

# 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**

**Zesty Grapefruit & Eggs**  
SERVES 1  
FREE FOOD

Grill half a grapefruit sprinkled with cinnamon. Serve with 2 boiled eggs and up to 60g wholemeal toast.

**LUNCH**

**Vegetable Frittata**  
SERVES 2

**1.5 BITES PER SERVING**

Spray a large pan with low cal oil and fry 1 finely chopped medium red onion for 2 minutes. Add a finely sliced yellow pepper, 8 button mushrooms and 2 crushed garlic cloves along with 2tsp Herbs de Provence and ¼ tsp chilli flakes. Fry until soft and stir through 50g frozen petit pois. Beat 4 large eggs and pour into the pan. Season, then scatter with 60g crumbled feta cheese and 8, halved, cherry tomatoes. Cook for a few minutes until the eggs are starting to set and then put under a hot grill to finish. Serve with a leafy green salad.

**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

**TUESDAY****BREAKFAST**

**Mushrooms on Toast**  
SERVES 2  
FREE FOOD

Spritz a pan with low cal oil & fry 180g sliced mushrooms with a chopped garlic clove. Add chopped parsley & 1 tsp of lemon juice. Divide the mushrooms between 4x30g slices of wholemeal toast, sprinkle with parsley and serve

**LUNCH**

**Sweet Potato & Apple Soup**  
SERVES 4

**1.5 BITES PER SERVING**

Peel & cube 800g sweet potato. Chop 2 sticks celery & 2 spring onions. Peel & slice 3 eating apples. Put all the ingredients into a large saucepan with 1.2 litres vegetable stock, 1 tsp cumin & a small piece of finely sliced ginger. Season, bring to the boil and simmer for about 20 mins until the potatoes are tender. Blend and finish with a swirl of low-fat yogurt & a sprinkle of chopped parsley. Serve with a 65g wholegrain or seeded roll.

**DINNER**

**Broccoli, Chilli & King Prawn Stir-fry**  
SERVES 4

**FREE FOOD**

Place a large wok or frying pan on a high heat and spray with low cal oil. Add 2 thinly sliced garlic cloves, linch piece of ginger, peeled and finely sliced, and 1 red chilli, deseeded and finely sliced, and stir fry for 2 minutes. Add 200g tender stem broccoli and 300g broccoli florets, keep on a high heat and add 3 tbsps. water. Cook the broccoli for 5 minutes, stirring frequently, until almost tender. Add 2tbsps. light soy sauce, 1tsp granulated sweetener, ½ tsp Chinese 5 spice and 350g cooked king prawns. Season with salt and pepper and cook for another 5 minutes until the prawns are heated through. Serve as it is for a carb free meal or with ¼ plate noodles.

**WEDNESDAY****BREAKFAST**

**Oat & Banana Pancakes**  
SERVES 1  
FREE FOOD

Blend 30g porridge oats, 2 eggs, 1 banana, 1tsp vanilla extract and a pinch of cinnamon until smooth. Spray a pan with low cal oil and, when it's piping hot, pour on small portions and fry as you would a regular pancake. Serve with a portion of your favourite yogurt and some berries.

**LUNCH**

**Monte Cristo Sandwich**  
SERVES 1

**FREE FOOD**

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

**DINNER**

**Pasta Primavera**  
SERVES 4

**1.5 BITES PER SERVING**

Steam 75g broad beans, 200g asparagus tips and 170g peas until just tender, then set aside. Cook 240g spaghetti or tagliatelle according to pack instructions. Meanwhile, heat 2tsp olive oil and 2 tps. butter in a pan and gently fry 175g, trimmed and sliced baby leeks until soft. Add 200ml fromage frais and warm through very gently, stirring constantly so it doesn't split. Add a handful of fresh chopped herbs (mint, parsley & chives) and the steamed veg with a splash of the pasta water to loosen. Drain the pasta and stir into the sauce. Season to taste, divide between 4 plates or shallow bowls and top each with 15g shaved parmesan.

**THURSDAY****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**

**Cheesy Tuna Melt**  
SERVES 2

**1 BITE PER SERVING**

Preheat the grill. Drain a tin of tuna and flake into a bowl with ½ a bunch of chopped spring onions and 4 tbsp lighter than light mayo. Toast 2x45g slices of granary bread and spread with the tuna mix. Sprinkle 60g of grated low-fat cheddar cheese on top and return to the grill until the cheese melts. Sprinkle with paprika and serve with a tbsp of no added sugar relish .

**DINNER**

**Beef Stroganoff**  
SERVES 4

**1 BITE PER SERVING**

Season 400g thinly sliced steak with a little salt and pepper and set aside. Spray a large pan with low cal oil and heat. Add the steak to the pan and quickly seal on all sides. Remove the meat from the pan, add 1tsp of white wine vinegar and 2 tsp Worcestershire sauce to deglaze. Scrape and stir the browned bits from the pan over a medium heat and when the liquid has almost evaporated spray the pan with oil. Sauté 1, thinly sliced onion and 250g, thinly sliced button mushrooms until they start to brown. Add 1 tsp Dijon mustard and cook for a minute or two. Add 1 rich beef stock cube and 1 beef stock pot to 500ml of boiling water, pour into the pan and reduce the liquid by half. Stir in 200g Philadelphia lightest over a low heat making sure there are no lumps of cheese remaining. Add the steak back into the pan, stir well and simmer for 5-10 minutes depending on how you like your steak. If the sauce seems a little thick add some water. Sprinkle with chopped parsley and serve with either a 200g baked potato or ¼ plate basmati rice.

