

# 7 Day Meal Plan

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**BREAKFAST****Breakfast Smoothie****Serves 1****0.5 Bites**

Blitz 1 banana, half an avocado, ½ pear and a good handful of spinach with 200ml unsweetened almond milk until smooth. Stir in 1tsp flaxseed/lineseed and serve immediately. Follow with a boiled egg and up to 60g granary toast.

**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****Roast Chicken & Steamed Greens****Serves 4****Free Food**

Heat the oven to 200c. Place a full chicken on a roasting tray, spray with low cal oil and season. Squeeze the juice from ½ a lemon over the chicken and place the other half in the cavity along with a few sprigs of rosemary. Place in the oven for at least an hour, making sure it's fully cooked before serving. While the chicken is cooking place 800g parboiled potatoes onto a baking tray, spray with low cal oil and roast in the oven. Serve with steamed green veg.

**BREAKFAST****Poached Eggs & Relish****Serves 1****Free Food**

Spread 2x30g slices wholemeal toast with 1 tbsp no added sugar tomato relish. Slice a large tomato and layer onto the toast. Top with 2 poached eggs.

**LUNCH****Spicy Chicken Wraps****Serves 2****0.5 Bites per serving**

Thinly slice 2 chicken breasts and mix with a squeeze of lime juice, ½ tsp chilli powder, ½ a sliced red onion and a chopped garlic clove. Heat a non-stick pan, spray with low cal oil, add all the ingredients and fry until the chicken is cooked through. Add 2 chopped roasted peppers (from a jar) and warm them through. Divide the chicken mix between 2 warmed wholemeal wraps, top with 30g grated low fat cheese, a dollop of low-fat natural yogurt and some chopped coriander. Roll up, slice in half and serve.

**DINNER****Goats Cheese & Spinach Pasta****Serves 4****1.5 Bites per serving**

Cook 240g, dried weight, fusilli as per packet instructions. Drain and cover to keep warm. Meanwhile, spray a pan with low cal oil. Add 2 finely chopped garlic cloves and a deseeded and finely chopped red chili. Cook for 1 minute and add 130g baby spinach. Cook for a few minutes until the spinach wilts. Add this mix to the pasta, tossing to coat well, and cook for 2 minutes. Stir in a large handful of chopped basil leaves. To serve, divide the pasta between 4 bowls and crumble 30g of goats' cheese on each.

**BREAKFAST****Apple Bran****Serves 1****Free Food**

Top 60g All Bran or Bran flakes with skimmed milk and top with ½ grated apple.

**LUNCH****Open Beef & Rocket Sandwich****Serves 1****Free Food**

Mix 1 tsp lighter than light mayo, a squeeze of mustard or horseradish and slices of roast beef, cut into strips. Top 2 x 30g slices of granary bread with rocket leaves and pile the beef mix on top.

**DINNER****Creamy Mushroom Tagliatelle****Serves 4****1 Bite per serving**

Spritz a large frying pan with low cal oil and cook a finely chopped onion, a thinly sliced leek and 2 crushed garlic cloves until soft. Add 400g, sliced chestnut mushrooms and cook for 5 minutes. Add 100ml vegetable stock or white wine and cook for about 5 minutes until it reduces. Stir in 60ml low fat crème fraîche and the zest of a lemon. Cook 240g tagliatelle according to packet instructions. When the pasta is just tender, drain and return to the hot pan in which it was cooked. Stir in 400g baby spinach leaves and when it wilts gently stir in the creamy mushroom mix. Divide between 4 plates and serve immediately sprinkled with 30g grated parmesan.

**BREAKFAST****Breakfast Grill****Serves 1****Free Food**

Dry fry or poach 2 eggs and serve with 2 grilled bacon medallions, sugar free beans, grilled mushrooms and tomatoes and 2x30g slices of wholemeal toast.

**LUNCH****Smoked Salmon Open****Sandwich****Serves 2****Free Food**

Spread 4x30g of rye or whole grain bread with 100g quark. Top with 100g smoked salmon slices and a squeeze of lemon juice. Sprinkle with chives and black pepper before serving.

