

7 Day Meal Plan

Name: _____

DATE: / /
BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

B BITES

Bites Earned Bites Left

Flexi fast Free Oil

DATE: / /
BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

B BITES

Bites Earned Bites Left

Flexi fast Free Oil

DATE: / /
BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

B BITES

Bites Earned Bites Left

Flexi fast Free Oil

DATE: / /
BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

B BITES

Bites Earned Bites Left

Flexi fast Free Oil

DATE: / /
BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

B BITES

Bites Earned Bites Left

Flexi fast Free Oil

DATE: / /
BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

B BITES

Bites Earned Bites Left

Flexi fast Free Oil

DATE: / /
BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

B BITES

Bites Earned Bites Left

Flexi fast Free Oil

MONDAY

BREAKFAST

Creamy Avocado & Banana Smoothie
SERVES 1
1 BITE PER SERVING
Blend together ½ fresh or frozen avocado, ¼ frozen banana, 2 large handfuls spinach, ½ celery stick, 1 chopped 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

Sweet Potato & Apple Soup
SERVES 4
1.5 BITES PER SERVING
Peel and cube 800g sweet potato, chop 2 celery sticks and 2 spring onions, and slice 3 apples. Add to a pot with 1.2L veg stock, 1 tsp cumin, and sliced ginger. Season, boil, and simmer for 20 minutes. Blend, then finish with low-fat yogurt and chopped parsley. Serve with a 65g wholegrain roll.

DINNER

Mixed Bean Chili
SERVES 4
FREE FOOD
Spray a pan with low-cal oil and gently fry 2 chopped onions and 2 crushed garlic cloves for 2 minutes. Add 2 diced red/green peppers, 2 tsp cumin, 2 tsp crushed chili, and 1 tsp chili powder. Sweat for 5 minutes, then add 300g sliced mushrooms and cook for 1 minute. Add a can of chopped tomatoes, 4 tbsp tomato puree, and 2 cans of beans (mixed or your choice). Crumble in a veg stock cube, mix well, bring to a boil, and simmer for 5-10 minutes. Serve with sliced avocado, a squeeze of lime, a spoonful of natural yogurt, and ¼ plate basmati or brown rice.

TUESDAY

BREAKFAST

Carb Free Grill
SERVES 1
FREE FOOD
Grill 2 lean bacon rashers and a sliced tomato. Fry 8-10 sliced mushrooms in low-cal oil, then add spinach to wilt. Dry fry 2 eggs. Serve with no-added-sugar beans.

LUNCH

Balsamic Chickpea, Avocado & Feta Salad.
SERVES 4
0.5 BITE PER SERVING
In a bowl, combine 4 cups of shredded lettuce, 1x400g tin of chickpeas, rinsed and drained, 400g halved cherry tomatoes, 2 chopped avocados and 80g cubed feta cheese. Season with salt & pepper. Whisk together 1tbsp. olive oil and 2tbsp balsamic vinegar and pour over the salad just before serving.

DINNER

Roasted Cauliflower Tagine
SERVES 4
1 BITE PER SERVING
Preheat oven to 220c/200c/gas 7. Break a cauliflower into florets, toss with ½ tbsp olive oil and ½ tbsp ras el hanout or harissa in a baking dish, then roast for 20-25 minutes. In a sprayed large saucepan, cook 2 sliced red onions, 1 sliced carrot, and 3 sliced garlic cloves for 5 minutes. Stir in ½ tbsp ras el hanout and cook for 1 minute. Add a 400g tin of chopped tomatoes, a 400g tin of rinsed chickpeas, 80g halved green olives, and 200ml boiling water. Cover and simmer for 15-20 minutes until veg is cooked and sauce thickens. Stir in the roasted cauliflower. Serve with couscous, topped with 30ml 0% Greek yogurt and chopped parsley.

WEDNESDAY

BREAKFAST

Cinnamon & Honey Porridge with Prunes
SERVES 1
0.5 BITES
Make up to 60g porridge with skimmed milk. Top with 5 chopped prunes & drizzle with 1tsp honey & 1 tsp cinnamon.

LUNCH

Griddled Peach Salad with Prosciutto & Blue Cheese
SERVES 4
1.5 BITES PER SERVING
Halve and stone 4 ripe peaches, brush with olive oil, and pepper. Griddle for 2-3 minutes until caramelized. Divide 100g rocket, 85g prosciutto, and 90g crumbled blue cheese between 4 plates. Top with peaches. Whisk 1tbsp olive oil and 1tbsp balsamic vinegar, drizzle over the salad, and serve.

DINNER

Meatballs and Spaghetti
SERVES 4
1 BITE PER SERVING
Spray a large pan with low-cal oil and fry 3 chopped garlic cloves for 2-3 minutes. Add 2x 400g tins of plum tomatoes, simmer for 15 minutes, breaking them up. Mix 500g extra lean mince, 1 chopped red onion, 1 tsp chili powder, salt, and pepper in a bowl. Form 15-20 small balls. Spray a non-stick pan with low-cal oil and brown the meatballs. Add meatballs to the sauce and simmer for 20 minutes. Serve with 60g cooked spaghetti, topped with chopped basil and 15g grated parmesan.

