

Slim-Fast!

7 day Menu plan

“Losing weight shouldn’t be hard work

and it certainly shouldn’t be boring – if it is you’re much more likely to give up after just a few weeks. That’s why the 600 calorie meal in the 3-2-1 plan is so important. All the recipe suggestions are quick and easy to prepare but they’re also tasty and balanced. However you don’t always want to be told what to eat so if you want to create your own recipe or even have a ready meal that’s fine, providing it contains no more than 600 calories.”



Fiona Hunter

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Raspberry Crush Shake 	Chocolate Crunch Meal Bar 	Blissful Banana Shake 	Summer Berry Flavoured Meal Bar 	Strawberry Shake (single sachet) mixed with 1/3rd pint skimmed milk 	Chocolate Flavour Shake mixed with 1/3rd pint skimmed milk 	Summer Berry Flavoured Meal Bar 
Snack	1 Small Banana 	Heavenly Chocolate Delight Snack Bar 	Cheddar Flavour Bites Snack Bag 	Avacado (1/4 of a medium size or 1/2 a small size) 	BBQ Flavour Tortillas Snack Bag 	Chocolate Caramel Treat Snack Bar 	1 Carrot 
Lunch	Summer Berry Flavoured Meal Bar 	Chocolate Flavour Shake mixed with 1/3rd pint skimmed milk 	Chocolate Peanut Flavoured Meal Bar 	Chocolate Flavour Shake (single sachet) mixed with 1/3rd pint skimmed milk 	Chocolate Crunch Meal Bar 	Café Latte Flavoured Shake 	Summer Strawberry Flavour Shake 
Snack	Chocolate Caramel Treat Snack Bar 	1 Orange 	Chocolate Caramel Treat Snack Bar 	Sour Cream and Chive Flavour Pretzels Snack Bag 	Nuts (15g) Less than 1/2 a handful 	Sour Cream and Chive Flavour Pretzels Snack Bag 	Chocolate Nutty Nougat Snack Bar 
Evening Meal	Pasta with Prawns, Chilli and Lime 	Quick Fish Pie 	Spicy Pork Kebabs 	Italian Vegetable Risotto 	Chicken Tikka Masala 	Chilli Beef Enchiladas 	Salmon with Spinach and Lemon mash 
Snack	BBQ Flavour Tortillas Snack Bag 	Sour Cream and Chive Flavour Pretzels Snack Bag 	1 Pear 	Heavenly Chocolate Delight Snack Bar 	Chocolate Nutty Nougat Snack Bar 	1 Apple 	Cheddar Flavour Bites Snack Bag 

Shopping list*

- 200g cooked peeled prawns
- 450g lean mince beef
- 4 skinless chicken breasts
- 200g can salmon or tuna
- 500g lean pork
- 4 salmon steaks
- 1 egg
- 1 small block cheddar cheese
- 284ml Elmlea Single
- 1 litre skimmed milk
- 1 small pot low fat plain yogurt
- 2 large tomatoes
- 1 small red onions
- 1 onion
- 2 red peppers
- 1 yellow or orange pepper
- Large pot fresh coriander
- 1 bag salad leaves
- 3 limes
- 2 lemons
- 1 bunch spring onions
- 225g spinach
- 450g potatoes
- 400g mixed fresh vegetables (asparagus, red pepper, courgette, mushrooms, broccoli)
- 500g linguine or other pasta of your choice
- 400g can chopped tomatoes
- 200g red kidney beans
- 1kg bag brown basmati rice
- 410g can chick peas
- 500g arborio (risotto) rice
- Knob fresh root ginger
- Bulb garlic
- 2 red chillies
- 1 small loaf French bread
- 8 soft flour tortillas
- Store cupboard
- Olive oil
- Sugar
- Salt and black pepper
- Flora Light
- Flora Cuisine
- Chilli powder
- Turmeric
- Plain flour
- Butter or margarine
- Garam masala
- Vegetable stock cubes
- 1 Knorr chicken stock pot or chicken stock cube
- 50ml extra light Hellmans mayonnaise

*most of the recipes serve 4 therefore if you are cooking for just 1 or 2 people you will need to amend the list to reflect this.

