

# 7 DAY SIMPLE 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>Yogurt Fruit Crunch Meal Bar</p> 	<p>Summer Strawberry Flavour Shake</p> 	<p>Yogurt Fruit Crunch Meal Bar</p> 	<p>Chocolate Crunch Meal Bar</p> 	<p>Summer Strawberry Flavour Shake</p> 	<p>Café Latte Flavour Shake</p> 
SNACK	<p>1 Apple</p> 	<p>Sour Cream &amp; Chive Flavour Pretzels</p> 	<p>Porridge</p> 	<p>Heavenly Chocolate Delight Snack Bar</p> 	<p>1 Banana</p> 	<p>Porridge</p> 	<p>Cheddar Flavour Bites</p> 
LUNCH	<p>Yogurt Fruit Crunch Meal Bar</p> 	<p>Café Latte Flavour Shake</p> 	<p>Chocolate Crunch Meal Bar</p> 	<p>Chunky Chocolate Flavour Shake</p> 	<p>Yogurt Fruit Crunch Meal Bar</p> 	<p>Chocolate Crunch Meal Bar</p> 	<p>Chocolate Crunch Meal Bar</p> 
SNACK	<p>Cheddar Flavour Bites</p> 	<p>Heavenly Chocolate Delight Snack Bar</p> 	<p>Cheddar Flavour Bites</p> 	<p>Cucumber &amp; Celery sticks</p> 	<p>Sour Cream &amp; Chive Flavour Pretzels</p> 	<p>1 Small bunch of grapes (100g)</p> 	<p>Chocolate Caramel Treat Snack Bar</p> 
EVENING MEAL	<p>1</p> 	<p>2</p> 	<p>3</p> 	<p>4</p> 	<p>5</p> 	<p>6</p> 	<p>7</p> 
SNACK	<p>Chocolate Caramel Treat Snack Bar</p> 	<p>1 Pear</p> 	<p>Chocolate Caramel Treat Snack Bar</p> 	<p>Sour Cream &amp; Chive Flavour Pretzels</p> 	<p>Chocolate Caramel Treat Snack Bar</p> 	<p>Cheddar Flavour Bites</p> 	<p>2 Satsumas</p> 



### Warm Smoked mackerel, beetroot & potato salad



**ONLY 600 calories** **1**  
Preparation 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.
- 4) Make up the horseradish dressing in a small bowl adding lemon juice to taste.
- 5) Serve the salad with a dollop of horseradish dressing.

Gluten free. Good source of omega 3.

### Spicy Chicken, red pepper & tomato bake



**ONLY 588 calories** **2**  
Preparation time: 15 minutes  
Cooking time: 55 minutes  
Serves: 4

#### Ingredients

600g chicken thighs with skin on  
2 tbsp. olive oil  
3 medium red onions, cut into thick wedges  
800g new potatoes, cut into thick slices  
2 red peppers, deseeded and cut into thick slices  
400g cherry tomatoes  
2 garlic cloves, crushed  
1 tsp. cumin  
1 tsp. smoked paprika  
Pinch of dried chilli flakes (optional)  
1 tsp. fennel seeds slightly crushed  
Zest and juice 1 lemon

#### To serve

180g 0% fat Greek yogurt  
Small handful parsley or coriander chopped

#### Directions

- 1) Preheat the oven to 220C (200C Fan).
- 2) Mix together the garlic, chilli flakes, spices, lemon zest, juice and olive oil in a small bowl.
- 3) Place the onions and potatoes, in 2 large ovenproof dishes, pour over the spice mixture and rub in. Place in the oven and roast for 25 minutes.
- 4) Remove from the oven and add the chicken thighs and the peppers. Season with salt & pepper and put back in the oven for another 30 minutes until the chicken is cooked through. Add the cherry tomatoes for the last 10 minutes of the cooking time.
- 5) Serve in bowls with a dollop of yogurt and a sprinkling of coriander.

Gluten free. omega 3.

### Mushroom, asparagus & bacon risotto



**ONLY 590 calories** **3**  
Preparation 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 fraîche  
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 fraîche. Serve and sprinkle with the remaining parmesan.