Don't forget your 2 snacks a day!
Visit unislim.com for tasty snack ideas

THURSDAY

BREAKFAST

Spicy Scrambled Egg & Avocado Toast
SERVES 1
Mash ½ an avocado with black pepper and a squeeze of lemon juice. Spread on 2x30g slices of wholemeal toast and top with 2 eggs, scrambled with a little milk. Sprinkle with chilli flakes for a little added heat.

LUNCH

Stuffed Moroccan Pitta
SERVES 2
2 BITES PER SERVING
Toast 2 wholemeal pittas and spread the insides with 50g low fat hummus. Layer with 4, halved falafels, ½ a sliced red pepper and a handful of rocket leaves. Serve with a cup of Unislim soup.

DINNER

Chicken & Asparagus Quiche
SERVES 4
0.5 BITE PER SERVING
Spray a pan with low-cal oil and gently sauté 1 chicken breast, cut into chunks and 1 finely sliced onion for 2 minutes. Add 100ml chicken stock to the pan and simmer for 5 minutes until the onion is soft, the chicken is cooked and there's no liquid left in the pan. Beat 8 eggs and 2tbsp quark in a bowl until smooth. Add 30g, grated, reduced fat cheddar and season. Add the chicken and onion mix and 125g asparagus spears, trimmed and cut into ½ in pieces, to a 9" flan dish. Pour over the egg mixture and sprinkle with 30g, grated, reduced fat cheddar. Bake at 200c/180c/gas 6 for 25 minutes until set and golden on top. Serve hot or cold with a mixed salad.

FRIDAY

BREAKFAST

Granola & Yogurt
SERVES 1
1.5 BITES
Top 45g no added sugar granola with a handful of chopped berries and ½ sliced banana. Serve with 0% Greek yogurt.

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

Minced Turkey Ragù with Tagliatelle
SERVES 4
0.5 PER SERVING
Spray a large pan with low cal oil and add 500g turkey mince, 1 chopped onion, 1 diced red pepper, 2 crushed garlic cloves and 2tsp dried oregano. Fry for 2-3 minutes until browned. Add 75g sliced black olives, a 400g tin of chopped tomatoes, 3tbsp sundried tomato puree and 300ml chicken stock and simmer, covered, for 20minutes. Remove the lid and simmer for a further 5 minutes until the sauce has reduced a little. Meanwhile, cook 240g (uncooked weight) tagliatelle according to packet instructions and serve with the ragù.

SATURDAY

BREAKFAST

Easy Crepes
SERVES 2
1 BITE PER SERVING
Blend ½ cup skimmed milk, ½ cup water, 1 tsp sweetener, 2 tsp vanilla extract, and 1 cup wholegrain flour until smooth. Add 2 medium eggs and blend again. Refrigerate the batter for 30-60 minutes. Heat a non-stick pan over medium heat and spray with low-calorie oil. Pour in ¼ cup of batter. Once it bubbles and starts to lift, flip and cook for 20-30 seconds. Keep warm while cooking the rest. Serve with fresh berries and low-fat vanilla 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 1tbsp lighter than light mayo. Season with salt and pepper and make a sandwich using 2x30g slices wholemeal bread. Serve with any Unislim soup.

DINNER

Garlic & Lemon Roast Chicken
SERVES 4
FREE FOOD
Mix the juice of ½ a lemon, 1tsp olive oil, 1tsp dried thyme, and 2 minced garlic cloves. Rub the mixture all over a medium chicken then sprinkle with salt and pepper. Place the squeezed lemon and 2 whole garlic cloves inside the cavity. Roast the chicken in a pre-heated oven for approx. 80 mins, depending on weight. Serve with ¼ plate of potatoes, roasted using spray oil, and steamed cauliflower and carrots.

SUNDAY

BREAKFAST

1 BITE PER SERVING
Sausage Bagel
SERVES 1
2 BITES
Grill 2x40g low fat pork sausages and fill a toasted wholemeal bagel. Top with a tbsp. Unislim relish or reduced sugar/salt tomato ketchup.

LUNCH

Hummus & Red Pepper Wrap
SERVES 1
0.5 BITE
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

Tuna Pasta Bake
SERVES 4
1.5 BITES PER SERVING
Cook 240g pasta as per packet instructions. Meanwhile, sauté 2 diced courgettes and 5 sliced spring onions in a pan with low-calorie oil for 5 minutes. Add ½ tsp smoked paprika and ½ tsp garlic granules. Stir in 400ml vegetable stock, 100g frozen peas, 100g spinach, and the juice of ½ a lemon. Cook until the spinach wilts, then mix in 150g low-fat cream cheese. Break up 2x 160g tins of tuna in a bowl. Drain the pasta, add it to the pan with the tuna, and mix. Transfer to an ovenproof dish, sprinkle 30g grated reduced-fat cheddar on top, and bake for 15 minutes. Serve with a green salad.