**FRIDAY****BREAKFAST**

**Make-ahead Greek Yogurt Parfait**

**SERVES 2**  
**1 BITE PER SERVING**

Stir 1tsp vanilla extract through 300g 0% Greek Yogurt. Half fill 2 glasses or jars with any frozen fruit of your choice. Top each glass with half the yogurt and store in the fridge overnight. In the morning top each glass with 30g no added sugar granola before serving

**LUNCH**

**Baked Potato with Cottage Cheese & Bacon**

**SERVES 1**  
**FREE FOOD**

Mix 4 tbsp cottage cheese with 2 rashers of grilled & chopped lean back bacon & pile onto a 200g baked potato. Serve with a green salad.

**DINNER**

**Ginger Chicken & Green Bean Noodles**

**SERVES 2**  
**FREE FOOD**

Cook 120g egg noodles according to pack instructions and set aside. Spray a wok with low cal spray oil, heat, and stir-fry 2 sliced chicken fillets for 5 minutes. Add 200g, trimmed green beans and fry for another 4-5 minutes until the beans are just tender and the chicken is cooked through. Peel a thumb-sized piece of ginger and cut into matchsticks. Add to the wok with 2 sliced garlic cloves, a finely sliced ball of stem ginger +1tsp of syrup from the jar, 1tsp cornflour mixed with 1tbsp water, 1tsp dark soy sauce and 2 tsp rice vinegar. Stir fry for 1 minute and then toss in the cooked noodles. Continue cooking until everything is hot and the sauce coats the noodles.

**SATURDAY****BREAKFAST**

**Fruit & Nut Salad**

**SERVES 4**  
**1 BITE PER SERVING**

Chop 2 pears and 2 apples and combine with a punnet of blueberries. In a separate bowl, mix a pot of 0% Greek style yogurt, 1 tbsp lemon juice, 2 tsp lemon zest, ½ tsp vanilla essence, ½ tsp cinnamon and ¼ tsp nutmeg. Whisk together and fold the fruit in gently. Divide the mix between 4 bowls and sprinkle each one with 10g chopped pecans.

**LUNCH**

**Tofu Scramble**

**SERVES 2**  
**FREE FOOD**

Spray a deep sided frying pan with Low cal oil and sauté a finely chopped garlic clove for around 10 seconds. Just as the garlic begins to brown add a small, finely chopped onion and 100g sliced mushrooms. Continue to sauté for 3-4 minutes until the onion begins to become translucent. Break 200g of firm organic tofu into small pieces and add to the pan. Cook for around 5 minutes breaking the tofu up further until it resembles scrambled eggs in texture. Mix 1 tsp of nutritional yeast flakes with 1 tbsp of water to create a paste and add to the pan with a handful of spinach leaves, 1tsp turmeric, 1tsp chilli flakes, 1tsp cumin, 1tsp lemon juice & 1 tsp soy sauce. Continue to cook until everything is mixed well and warmed through. Serve with up to 60g wholemeal /granary toast

**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, steamed broccoli and green beans.

**SUNDAY****BREAKFAST**

**Bacon Bap**

**SERVES 1**  
**FREE FOOD**

Grill 2 slices of lean bacon and fill a 60g wholemeal roll. Top with a sliced tomato and a tbsp. no added sugar ketchup or relish

**LUNCH**

**Hummus & Red Pepper Wrap**

**SERVES 1**  
**0.5 BITES PER SERVING**

Spread a wholemeal wrap with 25g reduced fat hummus. Top with a handful of salad leaves, a chopped roasted red pepper (from a jar), ¼ red onion, finely sliced, and some turkey or chicken slices, if you want extra protein. Roll the wrap and serve with any Unislim soup.

**DINNER**

**Meatballs & Spaghetti**  
SERVES 4

**1 BITE PER SERVING**

Spray a pan with low cal oil and sauté 1 chopped onion, 1 chopped celery stick & 2 chopped garlic cloves until soft. Add 2 tbsp tomato puree & stir for a few minutes before adding 2x400g tins of chopped tomatoes, 1 cinnamon stick, 100mls red wine and 100mls chicken stock. Season, bring to the boil and simmer for an hour. If you prefer a smoother sauce, blitz using a hand blender once it's cooked. Meantime, spray a pan with low cal oil and sauté 1 chopped onion & 5 minced garlic cloves. Remove from the heat and allow to cool. In a bowl, put 450g extra lean minced pork or beef 1 tbsp fresh basil, 1 tsp ground cinnamon and the cooked onion and garlic. Season and then roll small amounts of the mixture into 16 meatballs. Place the meatballs on a baking tray and oven bake at 180c until cooked through. Stir the cooked meatballs into the sauce and serve with ¼ plate whole wheat spaghetti. Sprinkle each plate with a tbsp parmesan cheese and scatter with fresh basil.

**Don't forget your  
2 snacks a day!**

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snack ideas