES 4

1.5 BITES PER SERVING

Spray a pan with low cal oil and fry 4 diced chicken breasts until cooked. For the final few minutes add in 1 large sliced onion and 1 chopped red pepper. Stir in a tin of red kidney beans, a tin of chopped tomatoes & a thinly sliced fresh red chilli & bring to the boil. Simmer for 15 mins. Spread the mixture down the centre of 4 wholemeal tortillas. Roll up and sprinkle with 120g reduced fat cheddar cheese before popping in the oven until the cheese melts. Top each tortilla with a tbsp. of reduced fat crème fraiche and serve with a green salad.

SATURDAY

BREAKFAST

Scrambled Eggs on Sourdough
SERVES 1
FREE FOOD

Scramble 2 eggs with skimmed milk. Top with chopped parsley and serve on 60g wholemeal sourdough with grilled mushrooms and tomatoes.

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

Smoky Tofu Chilli
SERVES 4

FREE FOOD

Drain & pat dry 2x396g packs of firm tofu, then wrap in kitchen paper and put on a flat surface. Sit a chopping board on top & weigh it down with a heavy object. Set aside for 30 minutes. Spray a deep non-stick pan with low cal oil and fry 2, large, finely diced onions, 2, finely diced, celery sticks & 3, diced red peppers with 3 tsps. water for 6-8 mins until softened.

Add 4, sliced, garlic cloves along with 1 tsp chilli powder, 2tsps. smoked paprika, 1tbsp cumin, 1tsp cinnamon and 1 tsp dried oregano. Cook for 2 minutes. Add 500ml vegetable stock, 1 tbsp tomato puree and 2x400g tins chopped tomatoes. Season, bring to the boil and simmer for 45 minutes, stirring occasionally. Meanwhile, unwrap the tofu and cut into 1.5cm cubes. Put into a bowl with ½ tsp hot chilli powder and toss to coat. Spray a large non-stick pan with oil and fry the tofu in batches for 8-10 minutes. Set aside. Drain and rinse 2x400g tins black beans and add to the chilli. Cook uncovered for 15 minutes before adding the cooked tofu. Simmer for another 10 mins, season and serve.

SUNDAY

BREAKFAST

Turkish Poached Eggs with SPINACH & PITTA BREADS
SERVES 2

Free Food

Put 250g spinach in a large saucepan with a tbsp of water. Cover and cook for 2 minutes until wilted. Season with salt and pepper, drain and keep warm. Poach 4 eggs until the whites are set and the yolks are still runny. In another pan, heat 250g 0% Greek yogurt over the lowest possible heat with 2-3 crushed garlic cloves. Swirl in 1tsp Harissa paste. Divide the spinach between 2 bowls and spoon most of the yogurt over the top. Add the poached eggs and top with a spoonful of the yogurt. Serve immediately with toasted pitta breads.

LUNCH

Loaded Crispbreads
SERVES 1

1.5 BITES PER SERVING

Mash ½ an avocado with black pepper and lime juice and spread over 4 Sesame Ryvita. Crumble 30g Feta cheese and a chopped tomato on top and drizzle with balsamic vinegar. Serve with a bowl of any Unislim soup.

DINNER

Popcorn Chicken & Chips
SERVES 2

1 BITE PER SERVING

Preheat the oven to 170c/150c/gas 3. Line a baking tray with greaseproof paper. Blitz 4x30g slices of wholemeal bread into fine crumbs and put in a shallow dish with ½ tsp garlic granules, ¼ tsp chilli powder and ½ tsp sea salt. Dice 300g chicken fillet into bite sized pieces. Beat an egg in a bowl and add the chicken, stirring to coat. Dip the chicken in the breadcrumbs, a few pieces at a time and then place on the baking tray. Spray the chicken with low cal oil and pop in the oven for 20-25 minutes until cooked through. Serve with 100g Unislim Gorge Us chips and fresh or frozen peas.

Don't forget your
2 snacks a day!

Visit unislim.com for tasty
snack ideas