

7 DAY MIXED MEAL PLANNER

Slimfast.

Start today - to make it easy, here's a week of meals all planned out for you.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|---|---|---|---|---|--|--|
| BREAKFAST | Summer Strawberry Powder Shake  | Summer Berry Meal Bar  | Chocolate Peanut Meal Bar  | Chocolate Crunch Meal Bar  | Chunky Chocolate Flavour Shake  | Café Latte Flavour Shake  |  |
| SNACK | 1 Apple  | Barbecue Flavour Tortillas  | 1 Pear  | Sour Cream & Chive Flavour Pretzels  | 1 Banana  | Chicken Tikka Masala Noodle Box  | 2 Satsumas  |
| LUNCH | Chocolate Crunch Meal Bar  | Choca Mocca Flavour Shake  | Summer Strawberry Flavour Shake  | Blissful Banana Flavour Shake  | Summer Berry Meal Bar  | Chocolate Peanut Meal Bar  | Simply Vanilla Powder Shake  |
| SNACK | Spicy Thai Noodle Box  | Celery Sticks  | Chocolate Caramel Treat Snack Bar  | Cucumber Sticks  | Sour Cream & Chive Flavour Pretzels  | 1 Small bunch of grapes (100g)  | Spaghetti Bolognese Noodle Box  |
| EVENING MEAL |  |  |  |  |  |  | Chocolate Crunch Meal Bar  |
| SNACK | Chocolate Nutty Nougat Snack Bar  | Heavenly Chocolate Delight Snack Bar  | Cheddar Flavour Bites  | Heavenly Chocolate Delight Snack Bar  | Chocolate Caramel Treat Snack Bar  | Barbecue Flavour Tortillas  | Cheddar Flavour Bites  |

Pasta with Tuna & Tomato



ONLY 559 calories
1
Preparation Time: 10 minutes
Cook Time: 10 minutes
Serves: 4

Ingredients

400g fusilli pasta
 2 tablespoons of oil
 1 medium onion, finely chopped
 1 garlic clove, crushed
 Generous pinch of sugar
 6 salad tomatoes, chopped
 1 teaspoon wine vinegar or lemon juice
 Black pepper, to taste
 2 x 200g can tuna in brine, drained and flaked
 Handful of fresh basil leaves, to serve (optional)
 60g Parmesan shavings

For men, add 2 slices garlic bread (50g) (183 kcal)

Directions

- 1) Cook the pasta in plenty of boiling water following pack instructions.
- 2) Meanwhile, heat the oil in a small non-stick saucepan and when hot, add the onion, garlic and sugar. Cook over medium heat for about 5 minutes, stirring occasionally, until soft and beginning to turn golden brown. Add the tomatoes, vinegar, pepper and tuna and heat gently, stirring occasionally, until bubbling hot.
- 3) Serve the pasta with the sauce, topped with basil leaves, and Parmesan shavings.
 The tuna and tomato sauce can be frozen.

Nutritional Information per Serving

| | |
|--------------|------------|
| kJ/kcal | 2354 / 559 |
| Protein | 33.3g |
| Fat | 11.4g |
| Carbohydrate | 76.5g |

Spaghetti Bolognese



ONLY 564 calories
2
Preparation Time: 10 minutes
Cook Time: 15-20 minutes
Serves: 1

Ingredients

2 sprays of oil
 1 small onion, finely chopped
 1 small carrot, finely chopped
 1 celery stick, finely chopped
 1 garlic clove, crushed
 115g extra lean minced beef
 200g can chopped tomatoes
 1 tablespoon tomato purée
 Pinch of dried mixed herbs
 150ml beef stock
 85g dried spaghetti
 Vegetarian option: Use Quorn in place of the minced beef

For men, add 80g peas, 80g sweetcorn, heaped teaspoon (7g) half fat butter (158 kcal)

Directions

- 1) Spray a small non-stick saucepan with oil and when hot, tip in the onion, carrot, celery and garlic. Cook over medium heat, stirring occasionally, for a few minutes or until the vegetables are soft and beginning to turn golden brown.
- 2) Add the minced beef and cook, stirring for about 5 minutes until brown.
- 3) Stir in the tomatoes, purée, herbs, stock and seasoning. Cover and simmer gently for 10 minutes.
- 4) Meanwhile, cook the spaghetti in plenty of boiling water, following packet instructions. Drain well.
- 5) Pile the spaghetti onto a plate and spoon the sauce over the top.
 Bolognese sauce can be frozen.

Nutritional Information per Serving

| | |
|--------------|------------|
| kJ/kcal | 2384 / 564 |
| Protein | 38.0g |
| Fat | 10.0g |
| Carbohydrate | 75.9g |

Spicy Pork Kebabs



ONLY 560 calories
3
Preparation Time: 10 minutes
Cook Time: 12 minutes + 15 minutes (for marinating)
Serves: 4

Ingredients

500g lean pork, cut into cubes
 100ml low fat natural yoghurt
 50ml Light mayonnaise
 1 dessertspoon garam masala
 Zest and juice of 1 lemon
 1 yellow or orange pepper, diced
 1 onion
 1 courgette
 Lime wedges and coriander leaves to garnish
 350g (dried weight) brown rice

For men, add a large portion mixed fruit salad (250g) (188 kcal)

Directions

- 1) Cook the rice according to the pack instructions.
- 2) Mix together the yoghurt, mayonnaise, garam masala and zest and juice of lemon in a bowl. Stir in the meat and leave to marinate for 10-15 minutes.
- 3) Thread meat onto skewers and cook on the barbecue or under a hot grill for 5-6 minutes on each side or until cooked through.
- 4) Serve with lime wedges, coriander, salad and rice.