**DINNER****Vegan three-bean Chilli with Baked Potatoes****Serves 2****Free Food**

Bake 2x200g potatoes at 200c/gas 6 for about an hour until tender. Spray a non-stick pan with low cal oil and fry a deseeded and chopped yellow or orange pepper and 2 finely grated garlic cloves. Stir in 1 tsp cumin seeds, ½ tsp chilli flakes and 1 tsp each of smoked paprika, ground coriander and dried oregano. Tip in a 400g can chopped tomatoes, 2 tpsps. vegetable bouillon powder and a 400g can three bean salad. Bring to a simmer, cover and cook for 15 minutes, or until reduced to a thick sauce. Stir in a handful of chopped coriander. Cut a cross in the top of the baked potatoes and gently press on the sides to open them out. Spoon over the chilli, top with mashed avocado and squeeze over some lime wedges. Scatter with coriander leaves and serve with any remaining lime wedges.

**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 wheaten or wholegrain bread. Spread with the blueberry mix and drizzle with 1 tsp of honey.

**LUNCH****Tuna Bean Salad****Serves 2****0.5 Bites per serving**

Chop 2 tomatoes into wedges, slice ¼ cucumber & 4 spring onions and add to a bowl along with some rocket, a tin of tuna in brine & 200g butter beans. Blend 1tbsp. each balsamic vinegar and lemon juice and 2 tpsps. olive oil and pour over the mixture. Toss well and divide between 2 plates. Serve with 60g whole meal bread.

**DINNER****Chicken & Asparagus Quiche****Serves 4****0.5 Bites 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.

**BREAKFAST****Fruit Salad & Muesli****Serves 2****0.5 Bites per serving**

Mix together, 3 clementine oranges, separated into segments, 1 apple, peeled and cored, 1 pear, peeled and cored, 1 kiwi, peeled and chopped and 1chopped banana. In a measuring cup combine 2tsp honey, 1tbsp lime juice & 1tbsp lemon juice. Warm gently for a few seconds to dissolve the honey then stir in 2tbsp low fat natural yogurt. Drizzle over the fruit and mix gently. Divide the salad between 2 bowls and sprinkle with 30g no added sugar muesli.

**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****Pork & Apple Burgers with Chips****Serves 4****1.5 bites per serving**

Mix 500g pork mince with a grated eating apple and season. Shape into 4 burgers and chill for 30 minutes before frying on a non-stick pan. Place in a 60g brown burger bap and top with rocket, cucumber and sliced red onion. Serve with 100g Unislim Gorge Us rustic cut chips.

**BREAKFAST****Weetabix & Kiwi****Serves 1****Free Food**

Peel and slice a kiwi and serve on top of 2 Weetabix with skimmed milk or low-fat natural yogurt.

**LUNCH****Mexican Style Bean Soup with Shredded Chicken & Lime****Serves 2****Free Food**

Spray a saucepan with low cal oil and fry 1 large onion, finely chopped and 1 red pepper, cut into chunks for 10 minutes. Stir in 2 chopped garlic cloves, 2 tsp mild chilli powder, 1 tsp ground coriander and 1tsp ground cumin. Tip in a 400g can of chopped tomatoes and a 400g can of black beans, with their liquid. Add a ½ can of water and 1 tsp vegetable bouillon powder. Simmer, covered, for 15 minutes. Meanwhile, shred a cooked chicken breast and toss in a bowl with a handful of chopped coriander, the juice of a lime and ½ a red chilli, deseeded and finely chopped. Ladle the soup into 2 bowls, top with the chicken and serve.

**DINNER****Sea bass with Spinach, Tomatoes and Butterbeans****Serves 1****Free Food**

Spray a non-stick pan with low cal oil and heat. Season a sea bass fillet and sear it, skin side down, cooking for 3 minutes until crisp. Turn the fish over, push to one side and cook for a couple more minutes. Add 5 halved cherry tomatoes, 1 crushed garlic clove, 125g baby spinach leaves and 200g can drained butter beans. Cook for a couple of minutes to wilt the spinach. Remove the fish, check the beans are warmed through and serve as a carb free meal or add a ¼ plate baby boiled potatoes.

Don't forget your  
2 snacks a day!

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snack ideas