

7 DAY QUICK 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>Simply Vanilla Flavour Shake</p>	 <p>Summer Strawberry Flavour Shake</p>	 <p>Café Latte Flavour Shake</p>	 <p>Summer Berry Meal Bar</p>	 <p>Chocolate Crunch Meal Bar</p>	 <p>Choca Mocca Flavour Shake</p>	 <p>7</p>
SNACK	 <p>Chocolate Nutty Nougat Snack Bar</p>	 <p>1 Crumpet</p>	 <p>11 Strawberries</p>	 <p>1 Banana</p>	 <p>Blueberries</p>	 <p>25 Mixed Olives (40g)</p>	 <p>Cherry Tomatoes</p>
LUNCH	 <p>Chocolate Crunch Meal Bar</p>	 <p>Chocolate Peanut Meal Bar</p>	 <p>6</p>	 <p>Chunky Chocolate Flavour Shake</p>	 <p>Blissful Banana Flavour Shake</p>	 <p>Summer Berry Meal Bar</p>	 <p>Chocolate Peanut Meal Bar</p>
SNACK	 <p>1/4 Pot (60g) Tzatziki & Carrot Sticks</p>	 <p>2 Satsumas</p>	 <p>Sour Cream & Chive Flavour Pretzels</p>	 <p>Chocolate Nutty Nougat Snack Bar</p>	 <p>Barbecue Flavour Tortillas</p>	 <p>Heavenly Chocolate Delight Snack Bar</p>	 <p>Cheddar Flavour Bites</p>
EVENING MEAL	 <p>1</p>	 <p>2</p>	 <p>3</p>	 <p>4</p>	 <p>5</p>	 <p>6</p>	 <p>Summer Strawberry Powder Shake</p>
SNACK	 <p>Barbecue Flavour Tortillas</p>	 <p>Chocolate Caramel Treat Snack Bar</p>	 <p>Heavenly Chocolate Delight Snack Bar</p>	 <p>Cheddar Flavour Bites</p>	 <p>Chocolate Caramel Treat Snack Bar</p>	 <p>11 Strawberries</p>	 <p>Spicy Thai Noodle Box</p>

SlimFast.

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

Thai Chicken noodles



ONLY 455 calories
1
 Preparation Time: 3 minutes
 Cooking Time: 5 minutes
 Serves: 1

Ingredients

2 teaspoons (10ml) light olive oil
 150g veg stir fry pack
 100g cooked skinless chicken breast
 1 SlimFast Spicy Thai Noodles noodle box
 To garnish:
 10g peanuts, chopped roughly
 Fresh red chili, finely sliced
 Coriander, chopped roughly
 Squeeze of lime

Directions

1. Heat the oil in a non-stick pan or wok, when hot add the stir fry veg and cook for 1-2 mins.
2. Add the chicken to the pan and continue to stir fry for about 1-2 mins.
3. Once bubbling and hot, remove from the heat and serve topped with a squeeze of lime, the chili, coriander and peanuts.

Nutritional Information per Serving

kJ/kcal 1904 / 455
 Protein 39.8g
 Fat 23.9g
 Carbohydrate 14.3g

Veggie Omelette



ONLY 305 calories
2
 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

Greek Quinoa Salad



ONLY 445 calories
3
 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
 200ml boiling hot stock, chicken or vegetable (use ½ stock cube)
 200g packet of cooked chicken breast skin removed
 200g tomatoes chopped
 1 medium red pepper diced
 2 tsp. olive oil
 Squeeze of lemon juice
 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

Moroccan chicken and couscous



ONLY 451 calories
4
 Preparation Time: 10 minutes
 Cooking Time: 5 minutes
 Serves: 2

Ingredients

100g plain couscous
 ¼ - ½ tsp harissa paste (optional and to taste)
 200ml boiling hot stock, chicken or vegetable (use ½ stock cube)
 200g packet of cooked chicken breast skin removed
 200g tomatoes chopped
 1 medium red pepper diced
 2 tsp. olive oil
 Squeeze of lemon juice
 Small bunch coriander chopped
 Tzatziki
 90g 0% fat Greek yoghurt
 80g chopped cucumber
 Small bunch of mint finely chopped

Directions

- 1) Tip the couscous into a heatproof bowl. Make up the stock with 200ml boiling water, ½ stock cube and stir in the harissa paste if using this. Pour the stock mixture over the couscous. Cover with cling film to keep heat in. Soak for 5 minutes.
- 2) Chop the chicken into bite-sized pieces and add to the couscous.
- 3) Mix in the chopped tomatoes, red pepper and coriander. Then moisten and flavour with olive oil and lemon juice.
- 4) Finally make up the tzatziki by combining the yoghurt, mint and cucumber. Serve the couscous with a dollop of tzatziki on top.

Nutritional Information per Serving

kJ/kcal 1887 / 451
 Protein 45g
 Fat 8.6g
 Carbohydrate 48g

Pasta with Tuna & Tomato



ONLY 559 calories
5
 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

Spag Bol noodles, Avocado salad & Garlic bread



ONLY 455 calories
6
 Preparation Time: 5 minutes
 Cooking Time: 12 - 14 minutes
 Serves: 1

Ingredients

1 SlimFast Spaghetti Bolognese noodle box
 ¼ garlic baguette (52g)
 ½ avocado, sliced (50g)
 Handful of watercress (25g)
 ½ Small red onion, thinly sliced (20g)
 6 cherry tomatoes, halved (55g)
 1 tablespoon Vinaigrette salad dressing
 10g grated parmesan cheese
 Fresh basil to garnish

Directions

- 1) Pre heat the oven and cook the baguette as per the packet instructions.
- 2) Mix the salad vegetables together and add the dressing.
- 3) Just before the baguette is cooked, microwave the SlimFast noodle box as per the packet instructions.
- 4) Serve the Spaghetti Bolognese topped with the parmesan and fresh basil, along with the salad and garlic bread.

Nutritional Information per Serving

kJ/kcal 1908 / 456
 Protein 15g
 Fat 25.4g
 Carbohydrate 35.5g

Scrambled Egg on Toast



ONLY 553 calories
7
 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