

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

Veggie Omelette



ONLY 305 calories

1

Preparation Time: 10 minutes
Cook 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

Spaghetti Bolognese



ONLY 564 calories

3

Preparation Time: 10 minutes
Cook 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

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

Scrambled Egg on Toast



ONLY 553 calories

4

Preparation Time: 5 minutes
Cook 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

Chicken Tikka Masala



ONLY 580 calories

5

Preparation Time: 25 minutes Cook Time: 18–20 minutes
Serves: 4

Ingredients

3–4 chicken breasts (450g), skinned and cubed
2.5cm piece of fresh root ginger, finely chopped
2 garlic cloves, finely chopped
1 teaspoon chilli powder
Freshly ground black pepper
2 tablespoons fresh coriander, chopped
Juice of 1 lime
50ml Flora Cuisine
1 onion, finely chopped
1 red chilli, deseeded and finely chopped
1 teaspoon ground turmeric
½ chicken stock pot or cube
284ml pot Elmlea single or mixed with low fat natural yoghurt
Fresh coriander to garnish
Basmati rice (300g) to serve
For men, add a naan (70g) (200 kcal)

Directions

1. Place the chicken in a large bowl, mix with the ginger, garlic, chilli, black pepper, coriander and lime. Set aside.
2. Heat half the Flora Cuisine in a heavy-based frying pan and fry the chicken for 8–10 minutes until brown.
3. Meanwhile heat remaining Flora in a pan, cook the onion and red chilli until golden brown. Add the turmeric and cook for 1 minute.
4. Stir in the stock pot, Elmlea and/or yoghurt and heat through gently. Add the chicken to the sauce. Simmer for 5 minutes or until the chicken is cooked.
5. Garnish with coriander and serve immediately with rice and vegetables.

Nutritional Information per Serving

kJ/kcal	2437 / 580
Protein	35.8g
Fat	20.3g
Carbohydrate	62.2g

Bangers & Mash



ONLY 607 calories

6

Preparation Time: 20 minutes
Cook 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
Cook 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