

7 DAY VEGETARIAN 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	Spicy Thai 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 	Heavenly Chocolate Delight Snack Bar 	Chocolate Nutty Nougat Snack Bar 
EVENING MEAL	 1	 2	 3	 4	 5	 6	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 	 1 Small bunch of grapes (100g)	Cheddar Flavour Bites 

Greek Quinoa Salad



ONLY 445 calories
1
 Prep time: 5 minutes
 Cooking time: 5 minutes
 Serves: 2

Ingredients
 250g of cooked quinoa (or 1 packet of Merchant Gourmet's red and white quinoa 250g)
 70g feta cheese
 70g olives in brine
 200g cherry tomatoes chopped
 150g cucumber chopped
 160g red pepper deseeded and chopped
 Small bunch fresh mint chopped (optional)
 Squeeze lemon juice
 2 tsp. olive oil

Directions
 1) Microwave quinoa according to the instructions on the packet.
 2) Add to a bowl along with the chopped tomatoes, cucumber, peppers, olives and mint.
 3) Crumble over the feta.
 4) Serve with a squeeze of lemon juice and drizzle over the olive oil.

Gluten free.

Nutritional Information per Serving
 kJ/kcal 1862 / 445
 Protein 16.7g
 Fat 19.1g
 Carbohydrate 50.0g

Red Bean & Pepper Chilli



ONLY 607 calories
2
 Preparation Time: 10 minutes
 Cook Time: 15 minutes
 Serves: 2

Ingredients
 1 tablespoon oil
 1 medium onion, thinly sliced
 1 garlic clove, crushed
 1 small red pepper, seeds removed and sliced
 400g can red kidney beans, drained and rinsed
 200g sweetcorn, drained
 200g can chopped tomatoes
 100ml vegetable stock
 1 teaspoon sweet chilli sauce, or to taste
 1 tablespoon tomato purée
 1 teaspoon sugar
 4 tablespoons sour cream, to serve
 Red chilli, thinly sliced, to serve (optional)
 ½ medium avocado, peeled and diced
 100g (dried weight) rice

For men, add 2 scoops of vanilla ice-cream (200 kcal)

Directions
 1) Heat the oil in a non-stick saucepan and when hot, tip in the onion, garlic and some pepper. Cover and cook over medium heat for about 5 minutes, stirring occasionally, until softened and just beginning to turn golden brown.
 2) Stir in the beans, sweetcorn, tomatoes, stock, chilli sauce, tomato purée and sugar.
 3) Bring to the boil, cover and simmer gently for about 5 minutes, stirring occasionally.
 4) Top with the avocado, a spoonful of yoghurt and red chilli, if using. Serve with rice cooked following packet instructions.

Nutritional Information per Serving
 kJ/kcal 2537 / 607
 Protein 18.2g
 Fat 19.9g
 Carbohydrate 80.0g

Veggie Omelette



ONLY 305 calories
3
 Preparation Time: 10 minutes
 Cook Time: 12 minutes
 Serves: 2

Ingredients
 1 tablespoon half fat butter
 Handful of frozen peas (100g)
 ¼ of a leek, chopped
 4 closed cup mushrooms, sliced
 ¼ courgette, sliced
 ¼ red pepper, chopped
 ¼ yellow pepper, chopped
 1 crushed garlic clove
 4 eggs
 Dash of semi-skimmed milk
 Handful of grated half fat Cheddar cheese (60g)

Directions
 1) Heat the half fat butter in a non-stick frying pan and add peas, leeks, mushrooms, courgette, peppers and garlic. Sauté for 5 minutes.
 2) Whisk the eggs and milk together and mix in the cheese. Pour over the vegetables and cook for a few minutes until golden brown underneath.
 3) Place under a pre-heated grill for a further 5 minutes and serve immediately.

Add a bread roll with 2 teaspoons of low fat butter to make this a 600 calorie meal.

Nutritional Information per Serving
 kJ/kcal 1273 / 305
 Protein 26.8g
 Fat 17.3g
 Carbohydrate 8.4g

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.

