

# 7 DAY MEDITERRANEAN 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 	Café Latte Flavour Shake 	Simply Vanilla Powder Shake 	Choca Mocca Flavour Shake 	Summer Berry Meal Bar 	Chocolate Crunch Meal Bar 	Simply Vanilla Powder Shake 
SNACK	Sour Cream & Chive Flavour Pretzels 	Chocolate Nutty Nougat Snack Bar 	Blueberries 	Cherry Tomatoes 	1 Small bunch of grapes (100g) 	1/4 Pot (60g) Tzatziki & Carrot Sticks 	1 Banana 
LUNCH	Chocolate Crunch Meal Bar 	Chocolate Peanut Meal Bar 	Blissful Banana Flavour Shake 	Summer Berry Meal Bar 	Chocolate Peanut Meal Bar 	 6	Summer Berry Meal Bar 
SNACK	25 Mixed Olives (40g) 	Chicken Tikka Masala Noodle Box 	Sour Cream & Chive Flavour Pretzels 	Heavenly Chocolate Delight Snack Bar 	Barbecue Flavour Tortillas 	13 Whole Almonds 	Sour Cream & Chive Flavour Pretzels 
EVENING MEAL	 1	 2	 3	 4	 5	Café Latte Flavour Shake 	 7
SNACK	Chocolate Caramel Treat Snack Bar 	2 Satsumas 	2 Fresh Figs 	Cheddar Flavour Bites 	Chocolate Caramel Treat Snack Bar 	Spaghetti Bolognese Noodle Box 	Chocolate Nutty Nougat Snack Bar 



# 7 DAY PLANNER MEDITERRANEAN RECIPES

**SlimFast.**



For plenty more recipes including vegetarian options go to [www.slimfast.co.uk](http://www.slimfast.co.uk)

## Mushroom, bacon & asparagus risotto



Prep time: 10 minutes  
Cooking time: 15 minutes  
Serves: 2

### Ingredients

200g mushrooms  
1 clove garlic crushed  
1 tbsp. olive oil  
1 onion chopped  
80g back bacon chopped  
375g of cooked brown basmati rice  
200g bundle asparagus  
80g half fat crème fraiche  
50g parmesan cheese grated

### Directions

- 1) Place the olive oil in a non-stick pan and gently fry the onions, garlic, bacon and mushrooms for 5 minutes until soft. Now add 100mls water.
  - 2) Remove the woody ends of the asparagus and chop into 2 inch pieces.
  - 3) Add the asparagus to the pan and bring to the boil then simmer gently for 2-3 minutes.
  - 4) Cook the rice according to the instructions.
  - 4) Take the pan off the heat and add the rice, the parmesan (reserving some to sprinkle on top) and the crème fraiche. Serve and sprinkle with the remaining parmesan.
- Gluten free.

### Nutritional Information per Serving

kJ/kcal	2469 / 590
Protein	27g
Fat	28g
Carbohydrate	62g

## Chilli lime & Prawn Linguini salad



Preparation Time: 15 minutes  
Cooking Time: 8-10 minutes  
Serves: 2

### Ingredients

200g linguine pasta  
200g cooked, peeled prawns  
2 large tomatoes, chopped  
1 small red onion, chopped  
3 tablespoons chopped fresh coriander  
150g bag crunchy salad leaves  
For the dressing:  
1½ tablespoons olive oil  
Zest and juice of 1 lime  
1 red chilli, deseeded and chopped  
Pinch of caster sugar  
Freshly ground black pepper  
For men, add 2 slices garlic bread (50g) (183 kcal)

### Directions

- 1) Cook the pasta in boiling water for 8-10 minutes according to packet instructions or until al dente.
- 2) Drain in a colander, then rinse in cold water until just cold and drain again.
- 3) Place the prawns, tomatoes, onion and coriander in a large bowl.
- 4) Whisk all the dressing ingredients together, season to taste, and pour over the vegetables in the bowl.
- 5) Drain the pasta, add to the bowl along with the salad leaves.
- 6) Toss well and serve.

### Nutritional Information per Serving

kJ/kcal	2360 / 564
Protein	29.5g
Fat	10.8g
Carbohydrate	83.1g

## Vegetable Moussaka



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 fraiche  
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 fraiche 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 Baked Fish



Preparation Time: 10 minutes  
Cooking Time: 30 minutes  
Serves: 2

### Ingredients

2 sea bass/ cod or haddock fillets skin on (approx. 75g each)  
160g red peppers deseeded and chopped  
250g cherry tomatoes  
40g olives in brine drained  
300g courgette chopped  
1 tbsp. olive oil  
Bunch of fresh basil  
For the mash  
500g potatoes peeled and chopped into chunks  
2 tbsp. skimmed milk

### Directions

- 1) Preheat the oven to 200C (180CFan).
- 2) Place the potatoes in a pan of boiling water and cook for 25-30 minutes or until soft.
- 3) Add the peppers and courgettes to an ovenproof dish and drizzle with half the olive oil. Bake for 20 minutes or until softened.
- 4) Add the tomatoes and the olives. Season the fish with salt and pepper, drizzle with the remaining olive oil and place on top of the vegetables. Cook for a further 8 minutes or until the fish is cooked through.
- 5) Drain the potatoes and mash with milk. Season with salt and pepper.
- 6) To serve place some of the vegetables on top of the mash followed by the fish. Sprinkle with fresh basil.

### Nutritional Information per Serving

kJ/kcal	1849 / 442
Protein	29g
Fat	12.4g
Carbohydrate	55g

## Lamb kebabs Greek salad & pitta



Prep time: 15 minutes  
Cooking time: 10 minutes  
Serves: 4

### Ingredients

400g lean minced lamb  
1 tsp. dried thyme  
1 tsp. ground cumin  
1 tsp. ground coriander  
Few sprays of cooking oil  
(eg. Fry light olive oil)  
Salad  
400g cherry tomatoes cut in half  
600g cucumber chopped  
80g olives in brine drained  
1 red onion finely sliced  
120g feta cheese crumbled  
Bunch fresh mint chopped  
2 tbsp. olive oil  
Squeeze of lemon juice  
To serve: 180g 0% fat Greek yoghurt  
4 wholemeal pitta breads (approx. 70g each)

### Directions

- 1) In a bowl mix the lamb, spices and season well with salt & pepper. Shape into 8 individual burger shapes.
- 2) Preheat the grill. Lightly oil a baking sheet with a few sprays of cooking oil. Add the lamb and spray with cooking oil. Grill for 4-5 minutes on each side or until cooked through.
- 3) Put the salad ingredients in a bowl and dress with the olive oil and lemon juice.
- 4) Place the pitta breads in the toaster. When toasted remove and slice in half.
- 5) Place a couple of pieces of the lamb in a pitta bread, add some Greek salad and a dollop of yoghurt.

Gluten free.

### Nutritional Information per Serving

kJ/kcal	2510 / 600
Protein	37g
Fat	29g
Carbohydrate	49g

## Greek Quinoa Salad



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

## Pasta with Tuna & Tomato



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