

7 Day Meal Plan

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BREAKFAST**Breakfast 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**Tuna Melt Toasties****Serves 2****1 Bite per serving**

Mash a tin of tuna in brine or water with 4 chopped spring onions and 2 tbsp lighter than light mayo. Toast 4x30g slices wholemeal bread and spread with the tuna mix. Sprinkle with 60g, grated, reduced fat cheddar and pop under a hot grill until the cheese has melted. Serve with 1 tbsp no added sugar relish.

DINNER**Honey Chilli Chicken****Serves 4****1 Bite per serving**

Preheat the oven to 180c/160c/gas 4 and spray a baking dish with low cal oil. Mix 2 tbsp runny honey, a pinch of dried chilli flakes, 2 crumbled chicken stock cubes, 3 tbsp soy sauce and 1 ½ tsp garlic granules in a bowl. Place 600g skinless chicken thigh fillets in the dish and spread the mixture all over. Bake in the oven for 25–30 minutes and serve with a 200g baked potato and roasted veg.

BREAKFAST**Overnight Oats****Serves 2****1 Bite per serving**

In a bowl, mix 250g 0% Greek yogurt, 60ml skimmed milk, 6tbsp porridge oats and 1tbsp mixed seeds. Divide between 2 glass jars, cover and leave in the fridge overnight. Drizzle with a tsp of honey or maple syrup and top with sliced banana and some berries before serving

LUNCH**Creamy Chicken Salad Pitta****Serves 4****Free Food**

In a large bowl, combine 400g, shredded, cooked chicken, ½ a diced red onion, ½ a diced small apple, 100g grapes, halved, 160g 0% Greek yogurt, 2tbsp lemon juice, ½ tsp garlic powder, salt and pepper to taste. Mix until well combined. Fill 4 toasted whole meal pitta pockets with the mix and serve with a side salad

DINNER**Spaghetti Puttanesca****Serves 4****0.5 Bite per serving**

Spray a non-stick pan with low cal oil and fry a finely chopped onion until soft. Add 2 large, crushed, garlic cloves and ½ tsp chilli flakes and cook for another minute. Stir in a can of chopped tomatoes, 5 chopped anchovies, 24 pitted black olives and 2 tbsp drained capers. Bring to a gentle simmer and cook, uncovered, for 15 mins. Season to taste. Meanwhile cook 240g dried spaghetti, according to packet instructions, then drain and toss with the sauce. Garnish with chopped parsley and serve

BREAKFAST**Avocado & Banana Smoothie****Serves 1****1 Bite per serving**

Blend together fesh or frozen avocado, ¼ frozen banana, 2 large handfuls spinach, ½ celery stick, 1chopped apple, 2 dates, 1tbsp sunflower or flax seeds and 300ml skimmed milk or unsweetened almond milk. Pour into a tall glass and serve immediately.

LUNCH**Tomato Soup with Pasta****Serves 2****Free Food**

Cook 120g orzo until al dente, drain, and set aside. Spray a saucepan with low-cal oil and fry ½ chopped onion, 1 finely chopped small carrot, and 1 finely chopped celery stick until tender. Add 100ml passata and a 400g can of chopped tomatoes. Bring to a boil, then add 200ml vegetable or chicken stock and a pinch of sugar. Season and simmer for 20 minutes. Adjust seasoning and add water if needed. Stir in the cooked pasta and serve with chopped basil and 1tbsp reduced-fat pesto (optional, 1 Bite)

DINNER**Steak, Aubergine & Feta Salad****Serves 2****2 Bites per serving**

Halve an aubergine lengthways and cut into thin slices. Season 2 tbsp flour and lightly dust the slices. Spray a non-stick pan with low-cal oil and fry the aubergine until soft, then set aside. Turn up the heat, season 1 lean sirloin steak, and fry for 2 mins each side for rare (longer for medium). Set aside to rest for 5 mins, then slice thinly. Make a dressing by blending 1.5 tbsp olive oil, 1 chopped green chilli, juice of ½ lemon, ½ small pack each of coriander and mint, and a splash of water. Mix half the dressing with 100g lambs' lettuce and divide between 2 plates. Top with aubergine, steak, and 20g crumbled feta cheese each, then drizzle with the remaining dressing. Scatter with coriander and mint leaves, and serve.