Nutritional Information per Serving
 kJ/kcal 2498 / 597
 Protein 25.0g
 Fat 17.3g
 Carbohydrate 91.0g

Vegetable Moussaka



ONLY 595 calories
5
 Prep time: 20 minutes
 Cooking time: 40 minutes
 Serves: 4

Ingredients
 1 tbsp olive oil
 1 jar 500g Bolognese sauce
 150g red lentils
 2 tsp. mixed herbs
 2 aubergines, sliced into 1½ cm rounds
 90g cheddar cheese grated
 240g 0% fat Greek yoghurt
 90g half fat crème fraîche
 Serve with 4 whole meal pitta breads approx. 70g each

Directions
 1) Preheat the oven to 220C (200CFan). Place the aubergine on a non-stick baking sheet. Drizzle with olive oil and sprinkle with mixed herbs, salt and pepper. Bake for 20-30 minutes until soft turning half way through cooking.
 2) Meanwhile, place the jar of sauce in a pan and add the lentils. Then fill the empty jar 2/3s full of water and add to the pan.
 3) Bring to the boil and gently simmer with lid on for 20 minutes until lentils are soft. Add a little water if required.
 4) Make the topping by mixing the yoghurt, crème fraîche and cheese.
 5) To assemble, place a layer of lentil mixture on the bottom of an oven proof dish followed by a layer of aubergines. Repeat this process again. Carefully spread the cheese topping on top and brown under a preheated grill for 5-10 minutes.
 6) Toast your pitta breads and serve with the moussaka.

Gluten free.

Nutritional Information per Serving
 kJ/kcal 2489 / 595
 Protein 31.0g
 Fat 22.0g
 Carbohydrate 73.0g

Italian Vegetable Risotto



ONLY 544 calories
6
 Preparation Time: 15 minutes
 Cook Time: 25 minutes
 Serves: 4

Ingredients
 60g half fat butter
 1 onion, finely chopped
 1 garlic clove, crushed
 350g Arborio rice
 2 vegetable stock cubes, dissolved in 600ml boiling water
 400g mixed fresh vegetables
 410g can chickpeas, drained and rinsed
 Black pepper
 2 tablespoons chopped fresh herbs
 40g Parmesan

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

Directions
 1) Melt 25g of the half fat butter in a large pan, add the onion and garlic and cook for about 5 minutes, stirring occasionally, until soft but not brown.
 2) Add the rice and cook, stirring, for 2 minutes.
 3) In another pan, keep the stock hot. Using a ladle, add about 150ml hot stock and simmer the rice gently, stirring frequently, until the liquid has been absorbed. Continue adding the stock in this way and cooking (about 10 minutes) until the rice is almost tender.
 4) Stir in the vegetables and continue cooking gently for about 5 minutes until the rice and vegetables are tender, virtually all the stock has been absorbed and the mixture is creamy.
 5) Season to taste, add Parmesan and stir in the herbs and remaining half fat butter before serving.

Nutritional Information per Serving
 kJ/kcal 2293 / 544
 Protein 17.7g
 Fat 13.4g
 Carbohydrate 84.7g

Scrambled Egg on Toast



ONLY 553 calories
7
 Preparation Time: 5 minutes
 Cook Time: 5 minutes
 Serves: 2

Ingredients
 6 medium eggs
 2 tablespoons semi-skimmed milk
 Black pepper
 2 teaspoons oil
 4 medium tomatoes, halved
 4 thick slices bread
 40g half fat butter
 1 tablespoon chopped fresh herbs, such as parsley or basil (optional)

For men, add 2 thick sausages grilled and a tablespoon of ketchup (164 kcal)

Directions
 1) Beat the eggs and milk with a fork until blended.
 2) Place tomatoes on baking tray, drizzle with oil and grill.
 3) Put 20g of half fat butter into a pan and heat gently until melted. Add the egg mixture and cook over medium heat, stirring constantly until the eggs are set.
 4) Serve immediately with toast spread with the remaining half fat butter and grilled tomatoes.

Nutritional Information per Serving
 kJ/kcal 2311 / 553
 Protein 30.3g
 Fat 27.3g
 Carbohydrate 42.3g