Slim-Fast! recipes

Monday



2
Servings

Prep Time: 15mins
Cooking Time: 8-10mins

Pasta with Prawns, Chilli and Lime

Ingredients:

200g (8oz) linguine pasta
200g (8oz) cooked, peeled prawns
2 large tomatoes, chopped
1 small red onion, chopped
3 tablespoons chopped fresh coriander
1 (150g) bag sweet and crunchy salad leaves

For the dressing:

1½ tablespoons olive oil
Zest and juice of 1 lime
1 red chilli, deseeded and chopped
Pinch of caster sugar
Freshly ground black pepper

Step 1

Cook the pasta in boiling water for 8-10 minutes according to packet instructions or until al dente.

Step 2

Drain in a colander, then rinse in cold water until just cold and drain again.

Step 3

Place the prawns, tomatoes, onion and coriander in a large bowl.

Step 4

Whisk all the dressing ingredients together, season to taste, and pour over the vegetables in the bowl.

Step 5

Drain the pasta, add to the bowl along with the salad leaves.

Step 6

Toss well and serve.

Tuesday



2
Servings

Prep Time: 10mins
Cooking Time: 10mins

Quick Fish Pie

Ingredients:

225ml (8fl oz) skimmed milk
2 tablespoon plain flour
15g (½oz) butter
1 bunch spring onions, thickly sliced
200g can salmon or tuna in brine, drained and flaked, or mixed frozen seafood
Salt and pepper
2-3 French bread slices
1 tablespoon finely grated mature cheese, such as Cheddar or Parmesan

Step 1

Put the milk, flour and butter into a small saucepan and whisk well. Cook, stirring (with the whisk) continuously until the sauce comes to the boil and thickens.

Step 2

Stir in the onions, fish and seasoning to taste.

Step 3

Spoon the mixture into a warm shallow flameproof dish. Arrange the bread on top and scatter the cheese over the top. This can be frozen at this stage or move onto Step 4

Step 4

Place under a hot grill until the cheese is bubbling and the bread is golden brown.

Wednesday



4
Servings

Prep Time: 10mins
Cooking Time: 27mins

Spicy Pork Kebabs

Ingredients:

500g (1lb 2 oz) lean pork, cut into cubes
100ml (4fl oz) low fat natural yoghurt
50ml (2fl oz) extra light Hellmans mayonnaise
1 dessert spoon garam masala
Zest and juice of 1 lemon
1 yellow or orange pepper, diced
Lime wedges and coriander leaves to garnish
350g (12oz) brown rice, cooked

Step 1

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.

Step 2

Thread meat and peppers onto skewers and cook on the barbecue or under a hot grill for 5-6 minutes on each side or until cooked through.

Step 3

Serve with lime wedges, coriander, salad and rice.

Thursday



4
Servings

Prep Time: 15mins
Cooking Time: 25mins

Italian Vegetable Risotto

Ingredients:

55g (2oz) Flora Cuisine
1 onion, finely chopped
1 apple, chopped
1 tablespoon curry powder
25g (1oz) flour
850ml (1½ pints) chicken stock, made with 1 Knorr Chicken Stock Cube
Black pepper
2 tablespoons sultanas
1 tablespoon chutney
A little lemon juice and Worcester sauce
450g (1lb) cooked chicken, cut into small pieces
4 naan breads, to serve

Step 1

Melt 25g (1oz) spread in a large pan, add the onion and garlic and cook for about 5 minutes, stirring occasionally, until soft but not brown.

Step 2

Add the rice and cook, stirring, for 2 minutes.

