

# 7 DAY SUMMER 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>Café Latte Flavour Shake</p> 	<p>Summer Strawberry Powder Shake</p> 	<p>Chocolate Crunch Meal Bar</p> 	<p>Summer Berry Meal Bar</p> 	<p>Summer Strawberry Powder Shake</p> 	<p>Chocolate Peanut Meal Bar</p> 	
SNACK	<p>1 Banana</p> 	<p>Cherry Tomatoes</p> 	<p>1/4 Pot (60g) Tzatziki &amp; Carrot Sticks</p> 	<p>1 large Soft-Boiled Egg</p> 	<p>Barbecue Flavour Tortillas</p> 	<p>Sour Cream &amp; Chive Flavour Pretzels</p> 	<p>Cheddar Flavour Bites</p> 
LUNCH	<p>Summer Berry Meal Bar</p> 	<p>Simply Vanilla Flavour Shake</p> 	<p>Summer Strawberry Flavour Shake</p> 	<p>Café Latte Flavour Shake</p> 		<p>Summer Strawberry Flavour Shake</p> 	<p>Chunky Chocolate Flavour Shake</p> 
SNACK	<p>Cucumber Sticks</p> 	<p>Heavenly Chocolate Delight Snack Bar</p> 	<p>Spicy Thai Noodle Box</p> 	<p>1 Small bunch of grapes (100g)</p> 	<p>25 Mixed Olives (40g)</p> 	<p>11 Strawberries</p> 	<p>Blueberries</p> 
EVENING MEAL					<p>Simply Vanilla Flavour Shake</p> 		<p>Chicken Tikka Noodle Box</p> 
SNACK	<p>Chocolate Caramel Treat Snack Bar</p> 	<p>Cheddar Flavour Bites</p> 	<p>Chocolate Nutty Nougat Snack Bar</p> 	<p>Heavenly Chocolate Delight Snack Bar</p> 	<p>Spaghetti Bolognese Noodle Box</p> 	<p>Chocolate Caramel Treat Snack Bar</p> 	<p>Chocolate Crunch Meal Bar</p> 

### Mediterranean Pasta



ONLY 597 calories

Prep time: 10 minutes  
Cooking time: 25 minutes  
Serves: 2

#### Ingredients

1 tbsp. olive oil  
1 clove garlic crushed  
1 red or yellow pepper finely chopped  
1 red onion chopped  
1 vegetable stock cube  
150g courgette chopped  
400g tin of chopped tomatoes  
40g grated cheddar cheese  
220g wholemeal pasta  
Fresh basil

#### Directions

- 1) Heat the olive oil in a large non-stick pan and add the garlic, onions, peppers and courgettes. Cook for 5 minutes until softened and then add the tinned tomatoes, the stock cube and 100mls boiling water.
- 2) Bring to the boil and stir to make sure the stock cube is dissolved. Simmer gently with the lid on for 20 minutes.
- 3) Cook the pasta according to the instructions.
- 4) Drain the pasta and add the sauce, sprinkle with cheese and basil and serve.

Vegetarian.

#### Nutritional Information per Serving

kJ/kcal	2498 / 597
Protein	25.0g
Fat	17.3g
Carbohydrate	91.0g

### Spicy Pork Kebabs



ONLY 560 calories

Preparation Time: 10 minutes  
Cooking Time: 12 minutes + 15 minutes (for marinating)  
Serves: 4

#### Ingredients

500g lean pork, cut into cubes  
100ml low fat natural yoghurt  
50ml Light mayonnaise  
1 dessertspoon garam masala  
Zest and juice of 1 lemon  
1 yellow or orange pepper, diced  
1 onion  
1 courgette  
Lime wedges and coriander leaves to garnish  
350g (dried weight) brown rice

For men, add a large portion mixed fruit salad (250g) (188 kcal)

#### Directions

- 1) Cook the rice according to the pack instructions.
- 2) Mix together the yoghurt, mayonnaise, garam masala and zest and juice of lemon in a bowl. Stir in the meat and leave to marinate for 10-15 minutes.
- 3) Thread meat onto skewers and cook on the barbecue or under a hot grill for 5-6 minutes on each side or until cooked through.
- 4) Serve with lime wedges, coriander, salad and rice.

#### Nutritional Information per Serving

kJ/kcal	2365 / 560
Protein	37.3g
Fat	11.8g
Carbohydrate	73.6g

### Salmon & lentil Nicoise salad



ONLY 592 calories

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

#### Ingredients

250g of cooked green lentils  
2 Salmon filets (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 filets.

Gluten free.

#### Nutritional Information per Serving

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

### Italian Vegetable Risotto



ONLY 544 calories

Preparation Time: 15 minutes  
Cooking Time: 25 minutes  
Serves: 4

#### Ingredients

60g half fat butter  
1 onion, finely chopped  
1 garlic clove, crushed  
350g Arborio rice  
2 vegetable stock cubes, dissolved in 600ml boiling water  
400g mixed fresh vegetables  
410g can chickpeas, drained and rinsed  
Black pepper  
2 tablespoons chopped fresh herbs  
40g Parmesan

For men, add 2 slices garlic bread (50g) (183 kcal)

#### Directions

- 1) Melt 25g of the half fat butter in a large pan, add the onion and garlic and cook for about 5 minutes, stirring occasionally, until soft but not brown.
- 2) Add the rice and cook, stirring, for 2 minutes.
- 3) In another pan, keep the stock hot. Using a ladle, add about 150ml hot stock and simmer the rice gently, stirring frequently, until the liquid has been absorbed. Continue adding the stock in this way and cooking (about 10 minutes) until the rice is almost tender.
- 4) Stir in the vegetables and continue cooking gently for about 5 minutes until the rice and vegetables are tender, virtually all the stock has been absorbed and the mixture is creamy.
- 5) Season to taste, add Parmesan and stir in the herbs and remaining half fat butter before serving.

#### Nutritional Information per Serving

kJ/kcal	2293 / 544
Protein	17.7g
Fat	13.4g
Carbohydrate	84.7g

### Greek Quinoa Salad



ONLY 445 calories

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

### Spicy BBQ Chicken salsa & potato wedges



ONLY 597 calories

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 tsp. olive oil

#### Directions

- 1) Mix together the yoghurt and the curry paste. Rub the marinade over the chicken and leave to marinate 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 tsp. 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.
- 3) 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.
- 4) Serve with the salsa and some wedges.

Gluten free.

#### Nutritional Information per Serving

kJ/kcal	2498 / 597
Protein	33g
Fat	37g
Carbohydrate	35g

### Veggie Omelette



ONLY 305 calories

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