

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 Bagel with Raspberries

Serves 1
1 Bite
Mix 30g light cream cheese with a handful of fresh raspberries and spread on a toasted wholemeal bagel. Sprinkle with cinnamon and serve with a 150ml glass of fresh orange juice.

LUNCH

Air fry Frittata

Serves 2
1 Bite per serving
Whisk 4 eggs with a chopped red pepper, 2 chopped lean bacon rashers and 60g low fat grated cheddar. Season with black pepper, salt and cayenne pepper (optional). Pour into a liner or tin tray and air fry at 200c for 15 minutes. Serve hot or cold with a green salad.

DINNER

Stir-Fried Chicken with Broccoli & Brown Rice

Serves 2
1 Bite per serving
Boil 200g trimmed broccoli florets for about 4 minutes, drain and set aside, reserving the water. Spray a non-stick pan or wok with low cal spray oil. Stir-fry 15g shredded ginger, 2 shredded garlic cloves and 1 sliced red onion in a wok or large frying pan for 2 mins. Add 1 tsp mild chilli powder and stir briefly. Add 2 diced chicken fillets and stir for another 2 minutes. Tip the broccoli into the wok with 1 tbsp reduced salt soy sauce, 1 tbsp honey, 1 roasted red pepper, from a jar, cut into cubes, and 4 tbsps. of the broccoli water and stir until everything is warm through and the chicken is cooked. Serve garnished with chopped coriander with ¼ plate of brown rice.

TUESDAY

BREAKFAST

Blueberry Bran flakes

Serves 1
Free Food
Top up to 60g Bran flakes with skimmed milk and a handful of blueberries

LUNCH

Roasted Red Pepper & Quinoa Soup

Serves 4
0.5 Bite per serving
Chop 1 onion and 2 red peppers and put in a baking tray with 2 cloves of crushed garlic. Sprinkle with some fresh basil and fresh rosemary, spritz with low cal oil and roast at 200c for 30 mins. Add the veg to a large pot with 1litre of vegetable stock and blitz with a hand blender until smooth. Leave on a medium heat for 15 mins. Cook 120g quinoa as per packet instructions and add to the soup. Swirl each bowl with 1 tbsp reduced fat Crème Fraiche before serving.

DINNER

Chargrilled Beef Fillet with Rosemary Potato Cubes & Caramelised Onions

Serves 4
1 Bite per serving
Preheat the oven to 220c, gas mark 7. Cut 4x 200g potatoes into cubes. Toss in a roasting tray with 1 tbsp olive oil and the roughly chopped leaves of 2 sprigs of rosemary. Season well and transfer to the oven for 30-40 minutes, stirring occasionally. Grind plenty of black pepper over a 500g piece of beef fillet and sear on all sides in a hot, non-stick pan for 2-3 minutes until charred. Transfer to the oven and roast for 15-20 minutes for rare, 30 minutes for medium, and 40 minutes for well done. Remove from the oven, cover and leave to relax for 10 minutes. In the meantime, heat 1 tbsp olive oil in a non-stick pan and gently fry 2 finely sliced onions. Keep the heat low and allow the onions to gently colour for about 20 minutes. Add 2 tsp balsamic vinegar and cook for a further 5 minutes until the mixture is sticky and a rich caramel colour. Carve the beef into 4 thick slices and serve with the potato cubes and the caramelised onions.

WEDNESDAY

BREAKFAST

Shredded Wheat with Apple & Berries

Serves 1
Free Food
Top 2 shredded wheat with ½ a grated apple and a handful of blueberries and serve with skimmed milk or low-fat natural yogurt

LUNCH

Egg, Onion & Mayo Sandwich

Serves 1
Free Food
Mix 1 egg, boiled and chopped, with 1 tomato, finely chopped, 2 spring onions, finely chopped and 1 tbsp lighter than light mayo. Season with salt and pepper and make a sandwich using 2x30g slices wholemeal bread. Serve with any Unislim soup

