

# 7 DAY FAMILY FAVORITES 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 	Blissful 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	 5	 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



**ONLY 564 calories**  
**1**  
 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

### Spicy BBQ Chicken salsa & potato wedges



**ONLY 597 calories**  
**2**  
 Prep time: 15 minutes  
 Cooking time: 40 minutes  
 (+ marinating) Serves: 4

**Ingredients**  
 800g chicken thighs or drumsticks  
 160g tikka masala paste  
 200g 0% fat Greek yoghurt  
 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 yoghurt and the curry paste. Rub the marinade over the chicken and leave to marinade 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.

Nutritional Information per Serving	
kJ/kcal	2498 / 597
Protein	33g
Fat	37g
Carbohydrate	35g

### Bangers & Mash



**ONLY 607 calories**  
**3**  
 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

### Vegetable Moussaka



**ONLY 595 calories**  
**4**  
 Prep time: 20 minutes  
 Cooking time: 40 minutes  
 Serves: 4

**Ingredients**  
 1 tsp olive oil  
 1 jar 500g Bolognese sauce  
 150g red lentils  
 2 red onions, sliced  
 2 aubergines, sliced into 1½ cm rounds  
 90g cheddar cheese grated  
 240g 0% fat Greek yoghurt  
 90g half fat crème fraîche  
 Serve with 4 whole meal pitta breads approx. 70g each

**Directions**  
 1) Preheat the oven to 220C (200C fan). Place the aubergine on a non-stick baking sheet. Drizzle with olive oil and sprinkle with mixed herbs, salt and pepper. Bake for 20-30 minutes until soft turning half way through cooking.  
 2) Meanwhile, place the jar of sauce in a pan and add the lentils. Then fill the empty jar 2/3s full of water and add to the pan.  
 3) Bring to the boil and gently simmer with lid on for 20 minutes until lentils are soft. Add a little water if required.  
 4) Make the topping by mixing the yoghurt, crème fraîche and cheese.  
 5) To assemble, place a layer of lentil mixture on the bottom of an oven proof dish followed by a layer of aubergines. Repeat this process again. Carefully spread the cheese topping on top and brown under a preheated grill for 5-10 minutes.  
 6) Toast your pitta breads and serve with the moussaka.

Gluten free.

Nutritional Information per Serving	
kJ/kcal	2489 / 595
Protein	31.0g
Fat	22.0g
Carbohydrate	73.0g

### 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

### 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

### 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