

7 DAY VITALITY BOOST 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	VITALITY Powder Shake 	VITALITY Powder Shake 	Yogurt Fruit Crunch Meal Bar 	VITALITY Powder Shake 	VITALITY Powder Shake 	VITALITY Powder Shake 	 7
SNACK	Porridge 	Porridge 	Porridge 	Porridge 	Porridge 	Porridge 	Porridge 
LUNCH	Yogurt Fruit Crunch Meal Bar 	VITALITY Powder Shake 	 3	VITALITY Powder Shake 	Yogurt Fruit Crunch Meal Bar 	VITALITY Powder Shake 	Yogurt Fruit Crunch Meal Bar 
SNACK	Cucumber Sticks 	Blueberries 	Cherry Tomatoes 	1 Apple 	1 Banana 	1/4 Pot (60g) Tzatziki & Carrot Sticks 	1 Pear 
EVENING MEAL	 1	 2	VITALITY Powder Shake 	 4	 5	 6	VITALITY Powder Shake 
SNACK	1 Apple 	2 Satsumas 	1/4 Pot (60g) Tzatziki & Carrot Sticks 	13 Whole Almonds 	11 Strawberries 	2 Fresh Figs 	1 Small bunch of grapes (100g) 

7 DAY VITALITY BOOST PLANNER RECIPES

Slimfast.

For plenty more recipes including vegetarian options go to www.slimfast.co.uk

Italian Baked Fish



ONLY 442 calories **1**
Preparation Time: 10 minutes
Cooking Time: 30 minutes
Serves: 2

Ingredients

2 sea bass/ cod or haddock fillets skin on (approx. 75g each)
160g red peppers deseeded and chopped
250g cherry tomatoes
40g olives in brine drained
300g courgette chopped
1 tbsp. olive oil
Bunch of fresh basil
For the mash
500g potatoes peeled and chopped into chunks
2 tbsp. skimmed milk

Directions

- 1) Preheat the oven to 200C (180C Fan).
- 2) Place the potatoes in a pan of boiling water and cook for 25-30 minutes or until soft.
- 3) Add the peppers and courgettes to an ovenproof dish and drizzle with half the olive oil. Bake for 20 minutes or until softened.
- 4) Add the tomatoes and the olives. Season the fish with salt and pepper, drizzle with the remaining olive oil and place on top of the vegetables. Cook for a further 8 minutes or until the fish is cooked through.
- 5) Drain the potatoes and mash with milk. Season with salt and pepper.
- 6) To serve place some of the vegetables on top of the mash followed by the fish. Sprinkle with fresh basil.

Nutritional Information per Serving

kJ/kcal 1849 / 442
Protein 29g
Fat 12.4g
Carbohydrate 55g

Mediterranean Pasta



ONLY 597 calories **2**
Preparation 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

Smoked mackerel, beetroot & potato salad



ONLY 600 calories **3**
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

Spicy BBQ Chicken, salsa & potato wedges



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

Ingredients

800g chicken thighs or drumsticks
160g tikka masala paste
200g 0% fat Greek yogurt
Salsa
360g cucumber chopped
1 red onion finely chopped
½ red chilli finely chopped (optional)
330g cherry tomatoes chopped
2 tsp. 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 yogurt 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 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

Lamb kebabs Greek salad & pitta



ONLY 600 calories **5**
Preparation time: 15 minutes
Cooking time: 10 minutes
Serves: 4

Ingredients

400g lean minced lamb
1 tsp. dried thyme
1 tsp. ground cumin
1 tsp. ground coriander
Few sprays of cooking oil (eg. Fry light olive oil)
Salad
400g cherry tomatoes cut in half
600g cucumber chopped
80g olives in brine drained
1 red onion finely sliced
120g feta cheese crumbled
Bunch fresh mint chopped
2 tbsp. olive oil
Squeeze of lemon juice
To serve: 180g 0% fat Greek yogurt
4 wholemeal pitta breads (approx. 70g each)

Directions

- 1) In a bowl mix the lamb, spices and season well with salt & pepper. Shape into 8 individual burger shapes.
- 2) Preheat the grill. Lightly oil a baking sheet with a few sprays of cooking oil. Add the lamb and spray with cooking oil. Grill for 4-5 minutes on each side or until cooked through.
- 3) Put the salad ingredients in a bowl and dress with the olive oil and lemon juice.
- 4) Place the pitta breads in the toaster. When toasted remove and slice in half.
- 5) Place a couple of pieces of the lamb in a pitta bread, add some Greek salad and a dollop of yogurt.

Nutritional Information per Serving

kJ/kcal 2510 / 600
Protein 37g
Fat 29g
Carbohydrate 49g

Italian Vegetable Risotto



ONLY 544 calories **6**
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

Scrambled Egg on Toast



ONLY 553 calories **7**
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

- 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