

# 7 DAY SUPER 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	Café Latte Flavour Shake 	Simply Vanilla Powder Shake 	Choca Mocca Flavour Shake 	Summer Berry Meal Bar 	Blissfull Banana Flavour Shake 	Simply Vanilla Powder Shake 	 7
SNACK	1 large Soft-Boiled Egg 	1 Banana 	Cherry Tomatoes 	1 Crumpet 	Barbecue Flavour Tortillas 	Blueberries 	1 Small bunch of grapes (100g) 
LUNCH	Chocolate Crunch Meal Bar 	Chunky Chocolate Flavour Shake 	Chocolate Peanut Meal Bar 	Simply Vanilla Flavour Shake 	Chocolate Crunch Meal Bar 	Summer Strawberry Flavour Shake 	Summer Berry Meal Bar 
SNACK	Barbecue Flavour Tortillas 	Chicken Tikka Masala Noodle Box 	Sour Cream & Chive Flavour Pretzels 	Cheddar Flavour Bites 	Chocolate Nutty Nougat Snack Bar 	Heavenly Chocolate Delight Snack Bar 	Sour Cream & Chive Flavour Pretzels 
EVENING MEAL	 1	 2	 3	 4	 4	 6	Chunky Chocolate Flavour Shake 
SNACK	2 Satsumas 	Chocolate Nutty Nougat Snack Bar 	Heavenly Chocolate Delight Snack Bar 	11 Strawberries 	1 Small bunch of grapes (100g) 	Sour Cream & Chive Flavour Pretzels 	Spaghetti Bolognese Noodle Box 

### Spaghetti Bolognese



**Preparation Time:** 10 minutes  
**Cooking Time:** 15-20 minutes  
**Serves:** 1

#### Ingredients

2 sprays of oil  
1 small onion, finely chopped  
1 small carrot, finely chopped  
1 celery stick, finely chopped  
1 garlic clove, crushed  
115g extra lean minced beef  
200g can chopped tomatoes  
1 tablespoon tomato purée  
Pinch of dried mixed herbs  
150ml beef stock  
85g dried spaghetti  
**Vegetarian option:** Use Quorn in place of the minced beef and vegetable stock.

For men, add 80g peas, 80g sweetcorn, heaped teaspoon (7g) half fat butter (158 kcal)

#### Directions

- 1) Spray a small non-stick saucepan with oil and when hot, tip in the onion, carrot, celery and garlic. Cook over medium heat, stirring occasionally, for a few minutes or until the vegetables are soft and beginning to turn golden brown.
- 2) Add the minced beef and cook, stirring for about 5 minutes until brown.
- 3) Stir in the tomatoes, purée, herbs, stock and seasoning. Cover and simmer gently for 10 minutes.
- 4) Meanwhile, cook the spaghetti in plenty of boiling water, following packet instructions. Drain well.
- 5) Pile the spaghetti onto a plate and spoon the sauce over the top. Bolognese sauce can be frozen.

#### Nutritional Information per Serving

kJ/kcal	2384 / 564
Protein	38.0g
Fat	10.0g
Carbohydrate	75.9g

### Greek Quinoa Salad



**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  
70g olives in brine  
200g cherry tomatoes chopped  
150g cucumber chopped  
160g red pepper deseeded and chopped  
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

### Thai King Prawn noodles



**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

### Mushroom, bacon & asparagus risotto



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

#### Ingredients

200g mushrooms  
1 clove garlic crushed  
1 tbsp. 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.

#### Nutritional Information per Serving

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

### Chicken Tikka Masala noodles with raita & naan



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

#### Ingredients

1 plain naan (150g)  
2 heaped tablespoons natural yogurt (60g)  
Cucumber, finely chopped (30g)  
Pinch of ground cumin  
½ small garlic clove, crushed  
½ small red onion, finely sliced (25g)  
Handful of coriander leaves (25g)  
½ carrot, peeled and grated (35g)  
1 SlimFast Chicken Tikka Masala noodle box

#### Directions

- 1) Preheat the oven and warm the naan as per the packet instructions.
- 2) Meanwhile, make the raita by mixing the yogurt, cumin, garlic and cucumber, season with salt and pepper.
- 3) Heat the SlimFast noodle pot.
- 4) Combine the coriander, red onion and grated carrot to make a salad.
- 5) Serve the noodles accompanied by the raita, naan and salad.

#### Nutritional Information per Serving

kJ/kcal	2552 / 610
Protein	24g
Fat	15.8g
Carbohydrate	86.3g

### Pasta with Tuna & Tomato



**Preparation Time:** 10 minutes  
**Cooking 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

### Scrambled Egg on Toast



**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