

7 DAY WINTER 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	<p>Café Latte Flavour Shake</p> 	<p>Chunky Chocolate Powder Shake</p> 	<p>Chocolate Peanut Meal Bar</p> 	<p>Choca Mocca Flavour Shake</p> 	<p>Chocolate Crunch Meal Bar</p> 	<p>Chunky Chocolate Powder Shake</p> 	 <p>7</p>
SNACK	<p>1 Apple</p> 	<p>1 Banana</p> 	<p>1 Crumpet</p> 	<p>Barbecue Flavour Tortillas</p> 	<p>Sour Cream & Chive Flavour Pretzels</p> 	<p>1 large Soft-Boiled Egg</p> 	<p>2 Satsumas</p> 
LUNCH	<p>Chocolate Crunch Meal Bar</p> 	<p>Simply Vanilla Flavour Shake</p> 	<p>Café Latte Flavour Shake</p> 	<p>Chocolate Peanut Meal Bar</p> 	<p>Choca Mocca Flavour Shake</p> 	<p>Chocolate Crunch Meal Bar</p> 	<p>Chunky Chocolate Flavour Shake</p> 
SNACK	<p>Chicken Tikka Masala Noodle Box</p> 	<p>Spaghetti Bolognese Noodle Box</p> 	<p>Chocolate Caramel Treat Snack Bar</p> 	<p>1 Pear</p> 	<p>1/4 Pot (60g) Tzatziki & Carrot Sticks</p> 	<p>Cherry Tomatoes</p> 	<p>Barbecue Flavour Tortillas</p> 
EVENING MEAL	<p>1</p> 	<p>2</p> 	<p>3</p> 	<p>4</p> 	<p>5</p> 	<p>6</p> 	<p>Simply Vanilla Flavour Shake</p> 
SNACK	<p>Sour Cream & Chive Flavour Pretzels</p> 	<p>Cheddar Flavour Bites</p> 	<p>2 Satsumas</p> 	<p>Heavenly Chocolate Delight Snack Bar</p> 	<p>Chocolate Nutty Nougat Snack Bar</p> 	<p>Cheddar Flavour Bites</p> 	<p>Spicy Thai Noodle Box</p> 

Pork meatballs & beans



ONLY 594 calories

Prep time: 20 minutes
Cooking time: 45 minutes
Serves: 4

Ingredients
450g pork sausages
1 tbsp. olive oil
1 large red onion chopped
2 red / yellow peppers seeded & sliced
2 cloves garlic, crushed
2-3 tsp. paprika to taste
2 x 400g tins chopped tomatoes
2 x 400g tin cannellini beans, drained
1 tbsp tomato puree
Small bunch parsley, chopped

Directions
1) Cut each sausage in half. Gently force out the sausage meat. With wet hands roll the sausage meat into small compact balls the size of walnuts.
2) Heat a large non-stick frying pan, add half the oil. Cook the meatballs for 3-4 minutes on each side until sealed. Push the meatballs to one side of the pan so that you do not crush them when you add the further ingredients.
3) Add the rest of the oil. Then add the onions, peppers and garlic, paprika and the tinned tomatoes. Cook for a further 5 minutes with the lid on.
4) Add the tinned tomatoes and paprika and bring to the boil and simmer with the lid on for 20 minutes.
5) Add the drained cannellini beans and stir in the tomato puree. Cook for a further 10 minutes with the lid on.
6) Add the drained cannellini beans and stir in the tomato puree.
7) Serve with a sprinkling of chopped parsley.

Some sausages contain gluten.

Nutritional Information per Serving
kJ/kcal 2485 / 594
Protein 25g
Fat 34g
Carbohydrate 49g

Mushroom, bacon & asparagus risotto



ONLY 590 calories

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

Ingredients
200g mushrooms
1 clove garlic crushed
1 tsp. 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.
5) 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

Red Bean & Pepper Chilli



ONLY 607 calories

Preparation Time: 10 minutes
Cooking 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

Spag & meatball noodles



ONLY 544 calories

Preparation Time: 5 minutes
Cooking Time: 10 - 15 minutes
Serves: 1

Ingredients
2 teaspoons light olive oil
4 large or 7 small pre made meatballs (approx. 110g)
1 SlimFast Spaghetti Bolognese Noodle Bag of mixed salad
1 tablespoon Vinaigrette salad dressing
10g grated parmesan cheese
Fresh basil to garnish

Directions
1) Heat the oil in a non-stick pan and fry the meatballs as per the pack instructions until browned on all sides and cooked through.
2) Prepare the salad and dress.
3) Just before the meatballs are cooked, microwave the noodle box.
4) Place the meatballs on top of the noodles, sprinkled with the parmesan and some fresh basil and serve with the salad.

Nutritional Information per Serving
kJ/kcal 2276 / 544
Protein 24g
Fat 39.5g
Carbohydrate 18.2g

Bangers & Mash



ONLY 607 calories

Preparation Time: 20 minutes
Cooking 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 tbsps)

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

Chicken Tikka Masala



ONLY 580 calories

Preparation Time: 25 minutes
Cooking Time: 18-20 minutes
Serves: 4

Ingredients
3-4 chicken breasts (450g), skinned and cubed
2.5cm piece of fresh root ginger, finely chopped
2 garlic cloves, finely chopped
1 teaspoon chilli powder
Freshly ground black pepper
2 tablespoons fresh coriander, chopped
Juice of 1 lime
50ml Flora Cuisine
1 onion, finely chopped
1 red chilli, deseeded and finely chopped
1 teaspoon ground turmeric
½ chicken stock pot or cube
284ml pot Elmlea single or mixed with low fat natural yoghurt
Fresh coriander to garnish
Basmati rice (300g) to serve
For men, add a naan (70g) (200 kcal)

Directions
1) Place the chicken in a large bowl, mix with the ginger, garlic, chilli, black pepper, coriander and lime. Set aside.
2) Heat half the Flora Cuisine in a heavy-based frying pan and fry the chicken for 8-10 minutes until brown.
3) Meanwhile heat remaining Flora in a pan, cook the onion and red chilli until golden brown. Add the turmeric and cook for 1 minute.
4) Stir in the stock pot, Elmlea and/or yoghurt and heat through gently. Add the chicken to the sauce. Simmer for 5 minutes or until the chicken is cooked.
5) Garnish with coriander and serve immediately with rice and vegetables.

Nutritional Information per Serving
kJ/kcal 2437 / 580
Protein 35.8g
Fat 20.3g
Carbohydrate 62.2g

Great British Breakfast



ONLY 581 calories

Preparation Time: 5 minutes
Cooking 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