DINNER

Peri Peri Chicken

Serves 4

0.5 Bite 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 – recipe on Unislim.com

THURSDAY

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

Honey & Lime Prawn Salad

Serves 1

1.5 Bites

Mix a handful of chopped spinach, 4 cherry tomatoes & 2 spring onions. Add 4 chopped apricots, 6 chopped almonds & 150g cooked prawns. Cook up to 60g (uncooked weight) wild or basmati rice as per pack instructions. Allow the rice to cool & add to mixture. In a small bowl, mix the juice of ½ lime & 1 tsp honey. Drizzle over the dish just before serving

DINNER

Mediterranean Pork Casserole:

Serves 4

1 Bite per serving

Cube 450g lean pork fillet and put in a casserole dish with 1, chopped, medium onion, 16 dried apricots, 6 stoned prunes, 2 whole cloves, 1 tsp ground cinnamon & some salt & pepper. Pour over 150ml dry white wine and enough chicken stock to barely cover. Sieve 1tbsp plain flour over the casserole and cook at 150c/ gas 2 for 1 hour, stirring halfway through. Check the seasoning before serving with a 200g baked potato and lots of green veg

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

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

Roast Cod with Lemon & Olives

Serves 4

1 Bite per Serving

Place 4 cod fillets or any other white fish in a shallow oven proof dish & pour in 150ml dry white wine (fish should be half covered). Add 30 black olives & the zest of ½ a lemon. Drizzle with 4 tps. of olive oil & season with ¼ tsp of crushed chillies, salt and pepper. Roast the fish at 200c for 18-20 minutes until it's cooked through. Remove from the oven and sprinkle with chopped parsley. Spoon the cooking juices over the fish and serve with 6 baby boiled potatoes and lots of green veg.

SATURDAY

BREAKFAST

Pancakes and Bacon

Serves 2

0.5 Bite per serving

Beat an egg in a bowl and add 230ml skimmed milk and 120g wholegrain flour. Whisk until smooth. Spray a pan with low cal oil and when it's really hot, pour in a small amount of batter. Cook for 1-2 minutes on each side until golden and then place on a warm plate. Repeat with the rest of the batter. Serve the pancakes while hot with grilled lean bacon and berries

LUNCH

Ham & Cheese Wrap

Serves 1

1 Bite

Fill a warmed wholemeal wrap with 2 slices lean ham, 30g grated low fat cheddar cheese, rocket leaves and sliced red onion. Top with a tbsp no added sugar relish, roll up, cut in two and serve.

DINNER

Roasted Pepper Linguine with

Crisp Crumbs

Serves 4

1.5 Bites per serving

Heat the oven to 200c/180c/ gas 6. Put 4 sliced, mixed peppers in a roasting tray and spray with low cal oil. Season, spread in a single layer, and roast for 30minutes until tender. Spray a pan with low cal oil and tip in 2 finely sliced garlic cloves. Soften for 10 seconds and add in a pinch of chilli flakes and 90g fresh white breadcrumbs. Season and toast until golden brown and crisp. Tip onto a plate and set aside. Cook 240g linguine according to pack instructions, drain and reserve a few tbsp of cooking water. Toss the pasta with the roasted peppers, 18 green pitted olives, ½ small pack basil, torn, zest of half a lemon, the reserved cooking water and 3 tps. olive oil. Sprinkle with the crisp crumbs and extra basil leaves before serving.

SUNDAY

BREAKFAST

Apple Porridge

Serves 1

0.5 Bites

Make up to 60g porridge with skimmed milk and top with ½ grated apple & 1tsp honey breads

LUNCH

Fruity Curried Chicken Salad

Serves 2

1 Bite per serving

In a large bowl mix 2 tbsp 0% Greek yogurt, 1 tsp mild curry powder, 1 tbsp fresh lemon juice and a good pinch of sea salt and black pepper. Add 1 celery stick, thinly sliced, 6 raw broccoli florets, 1 red apple, cored and cut into ½ inch pieces, 15 red seedless grapes, halved, and 15g walnuts, halved. Toss to coat with the dressing. Cover and keep in the fridge until ready to serve (up to 12 hrs) Cover 2 plates or shallow bowls with some gem lettuce leaves. Divide the salad between the two and top with sliced cooked chicken

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.

Don't forget your
2 snacks a day!

Visit unislim.com for tasty
snack ideas