BREAKFAST**Mushroom Baked Eggs with****Tomatoes****Serves 2****Free Food**

Heat the oven to 200c. Spray 2 large flat mushrooms, stalks removed and chopped, with low cal spray oil, season & place in 2 lightly oiled gratin dishes. Top with the stalks and a few thyme leaves. Cover with foil and bake for 20 mins. Remove the foil, add a chopped tomato to each dish and break an egg carefully into each mushroom. Return to the oven for 10–12 minutes until the eggs are set. Top with rocket and eat from the dishes

LUNCH**Sardines & Sourdough****Serves 1****Free Food**

Drain a can of sardines in brine and serve hot or cold on top of 2x30g slices whole meal sourdough toast. Sprinkle with parsley & a squeeze of lemon

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 and brush with some melted butter. In a shallow dish, mix 75g stale wholemeal breadcrumbs, 15g grated reduced-fat cheddar, and 1 tbsp chopped parsley. Place 40g plain flour in one shallow dish and a beaten egg in another. Season 4 hake fillets, then dip them in the flour, egg, and breadcrumb mixture. Place on the tray, brush with remaining butter, and bake at 200°C for 15 minutes or until cooked through. For Tartar sauce, combine 150g 0% Greek yogurt, 1 tsp Dijon mustard, 1tbsp chopped capers, 1 finely chopped gherkin, and 1tbsp chopped parsley. Serve the fish and Tartar sauce with tender stem broccoli and baby boiled potatoes. and the fajita mix and serve with sliced avocado and 0% Greek yogurt.

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**Easy Pizza****Serves 1****1 Bite**

Spread a whole-wheat tortilla with tomato puree. Top with ½ a sliced red onion, ½ a diced red pepper and ½ a diced yellow pepper. Dot with some diced ham and sprinkle with 30g, grated, low fat cheddar. Finish with some chopped oregano or basil and bake in the oven until crisp and golden. Serve with a crispy salad.

DINNER**Stir-fried Hoisin Pork & Greens****Serves 4****1 Bite per serving**

Cook 240g egg noodles according to packet instructions. Cut 450g boned lean leg of pork or pork tenderloin into bite-sized chunks and mix in a bowl with 1tbsp dark soy sauce, 4tbsp hoisin sauce and the juice of a lime until coated all over. Lightly spray a wok with low cal oil and, when the pan is really hot, add 2 thinly sliced garlic cloves, a bunch of sliced spring onions, a deseeded and sliced red chilli and 3 chopped celery sticks. Stir-fry for 2–3 minutes and then add the pork and marinade and stir-fry for 4–5 minutes until the meat is browned. Reduce the heat and add 200g shredded baby spinach or pak choi. Cook for 2–3 minutes until the spinach wilts. Grind some black pepper on top and fold in the noodles. Warm through and serve.

BREAKFAST**Salted Caramel Oaty Waffles****Serves 1****Free Food**

Mix 60g of porridge oats with 70ml low fat plain yogurt, ½ tsp salted caramel flavouring, ¾ tsp baking powder & an egg. Pour into a waffle iron & cook until golden. Serve with a tbsp 0% Greek yogurt and your favourite berries.

LUNCH**Turkey & Avocado Salad Wrap****Serves 1****Free Food**

Spread a whole meal wrap with lighter than light mayo. Mix together 1 diced tomato and ¼ red onion, diced. Add to the wrap along with ½ sliced avocado and sliced turkey. Add some fresh parsley, salt and pepper. For a spicy kick, sprinkle with cayenne pepper or chilli flakes

DINNER**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 ¼ plate of couscous and steamed green vegetables.

BREAKFAST**Fresh Fruit Compote****Serves 1****0.5 Bite**

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**Salmon & Lemon Zest Bagel****Serves 1****1 Bite**

Mix 30g light cream cheese with 1dsp low fat natural yogurt, zest of ½ lemon and some black pepper. Spread onto a toasted wholemeal bagel and top with smoked salmon.

DINNER**Tandoori Chicken with Sweet****Potato and Mint****Serves 4****0.5 Bite per serving**

Preheat the oven to 200c. Place 8 skinless and boneless chicken thighs, 2 large sweet potatoes, peeled and cut into chunks, and 1 red onion, cut into wedges, into a roasting tray. Combine 6tbsp low fat natural yogurt, 3 chopped garlic cloves, 6cm grated ginger, 1tbsp sunflower oil, juice and zest of a lemon, 2tbsp cumin, 1tbsp turmeric, 1tsp chilli powder, 4tsp paprika, 2tsp garam masala 1.5tsp sea salt and ground black pepper. Spread the mixture evenly over the chicken and sweet potatoes and mix well. Dust the chicken with another pinch of garam masala and paprika and put in the oven for 1 hour. Remove from the oven and allow to rest for 10 minutes. Serve with a crunchy salad of chopped red onion, fresh mint and cucumber and natural yogurt

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2 snacks a day!**

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