

# 7 DAY 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	<p>Chunky Chocolate Flavour Shake</p> 	<p>Yogurt Fruit Crunch Meal Bar</p> 	<p>Summer Strawberry Powder Shake</p> 	<p>Chunky Chocolate Flavour Shake</p> 	<p>Nutty Salted Caramel Meal Bar</p> 	<p>Summer Strawberry Powder Shake</p> 	 <p>7</p>
SNACK	<p>Porridge</p> 	<p>1 Banana</p> 	<p>1 large Soft-Boiled Egg</p> 	<p>Porridge</p> 	<p>Cheddar Flavour Bites</p> 	<p>1 Pear</p> 	<p>1 Small bunch of grapes (100g)</p> 
LUNCH	 <p>1</p>	<p>Café Latte Flavour Shake</p> 	<p>Chocolate Crunch Meal Bar</p> 	 <p>4</p>	<p>Simply Vanilla Flavour Shake</p> 	<p>Chunky Chocolate Flavour Shake</p> 	<p>Chocolate Crunch Meal Bar</p> 
SNACK	<p>1 Crumpet</p> 	<p>Chocolate Caramel Treat Snack Bar</p> 	<p>Cucumber Sticks</p> 	<p>Cherry Tomatoes</p> 	<p>2 Satsumas</p> 	<p>Cheddar Flavour Bites</p> 	<p>Chocolate Caramel Treat Snack Bar</p> 
EVENING MEAL	<p>Nutty Salted Caramel Meal Bar</p> 	 <p>2</p>	 <p>3</p>	<p>Yogurt Fruit Crunch Meal Bar</p> 	 <p>5</p>	 <p>6</p>	<p>Simply Vanilla Flavour Shake</p> 
SNACK	<p>1 Apple</p> 	<p>Cheddar Flavour Bites</p> 	<p>Chocolate Nutty Nougat Snack Bar</p> 	<p>Sour Cream &amp; Chive Flavour Pretzels</p> 	<p>Chocolate Caramel Treat Snack Bar</p> 	<p>Heavenly Chocolate Delight Snack Bar</p> 	<p>Sour Cream &amp; Chive Flavour Pretzels</p> 

### Veggie Omelette



**ONLY 305 calories** **1**  
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

- Heat the half fat butter in a non-stick frying pan and add peas, leeks, mushrooms, courgette, peppers and garlic. Sauté for 5 minutes.
- 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.
- 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**  
Preparation 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

- Add the potatoes to boiling water and cook for 20 minutes until soft. Drain and set aside.
- Place the watercress, celery and beetroot in a large bowl and dress with the French dressing.
- Add the potatoes. Remove the skin from the mackerel and flake the fish on top of the potatoes.
- Make up the horseradish dressing in a small bowl adding lemon juice to taste.
- 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

### Thai Prawn Curry



**ONLY 594 calories** **3**  
Preparation time: 10 minutes  
Cooking time: 10 minutes  
Serves: 2

#### Ingredients

3 spring onions, finely sliced  
1 tbsp. sunflower oil  
1 clove garlic, crushed  
1 tbsp. Thai curry paste (or to taste)  
2cm ginger root finely grated  
400ml reduced fat coconut milk  
Soy sauce  
400g mange-tout and baby sweet corn  
200g uncooked king prawns  
Small bunch Coriander  
Juice of half a lime  
1 bag (250g) of wholemeal basmati rice (e.g. Tilda steamed brown basmati rice)  
20g prawn crackers

#### Directions

- Add the spring onions, ginger and garlic to a pan with the sunflower oil and cook for a few minutes over a medium-high heat.
- Next turn the heat down and add the curry paste and cook for 2 minutes.
- Then add the coconut milk and a good dash of soy sauce.
- Bring to a gentle boil, then add the sweet corn, mange-tout and prawns. Simmer for 3 minutes then add the lime juice.
- Microwave the rice as per the instructions and serve with the curry. Sprinkle with coriander. Serve with a few of prawn crackers.

Gluten free.

#### Nutritional Information per Serving

kJ/kcal 2485 / 594  
Protein 31.0g  
Fat 29.0g  
Carbohydrate 54.0g

### Scrambled Egg on Toast



**ONLY 553 calories** **4**  
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 chives (optional)

For men, add 2 thick sausages grilled and a tablespoon of ketchup (164 kcal)

#### Directions

- Beat the eggs and milk with a fork until blended.
- Place tomatoes on baking tray, drizzle with oil and grill.
- 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.
- 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

### Spicy Pork Kebabs



**ONLY 560 calories** **5**  
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 yogurt  
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

- Cook the rice according to the pack instructions.
- Mix together the yogurt, mayonnaise, garam masala and zest and juice of lemon in a bowl. Stir in the meat and leave to marinate for 10-15 minutes.
- 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.
- 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

### Bangers & Mash



**ONLY 607 calories** **6**  
Preparation Time: 20 minutes  
Cooking 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

- Cook the potatoes for 15-20 minutes until tender. Drain and keep warm.
- 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.
- Add the stock and simmer for about 5 minutes until it has reduced by half.
- 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.
- Add the mustard to the drained potatoes and mash with the milk and half fat butter.
- Cook the peas according to pack instructions.
- 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  
Cooking 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

- Grill sausages until browned on all sides. Then add the bacon and mushrooms and grill on both sides.
- Meanwhile fry the eggs and tomatoes in a teaspoon of olive oil in a non-stick pan.
- Season the tomatoes with a little Worcestershire sauce and some black pepper.
- 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