

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

7 DAY PLANNER SEAFOOD RECIPES

SlimFast.

For plenty more recipes including vegetarian options go to www.slimfast.co.uk

Chilli lime & Prawn Linguini salad



ONLY 564 calories
1
 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

Italian Baked Fish



ONLY 442 calories
2
 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 tsp. 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 (180C Fan).
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

Thai King Prawn noodles



ONLY 599 calories
3
 Preparation Time: 3 minutes
 Cooking Time: 5 minutes
 Serves: 1

Ingredients

2 teaspoons (10ml) light olive oil
 150g veg stir fry pack
 150g cooked king prawns
 1 SlimFast Spicy Thai Noodles noodle box
 To garnish:
 10g peanuts, chopped roughly
 Fresh red chili, finely sliced
 Coriander, chopped roughly
 Squeeze of lime
 ½ naan (approx. 65g)

Directions

1. Pre heat the oven and warm the naan as per the packet instructions.
2. Heat the oil in a non-stick pan or wok, when hot add the stir fry veg and cook for 1-2 mins.
3. Add the prawns to the pan and continue to stir fry for about 1-2 mins.
4. Add the SlimFast Spicy Thai Noodle pot and heat everything through.
5. Once bubbling and hot, remove from the heat and serve topped with a squeeze of lime, the chili, coriander and peanuts, with the naan on the side.

Nutritional Information per Serving

kJ/kcal 2506 / 599
 Protein 38g
 Fat 27.1g
 Carbohydrate 44.1g

Smoked mackerel, beetroot & potato salad



ONLY 600 calories
4
 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 fraiche
 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

Spicy Thai Salmon noodles



ONLY 433 calories
5
 Preparation Time: 5 minutes
 Cooking Time: 12 - 15 minutes
 Serves: 1

Ingredients

1 skinless, boneless salmon fillet (130g)
 1 small pak choi (100g)
 75ml dark soy sauce
 1 small garlic clove, crushed
 1cm piece of fresh ginger, peeled and grated or chopped finely
 1 teaspoon toasted sesame seeds
 1 SlimFast Spicy Thai Noodles noodle box
 1 spring onion, sliced
 Squeeze of lime

Directions

1. Preheat the oven to 200c (180 fan).
2. Place the salmon fillet in a shallow ovenproof baking dish.
3. Pull the pak choi stems apart and place in the baking dish either side of the salmon, or you can stir fry it separately while the salmon is cooking.
4. Mix the soy, ginger and garlic and then pour over the salmon & pak choi.
5. Cover with foil and bake in the oven for 12-15 minutes until the fish and pak choi is cooked through.
6. Just before the salmon is cooked, microwave the SlimFast noodles as per the packet instructions.
7. Serve the salmon and pak choi on top of the noodles (you won't need all the soy, just a drizzle will do), garnished with the sesame seeds and spring onions, finished with a squeeze of lime.

Nutritional Information per Serving

kJ/kcal 1812 / 433
 Protein 32.2g
 Fat 22g
 Carbohydrate 22.2g

Pasta with Tuna & Tomato



ONLY 559 calories
6
 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

Salmon & lentil Nicoise salad



ONLY 592 calories
7
 Prep 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.

Nutritional Information per Serving

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