

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

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

Crispy Chicken and Lettuce Wraps
SERVES 1
1 BITE

In a bowl, combine 1 small diced green apple, 1/2 diced red pepper, ¼ diced cucumber, 1tbsp finely chopped red onion, 1cooked and diced chicken fillet, 4tbsps 0% Greek yogurt and 2tsp extra virgin olive oil. Season with salt and pepper and chill for 1 hour. Place the mixture inside a couple of large lettuce leaves, roll into a cylinder and serve.

DINNER

Spaghetti Puttanesca
SERVES 4

0.5 BITES 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.

TUESDAY

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

Spicy Sweet Potato Soup
SERVES 4

2 BITES PER SERVING

Peel and dice 4 x 200g sweet potatoes and set aside. Spritz a large pan with low cal oil and fry a large finely chopped onion until soft. Add 2tbsp finely grated fresh ginger, 2 minced garlic cloves and ½ a finely chopped red chilli. Cook for a few minutes and then add the potatoes, ½ tsp mace or nutmeg and 1 tsp sea salt. Cook for a few more minutes and then pour in 1litre vegetable stock. Cover and simmer for about 20 minutes until the potato is tender then blitz until smooth. Stir through ½ can reduced fat coconut milk and the juice of ½ lemon. Serve with a 65g granary 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 through. For the final 1–2 minutes add in 1 large, thinly sliced onion and 1 chopped red pepper. Stir in a tin of, drained and rinsed, red kidney beans, a tin of chopped tomatoes and a deseeded and thinly sliced chilli pepper. Bring to the boil and simmer for 15 minutes. Spread the bean and chicken mixture down the centre of 4 wholemeal tortillas. Roll up and sprinkle with 120g, grated low fat cheddar. Pop into a hot oven until the cheese melts. Top each enchilada with a tbsp reduced fat crème fraiche and serve with a green salad.

WEDNESDAY

BREAKFAST

Breakfast Bruschetta
SERVES 1
0.5 BITES

Peel and slice ½ banana. Put in a bowl with 80g blueberries and 50g Quark. Mix well. Toast 2x30g slices of wholegrain bread. Spread with the blueberry mix and drizzle with 1 tsp honey.

LUNCH

Feta, Tomato, Avocado and Cucumber Salad
SERVES 2

1.5 BITES PER SERVING

Peel and dice one cucumber and one avocado and put in a bowl. Add 300g cherry tomatoes, halved. Cube 60g feta and add to bowl. Add 2tbsp finely chopped minced red onion and a handful of chopped parsley. Whisk together 1 tsp olive oil, 1 tsp red wine vinegar and black pepper – pour over salad. Toss gently so the feta and avocado don't break up. Divide between 2 bowls and serve immediately.

DINNER

Beef Tagine
SERVES 6

FREE FOOD

Create a spice blend by mixing, 1 tsp ground cumin, 1 tsp ground coriander, 1tsp paprika, ½ tsp cinnamon and ½ tsp chilli flakes. Rub half the blend into 800g of lean beef pieces, cover the beef with clingfilm and place in the fridge to marinate, preferably overnight, or at least for a few hours. When you're ready to cook, spray a large pan with low cal oil and fry 1 large chopped onion and 3 sliced garlic cloves until soft. Remove from the pan and set aside. Brown the beef in the pan, add the remaining spice blend and stir through. Return the onion and garlic mix to the pan and stir well. Add a tin of drained chickpeas and 500g passata. Bring to the boil, cover and cook on a low heat for 1 ½ hours. (This can also be done in a slow cooker, 8hrs on low heat) 20 minutes before serving add the zest of an orange and 18 chopped dates. Serve with ¼ plate basmati rice sprinkled with chopped coriander.

THURSDAY

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

Parma Ham & Veggie Omelette
SERVES 1

1 BITE

Spritz a pan with low cal oil & set over a medium heat. Cook 2 slices of Parma ham for 1–2 minutes each side until crispy. Make an omelette using 2 eggs, 30g reduced fat cheddar cheese, chopped parsley, a handful of sliced mushrooms & some sliced red and yellow peppers. Serve the omelette with the Parma ham crumbled on top and a 60g wholemeal crusty roll.