Step 3

In another pan, keep the stock hot. Using a ladle, add about 150ml (¼ pint) 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.

Step 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.

Step 5

Season to taste and stir in the herbs and remaining spread before serving.

Friday



4
Servings

Prep Time: 10mins
Cooking Time: 45mins

Chicken Tikka Masala

Ingredients:

55g (2oz) Flora Buttery
1 large onion, chopped
1 apple, chopped
1 tablespoon curry powder
25g (1oz) flour
850ml (1½ pints) chicken stock, made with 1 Knorr Chicken Stock Cube
Black pepper
2 tablespoons sultanas
1 tablespoon chutney
A little lemon juice and Worcester sauce
450g (1lb) cooked chicken, cut into small pieces
4 naan breads, to serve

Step 1

Melt the Flora, using it to sauté the onion and apple. Add the curry powder and fry for 1 minute, then add the flour and cook for a further 2-3 minutes.

Step 2

Add chicken stock and bring to boil.

Step 3

Add black pepper, sultanas, chutney, lemon juice and Worcester sauce and simmer for 30 minutes.

Step 4

Add cooked chicken and simmer for a further 15 minutes.

Step 5

Serve the curry with naan bread.

Saturday



4
Servings

Prep Time: 15mins
Cooking Time: 30mins

Chilli Beef Enchiladas

Ingredients:

25g (1oz) Flora Light Spread
450g (1lb) lean minced beef
1 onion, peeled and chopped
½ teaspoon hot chilli powder
400g can chopped tomatoes
1 red pepper, diced
200g can red kidney beans, drained and well rinsed
8 soft flour tortillas
55g (2oz) Cheddar cheese, grated

Step 1

Melt the Flora spread in a saucepan, add mince and onion and fry, stirring until the meat is browned.

Step 2

Stir in the chilli powder, tomatoes and pepper. Bring to the boil and simmer for 20 minutes, stirring occasionally.

Step 3

Stir in the beans and heat through.

Step 4

Meanwhile heat the tortillas according to pack instructions, then fill each with chilli bean mix and place on an ovenproof dish. Pour over any remaining chilli mix and sprinkle with the cheese.

Step 5

Place under a hot grill until cheese has melted and serve with salad.

Sunday



4
Servings

Prep Time: 15mins
Cooking Time: 25mins

Salmon with Spinach and Lemon mash

Ingredients:

4 salmon steaks, each weighing about 140g (5oz)
225g (8oz) spinach leaves

Lemon Mash:

450g (1lb) potatoes cut into cubes
25g (1oz) vegetable fat spread
2 tablespoons skimmed milk
Finely grated rind of ½ lemon

Topping:

25g (1oz) vegetable fat spread
25g (1oz) plain flour
200ml (7fl oz) skimmed milk
Finely grated rind of ½ lemon
4 tablespoons chopped fresh herbs
A little salt and black pepper
1 red or yellow pepper, seeds removed and finely chopped
1 egg, lightly beaten

Step 1

Cook the potatoes in boiling water for 15-20 minutes until tender.

Step 2

Meanwhile, make the topping. Melt the spread in a saucepan, add the flour and cook, stirring, for 1 minute. Remove from the heat and gradually stir in the milk.

Step 3

Bring to the boil, stirring, until thickened and smooth. Add the lemon rind, herbs, seasoning, peppers and egg. Stir well.

Step 4

Heat a non-stick frying pan or griddle and cook the salmon for 3-5 minutes on each side until golden brown. Transfer to a flameproof dish.

Step 5

Spoon the sauce over the fish, put under a hot grill until the topping is set and the salmon is just cooked through.

Step 6

Lightly steam the spinach according to packet directions.

Step 7

Drain and mash the potatoes, then stir in the spread, milk and lemon rind. Serve with the fish and spinach.



"If you're new to Slim.Fast, this simple plan should help kick start your diet. Following the plan for one week should set you on track to achieve your weight loss goal."