

7 Day Meal Plan

Name: _____

DATE: / /

BREAKFAST

LUNCH

DINNER

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BREAKFAST

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Flexi fast Free Oil

MONDAY

BREAKFAST

Fruity French Toast

Serves 1
Free Food

Whisk 1 egg with a dash of skimmed milk, 1 tsp vanilla essence and ½ tsp of cinnamon in a shallow dish. Dip 1x30g slice of wholemeal bread in the mixture for about 10 seconds to soak up the egg. Repeat with a second slice of bread. Spritz a pan with low cal spray oil and cook the bread gently until browned on both sides. Serve with low fat natural yogurt, fresh berries and ½ sliced banana

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

Stir-fried Hoisin Pork & Greens

Serves 4
1 Bite per serving

Cook 240g egg noodles according to packet instructions. Cut 450g boned lean leg of pork or pork tenderloin into bite-sized chunks and mix in a bowl with 1tbsp dark soy sauce, 4 tbsp hoisin sauce and the juice of a lime until coated all over. Lightly spray a wok with low cal oil and when the pan is really hot, add 2 thinly sliced garlic cloves, a deseeded and sliced red chilli and 3 chopped celery sticks. Stir-fry for 2-3 minutes and then add the pork and marinade and stir-fry for 4-5 minutes until the meat is browned. Reduce the heat and add 200g shredded baby spinach or pak choi. Cook for 2-3 minutes until the spinach wilts. Grind some black pepper on top and fold in the noodles. Warm through and serve.

TUESDAY

BREAKFAST

Tofu Scramble

Serves 2
Free Food

Spritz a frying pan with low cal oil, heat, and gently fry a small finely sliced onion until golden brown and sticky. Stir in a large crushed garlic clove, ½ tsp turmeric, 1 tsp cumin and ½ tsp paprika and cook for 1 min. Roughly mash 280g of extra firm tofu in a bowl using a fork, keeping some pieces chunky. Add to the pan and fry for 3 mins. Raise the heat, then tip 100g cherry tomatoes, halved, and cook for 5 mins more or until they begin to soften. Fold ½ a small bunch of chopped parsley through the mixture. Serve on its own or with a 45g slice toasted rye.

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

WEDNESDAY

BREAKFAST

Stewed Apple Porridge

Serves 1
2 Bite per Serving

Add up to 60g uncooked oats. 1 medium, peeled and sliced apple and a pinch of cinnamon to a saucepan with 200ml water /skimmed milk. Bring to the boil and simmer until the oats are cooked and apple is soft. If it's too thick add a little more milk/water. Top with a spoonful of 0%Greek yogurt, 15g crushed walnuts and drizzle with a tsp honey.

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

Taco Wedges

Serves 4
1 Bite per serving

Cut 4x 200g potatoes into wedges, spray with low-cal oil, sprinkle with cayenne, and bake until golden. While they cook, spray a pan with low-cal oil, sauté 2 minced garlic cloves and 1 chopped onion. Add 400g extra lean mince and brown. Stir in a tin of chopped tomatoes, 1 tbsp tomato purée, chopped red & green peppers, a can of kidney beans, and a cup of beef stock. Add 1 tsp each of chilli powder, cumin, and paprika, then simmer for 5 mins. Serve the mince over the wedges, top with low-fat yogurt or taco sauce, and sprinkle with 30g low-fat cheddar.

THURSDAY

BREAKFAST

Fruity Buddha Bowl

Serves 1
0.5 Bite

Spray a pan with low cal spray oil and heat. Add, up to 60g porridge oats to the pan and cook for 1-2 minutes. Mix ½ tsp pure vanilla extract with a pinch of cinnamon and stir into the oats. Cook for another 1-2 minutes until the oats are toasted. Put the oats into a bowl and stir in a pot of 0% Greek yogurt. Top with a small sliced banana, a few sliced strawberries and a tbsp of pomegranate seeds. Sprinkle with 1 tbsp chia seed 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

Linguine with Avocado,

Tomato & Lime

Serves 2
Free Food

Cook 120g (uncooked weight) linguine pasta according to pack instructions. Meanwhile put the zest and juice of a lime in a bowl with a peeled and chopped avocado, 2 large ripe, chopped tomatoes, ½ a pack fresh coriander, chopped, 1 finely chopped red onion and a deseeded and finely chopped red chilli. Mix well. Drain the pasta, toss into the bowl and mix well. Serve straight away while still warm. Add cooked chicken or salmon for extra protein if you wish.

FRIDAY

BREAKFAST

Shredded Wheat & Apple

Serves 1 Free Food

Serve 2 shredded wheat with skimmed milk and top with ½ a grated apple

LUNCH

Classic Club Sandwich

Serves 1
Free Food

Spread 2x30g slices of wholemeal bread with lighter than light mayo. Pile 1 slice with lettuce, diced tomato & diced red onion. Top with a grilled bacon medallion and sliced, cooked chicken breast. Top with the second slice of bread, cut in two and serve with any Unislim soup.

DINNER

Slow-cooker Butter Chicken

Serves 4

1.5 Bites per serving

Make a marinade by mixing the juice of a lemon with 2tsps ground cumin, 2tsps paprika, 1-2 tsps. 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 tsp 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.

SATURDAY

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

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

Turkey Burger & Sweet Potato

Wedges

Serves 2

Free Food

In a bowl, mix 260g lean turkey breast meat, 1 small diced red onion, 1 grated garlic clove, 1 peeled and grated apple and 1 large beaten egg. Mix the ingredients well with your hands and add a good pinch of salt and pepper, 2 tsp dried oregano and 1 tsp paprika. Shape the mixture into 2 burgers and place on a baking tray in the oven for 15 – 20 mins until cooked through. Serve the burgers with 100g Unislim Gorge Us Sweet Potato Wedges and veg of your choice.

SUNDAY

BREAKFAST

Orange & Blueberry Bircher

Serves 2
1 Bite per serving

Mix 70g oats and 2 tbsp golden linseeds with the zest of 1 /2 an orange. Pour over 300ml boiling water and leave overnight. The next day, stir in three-quarters of a 175g tub of low-fat yogurt, spoon into glasses or bowls, top with a peeled and chopped orange, the remaining yogurt and 2 handfuls blueberries.

LUNCH

Tuna Bean Salad

Serves 2

0.5 Bite 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 (drained) & 200g butter beans. Blend 1 tbsp. each balsamic vinegar and lemon juice and 2 tsps. olive oil and pour over the mixture. Toss well and divide between 2 plates. Serve with 60g whole meal bread

DINNER

Rosemary Roast Chicken

Serves 4

0.5 Bite per serving

Preheat the oven to 200°C/180°C fan/gas 6. In a large roasting tin, toss together 1 chopped aubergine, 2 sliced courgettes, 250g halved cherry tomatoes, and 3 mixed peppers. Add the leaves of 3 rosemary sprigs, 1 crushed garlic clove, 2 tsp oil, and seasoning. Spread evenly. In a small bowl, mix 3 chopped rosemary sprigs with 1 crushed garlic clove and 2 tsp olive oil. Slash 4 chicken fillets, brush with the flavoured oil, and season. Chill for 15 mins. Nestle the chicken among the vegetables, top with rosemary, and roast for 20 mins until cooked. Serve with a 200g baked potato.

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

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