Nutritional Information per Serving

| | |
|--------------|------------|
| kJ/kcal | 2365 / 560 |
| Protein | 37.3g |
| Fat | 11.8g |
| Carbohydrate | 73.6g |

Mediterranean Pasta



ONLY 597 calories
4
Prep time: 10 minutes
Cooking time: 25 minutes
Serves: 2

Ingredients

1 tbsp. olive oil
 1 clove garlic crushed
 1 red or yellow pepper finely chopped
 1 red onion chopped
 1 vegetable stock cube
 150g courgette chopped
 400g tin of chopped tomatoes
 40g grated cheddar cheese
 220g wholemeal pasta
 Fresh basil

Directions

- 1) Heat the olive oil in a large non-stick pan and add the garlic, onions, peppers and courgettes. Cook for 5 minutes until softened and then add the tinned tomatoes, the stock cube and 100mls boiling water.
- 2) Bring to the boil and stir to make sure the stock cube is dissolved. Simmer gently with the lid on for 20 minutes.
- 3) Cook the pasta according to the instructions.
- 4) Drain the pasta and add the sauce, sprinkle with cheese and basil and serve.
 Vegetarian.

Nutritional Information per Serving

| | |
|--------------|------------|
| kJ/kcal | 2498 / 597 |
| Protein | 25.0g |
| Fat | 17.3g |
| Carbohydrate | 91.0g |

Thai Prawn Curry



ONLY 594 calories
5
Prep time: 10 minutes
Cooking time: 10 minutes
Serves: 2

Ingredients

3 spring onions, finely sliced
 1 tbsp. sunflower oil
 1 clove garlic, crushed
 1 tbsp. Thai curry paste (or to taste)
 2cm ginger root finely grated
 400ml reduced fat coconut milk
 Soy sauce
 400g mange-tout and baby sweet corn
 200g uncooked king prawns
 Small bunch Coriander
 Juice of half a lime
 1 bag (250g) of wholemeal basmati rice (e.g. Tilda steamed brown basmati rice)
 20g prawn crackers

Directions

- 1) Add the spring onions, ginger and garlic to a pan with the sunflower oil and cook for a few minutes over a medium-high heat.
- 2) Next turn the heat down and add the curry paste and cook for 2 minutes.
- 3) Then add the coconut milk and a good dash of soy sauce.
- 4) Bring to a gentle boil, then add the sweet corn, mange-tout and prawns. Simmer for 3 minutes then add the lime juice.
- 5) Microwave the rice as per the instructions and serve with the curry. Sprinkle with coriander. Serve with a few of prawn crackers.

Gluten free.

Nutritional Information per Serving

| | |
|--------------|------------|
| kJ/kcal | 2485 / 594 |
| Protein | 31.0g |
| Fat | 29.0g |
| Carbohydrate | 54.0g |

Bangers & Mash



ONLY 607 calories
6
Preparation Time: 20 minutes
Cook Time: 24 minutes
Serves: 4

Ingredients

800g potatoes, peeled and quartered
 1 tablespoon oil
 400g good quality pork sausages
 2 red onions, sliced
 300ml beef stock
 ½ teaspoon cornflour
 3 teaspoons redcurrant jelly
 Black pepper
 1 tablespoon Dijon mustard
 3 tablespoons semi-skimmed milk
 30g half fat butter for mashing
 320g peas (16 heaped tbsp)

For men, add 1 sausage (50g) + 70g extra potato (raw weight) (207 kcal)

Directions

- 1) Cook the potatoes for 15-20 minutes until tender. Drain and keep warm.
- 2) In a non-stick frying pan heat the oil and gently fry the sausages until golden and cooked through, add the onions and cook for 5-10 minutes until soft and beginning to turn golden.
- 3) Add the stock and simmer for about 5 minutes until it has reduced by half.
- 4) Mix the cornflour with a little water to make a smooth paste, stir into the onion mixture. Simmer gently for 1 minute. Stir in the redcurrant jelly and season to taste.
- 5) Add the mustard to the drained potatoes and mash with the milk and half fat butter.
- 6) Cook the peas according to pack instructions.
- 7) Spoon a couple of tablespoons of mash onto each plate and serve with the sausages, onions, gravy and peas.

Nutritional Information per Serving

| | |
|--------------|------------|
| kJ/kcal | 2539 / 607 |
| Protein | 23.1g |
| Fat | 29.1g |
| Carbohydrate | 58.0g |

Great British Breakfast



ONLY 581 calories
7
Preparation Time: 5 minutes
Cook Time: 12 minutes
Serves: 4

Ingredients

4 reduced fat pork sausages
 4 rashers un-smoked back bacon
 175g flat cap mushrooms, halved
 4 medium eggs
 4 tomatoes, halved
 400g can baked beans
 1 teaspoon olive oil
 Dash Worcestershire sauce
 Black pepper
 8 slices wholegrain bread, toasted
 40g half fat butter

For men, add large portion mixed fruit salad (250g) (188 kcal)

Directions

- 1) Grill sausages until browned on all sides. Then add the bacon and mushrooms and grill on both sides.
- 2) Meanwhile fry the eggs and tomatoes in a teaspoon of olive oil in a non-stick pan.
- 3) Season the tomatoes with a little Worcestershire sauce and some black pepper.
- 4) Spread the toast with half fat butter and enjoy!

Nutritional Information per Serving

| | |
|--------------|------------|
| kJ/kcal | 2434 / 581 |
| Protein | 38.5g |
| Fat | 24.1g |
| Carbohydrate | 46.5g |