DINNER

Slow-cooker Butter Chicken
SERVES 4

1.5 BITES PER SERVING

Make a marinade by mixing the juice of a lemon with 2tsp ground cumin, 2tsp paprika, 1–2 tsp hot chilli powder and 200g low fat natural yogurt. Cut 500g skinless, boneless chicken thighs into bite sized pieces, toss in the marinade, cover and chill for at least an hour or overnight. In a large heavy saucepan, heat 2 tbsp of butter or vegetable oil. Add a large chopped onion, 3 crushed garlic cloves, 1 deseeded and finely chopped green chilli, a thumb sized piece of ginger, grated, and some seasoning. Fry on a medium heat for 10 mins or until soft. Add 1 tsp garam masala, 2 tsp ground fenugreek and 3 tbsp tomato puree and cook until fragrant. Add 250ml chicken stock and the marinated chicken. Tip everything into the slow cooker and cook for 6–7 hours on low until the chicken is tender. Serve with ¼ plate basmati rice sprinkled with chopped coriander and 30g toasted, flaked almonds. Squeeze over some lime wedges if you like.

FRIDAY

BREAKFAST

Carb Free 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

Super-Salad Wrap
SERVES 1

1.5 BITES

Spread a wholemeal tortilla with 30g low fat hummus and pile the centre with shredded lettuce, ¼ carrot, grated, 4 cucumber sticks and 2 avocado slices. Top with 1 tbsp fresh tomato salsa and 30g low fat, grated cheddar. Roll the wrap and slice in 2. Serve with any Unislim soup.

DINNER

Pork Noodle Stir Fry
SERVES 4

1 BITE PER SERVING

Spray a wok or frying pan with low cal oil and add 400g lean pork mince. Fry over a high heat for about 8 minutes until browned. While the meat cooks, boil a kettle and pour the hot water over 240g egg noodles. Set aside for 5–10 minutes to soften. Add a thumb sized piece of ginger, peeled and chopped, 3 crushed garlic cloves and 320g stir fry veg to the pan and stir fry for 2–3 minutes. Mix 1 tbsp soy sauce with 2 tsp cornflour to make a paste. Add a further 3 tbsp of soy sauce, 4 tbsp sweet chilli sauce and 2 tbsp water. Drain the noodles and add to the pan with the sauce. Cook until the sauce coats the noodles, adding a splash of water if needed, then serve.

SATURDAY

BREAKFAST

Blueberry Branflakes
SERVES 1
FREE FOOD

Top up to 60g Branflakes with skimmed milk and a handful of blueberries.

LUNCH

Cheese & Bacon Baked Potato
SERVES 1

1 BITE

Prick a 200g potato with a fork, spray with low cal oil and sprinkle with salt. Bake at 200c until soft. Cut a cross in the top and scoop out the flesh. Mix the flesh with a diced spring onion, a crumbled rasher of grilled bacon and 30g grated low fat cheddar cheese. Fill the potato shell with the mix and pop under a hot grill until the cheese melts. Serve with a green salad.

DINNER

Cod in Orange Sauce
SERVES 4

FREE FOOD

Pre heat the oven to 180c. Line an ovenproof baking dish (with a lid) with baking paper. Spray paper with low cal oil and lay 4 cod fillets on top. Pour over the juice of an orange and sprinkle with 1tsp Herbs de Provence, a crushed garlic clove and the zest of the orange. Season, cover and bake for 20 mins until the cod is just cooked. Serve the fish, drizzled with a spoonful of the sauce with ¼ plate baby boiled potatoes steamed broccoli and carrots.

Don't forget your
2 snacks a day!

Visit unislim.com for tasty
snack ideas

SUNDAY

BREAKFAST

Pecan Porridge with Prunes
SERVES 1
1 BITE

Make up to 60g porridge with skimmed milk and top with 5 chopped prunes & 3 crushed pecans.

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 a tbsp no added sugar relish.

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.