Gluten free.

### Spicy BBQ Chicken salsa & potato wedges



**ONLY 597 calories** **4**  
Preparation time: 15 minutes  
Cooking time: 40 minutes  
(+ marinating) Serves: 4

#### Ingredients

800g chicken thighs or drumsticks  
160g tikka masala paste  
200g 0% fat Greek yogurt  
Salsa  
360g cucumber chopped  
1 red onion finely chopped  
½ red chilli finely chopped (optional)  
330g cherry tomatoes chopped  
2 tbsp. olive oil  
Small bunch fresh coriander, chopped  
Squeeze lemon juice

#### Wedges

500g potatoes, skins on & cut into wedges  
1 tbsp. olive oil

#### Directions

- 1) Mix together the yogurt and the curry paste. Rub the marinade over the chicken and leave to marinate for at least an hour or overnight.
- 2) Preheat the oven to 220C (200C fan). Put the wedges on a non-stick baking sheet. Season with salt & pepper and add 1 tbsp. olive oil. Bake for 40 minutes or until golden.
- 3) Remove the chicken from the marinade, shake off any excess. Place on the BBQ (or in the oven with the wedges) for 25 minutes or until cooked through.
- 4) Place the chopped cucumber, tomatoes, onions and chilli in a bowl. Drizzle over the olive oil and lemon juice and mix in the coriander. Season with salt & pepper.
- 5) Serve with the salsa and some wedges.

Gluten free.

### Lamb kebabs Greek salad & pitta



**ONLY 600 calories** **5**  
Preparation 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 yogurt

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 yogurt.

Gluten free.

### Salmon & lentil Nicoise salad



**ONLY 592 calories** **6**  
Preparation time: 10 minutes  
Cooking time: 10 minutes  
Serves: 2

#### Ingredients

250g of cooked green lentils  
2 Salmon fillets (approx. 110g each)  
2 eggs  
200g cherry tomatoes chopped  
100g green beans trimmed  
20 olives in brine drained (optional)  
1 tbsp. capers drained (optional)  
2 spring onions finely chopped  
Dressing  
1 tbsp. olive oil  
Squeeze of lemon juice  
Small bunch fresh dill finely chopped

#### Directions

- 1) Rub a small amount of the olive oil onto the salmon and season with salt & pepper.
- 2) Heat a non-stick frying pan and add the salmon, cook for 3-4 minutes on each side or until cooked through.
- 3) Place the eggs into boiling water and cook for 6-8 minutes. Take the eggs off the heat and run under cold water. Crack the shells and peel.
- 4) Microwave the Puy lentils as per the packet instructions.
- 5) Cook the green beans in boiling water for a few minutes until tender and drain.
- 6) Make the dressing by adding the olive oil and dill to a small bowl and mix. Add some lemon juice to taste. Season with salt & pepper.
- 7) In a serving dish add the dressing to the lentils with the tomatoes, olives, capers, spring onions and green beans. Cut the eggs in quarters. Arrange these on top of the salad with the salmon fillets.

Gluten free.

### Pork meatballs & beans



**ONLY 594 calories** **7**  
Preparation 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) Serve with a sprinkling of chopped parsley.

Some sausages contain gluten.

#### Nutritional Information per Serving

kJ/kcal 2510 / 600  
Protein 23g  
Fat 40g  
Carbohydrate 40g

#### Nutritional Information per Serving

kJ/kcal 2460 / 588  
Protein 38g  
Fat 28g  
Carbohydrate 48g

#### Nutritional Information per Serving

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

#### Nutritional Information per Serving

kJ/kcal 2498 / 597  
Protein 33g  
Fat 37g  
Carbohydrate 35g

#### Nutritional Information per Serving

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

#### Nutritional Information per Serving

kJ/kcal 2477 / 592  
Protein 45g  
Fat 29g  
Carbohydrate 34g

#### Nutritional Information per Serving

kJ/kcal 2485 / 594  
Protein 25g  
Fat 34g  
Carbohydrate 49g