

7 DAY EASY COOK 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>Chunky Chocolate Flavour Shake</p> 	<p>Summer Berry Meal Bar</p> 	<p>Summer Strawberry Powder Shake</p> 	<p>Choca Mocca Flavour Shake</p> 	<p>Chocolate Peanut Meal Bar</p> 	<p>Summer Strawberry Powder Shake</p> 	 <p>7</p>
SNACK	<p>1 Crumpet</p> 	<p>1 Banana</p> 	<p>1 large Soft-Boiled Egg</p> 	<p>Cherry Tomatoes</p> 	<p>Cheddar Flavour Bites</p> 	<p>1 Pear</p> 	<p>Sour Cream & Chive Flavour Pretzels</p> 
LUNCH	<p>1</p> 	<p>Café Latte Flavour Shake</p> 	<p>Chocolate Crunch Meal Bar</p> 	<p>4</p> 	<p>Simply Vanilla Flavour Shake</p> 	<p>Chunky Chocolate Flavour Shake</p> 	<p>Chocolate Crunch Meal Bar</p> 
SNACK	<p>Chicken Tikka Masala Noodle Box</p> 	<p>Chocolate Caramel Treat Snack Bar</p> 	<p>Cucumber Sticks</p> 	<p>Sour Cream & Chive Flavour Pretzels</p> 	<p>2 Satsumas</p> 	<p>Barbecue Flavour Tortillas</p> 	<p>1 Small bunch of grapes (100g)</p> 
EVENING MEAL	<p>Chocolate Peanut Meal Bar</p> 	<p>2</p> 	<p>3</p> 	<p>Summer Berry Meal Bar</p> 	<p>5</p> 	<p>6</p> 	<p>Simply Vanilla Flavour Shake</p> 
SNACK	<p>1 Apple</p> 	<p>Barbecue Flavour Tortillas</p> 	<p>Chocolate Nutty Nougat Snack Bar</p> 	<p>Spaghetti Bolognese Noodle Box</p> 	<p>Chocolate Caramel Treat Snack Bar</p> 	<p>Heavenly Chocolate Delight Snack Bar</p> 	<p>Chicken Tikka Masala Noodle Box</p> 

Veggie Omelette



ONLY 305 calories
1
 Preparation Time: 10 minutes
 Cooking 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

Smoked mackerel, beetroot & potato salad



ONLY 600 calories
2
 Prep time: 8 minutes
 Cooking time: 20 minutes
 Serves: 2

Ingredients
 2 smoked mackerel fillets (75g each)
 360g new potatoes, cut in half
 160g cooked beetroot sliced
 200g bag washed watercress
 120g celery sliced
 2 tbsp. French dressing
 Horseradish dressing
 2 tsp. horseradish cream sauce
 90g half fat crème fraîche
 Squeeze of lemon juice

Directions
 1) Add the potatoes to boiling water and cook for 20 minutes until soft. Drain and set aside.
 2) Place the watercress, celery and beetroot in a large bowl and dress with the French dressing.
 3) Add the potatoes. Remove the skin from the mackerel and flake the fish on top of the potatoes.
 3) Make up the horseradish dressing in a small bowl adding lemon juice to taste.
 4) Serve the salad with a dollop of horseradish dressing.

Gluten free. Good source of omega 3.

Nutritional Information per Serving	
kJ/kcal	2510 / 600
Protein	23g
Fat	40g
Carbohydrate	40g

Thai Prawn Curry



ONLY 594 calories
3
 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 prawn crackers.

Gluten free.

Nutritional Information per Serving	
kJ/kcal	2485 / 594
Protein	31.0g
Fat	29.0g
Carbohydrate	54.0g

Scrambled Egg on Toast



ONLY 553 calories
4
 Preparation Time: 5 minutes
 Cooking 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

Spicy Pork Kebabs



ONLY 560 calories
5
 Preparation Time: 10 minutes
 Cooking 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

Bangers & Mash



ONLY 607 calories
6
 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 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
 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