

# 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	<p>Chunky Chocolate Flavour Shake</p> 	<p>Yogurt Fruit Crunch Meal Bar</p> 	<p>Summer Strawberry Powder Shake</p> 	<p>Café Latte Flavour Shake</p> 	<p>Nutty Salted Caramel Meal Bar</p> 	<p>Summer Strawberry Powder Shake</p> 	
SNACK	<p>Porridge</p> 	<p>1 Banana</p> 	<p>1 large Soft-Boiled Egg</p> 	<p>Cherry Tomatoes</p> 	<p>Cheddar Flavour Bites</p> 	<p>Porridge</p> 	<p>Sour Cream &amp; Chive Flavour Pretzels</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>Heavenly Chocolate Delight Snack Bar</p> 	<p>2 Satsumas</p> 	<p>Heavenly Chocolate Delight Snack Bar</p> 	<p>1 Small bunch of grapes (100g)</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>1 Pear</p> 	<p>Chocolate Caramel Treat Snack Bar</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

- 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**  
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

- 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.
- 4) Make up the horseradish dressing in a small bowl adding lemon juice to taste.
- 5) 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  
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

For men, add 2 slices of garlic bread (50g) (183 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  
Cooking Time: 5 minutes  
Serves: 2

#### Ingredients

6 medium eggs  
2 sprays of oil  
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

- 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  
Cooking 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 yogurt  
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 yogurt 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  
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

- 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  
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

- 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