

7 DAY FILLING & HEALTHY MEAL PLANNER

How To Use This Meal Planner

There are no **ProPoints** values listed as the meal ideas contain only Filling & Healthy ingredients, or ingredients that have a **ProPoints** value of zero. For those that have a **ProPoints** value of zero only at a certain amount then a serving amount is listed.

If you want to include any non-Filling & Healthy ingredients dip into your weekly **ProPoints** allowance of 49.

Two teaspoons (5ml each) of healthy oil (sunflower, olive, flaxseed, safflower or rapeseed oil) have been included each day.

For good health we've included ½ pint of skimmed milk every day. This is to be used over the day as it suits you, for example in tea or coffee. Some days we've made suggestions as to how you could use it, other days we've left this up to you.

We have suggested types of fruit and vegetables to enjoy with your meals but feel free to swap these for your favourite seasonal produce.

	DAY 1	DAY 2	DAY 3
BREAKFAST	<p>½ pint (284ml) skimmed milk</p> <p>Banana crumpet(s) Crumpet, toasted Banana, mashed</p>	<p>½ pint (284ml) skimmed milk</p> <p>Baked bean & egg topped crumpet Crumpet, toasted Baked beans Egg, poached</p>	<p>½ pint (284ml) skimmed milk</p> <p>Fruity porridge Oats Skimmed milk Fruit of your choice; fresh, frozen or tinned in natural juice, drained</p>
LUNCH	<p>Vegetarian omelette 1 tsp healthy oil Eggs Mushrooms Spinach Onion</p> <p>Combine all ingredients to make an omelette. Add bacon medallions for a non vegetarian version.</p> <p>Apple</p>	<p>Tuna rice salad Brown rice, cooked Red onion Spinach Peas or broad beans Yellow pepper Tuna in brine or spring water, drained Fresh coriander 1 tsp healthy oil</p> <p>Combine the rice, red onion, spinach, peas or broad beans & pepper with some salt & pepper and a squeeze of lemon juice. Top with the tuna and coriander, drizzle with the healthy oil.</p> <p>Pear</p>	<p>Club sandwich Calorie controlled bread, toasted Prepacked ham Skinless cooked chicken or turkey breast Quark Lettuce, tomato, onion</p> <p>Layer the ingredients between 3 slices of toasted calorie controlled bread to create your sandwich.</p> <p>Apple</p>
DINNER	<p>Pork steak with mash & mustard sauce Lean pork loin steak Sauce: 1 tsp healthy oil, onion, garlic, ½ tsp (3g) wholegrain mustard, mushrooms, quark, fresh tarragon Mash: Potato, skimmed milk Leeks, broccoli, courgettes</p> <p>Griddle the pork loin steak. To make the sauce heat the healthy oil in a pan, add the onion and soften, then add the garlic. Follow with the wholegrain mustard, quark & tarragon. Serve with the mashed potato and vegetables. Use quorn fillets for a vegetarian version.</p>	<p>Bolognese with fusilli 1 tsp healthy oil Onion, garlic, celery & carrots Extra lean beef mince Tinned tomatoes Tomato purée (up to 1 tbsp) 15g Wholewheat fusilli pasta Green beans & courgettes</p> <p>Heat the healthy oil in a pan, add the onion celery and carrots, cook for 5 minutes. Then add the garlic and mince, cook for a few minutes. Add the tinned tomatoes and purée. Simmer until the mince is cooked. Serve with the pasta and vegetables.</p>	<p>Herb crusted salmon & rice Calorie controlled bread Lemon juice Fresh parsley Salmon fillet Brown rice Peas Spinach 1 tsp healthy oil</p> <p>Make breadcrumbs with the calorie controlled bread and mix in the chopped fresh parsley, healthy oil and squeeze of lemon juice. Pat on to the top of the salmon fillet and bake in the oven until cooked. Cook the rice adding the peas for the last few minutes. Drain and stir in the spinach. Serve with the salmon.</p> <p>0% fat Greek yogurt</p>
SNACKS/DESSERTS	<p>Sugar free jelly set with fruit 0% fat Greek yogurt Vegetable crudités</p>	<p>Blend frozen berries and plain low fat yogurt for a quick smoothie. Add some oats for a more filling drink. Banana</p>	<p>Vegetable crisps - slice very thin rounds of parsnips or beetroot and drizzle with 1 tsp healthy oil, then bake in hot oven until crisp. Fruit salad</p>

7 DAY FILLING & HEALTHY MEAL PLANNER

DAY 4

DAY 5

DAY 6

DAY 7

BREAKFAST

½ pint (284ml) skimmed milk
Cooked breakfast
 Bacon medallions, grilled
 Egg, poached
 Mushrooms, sautéed in 1 tsp healthy oil
 Tomatoes, grilled
 Baked beans
 Calorie controlled bread, toasted

½ pint (284ml) skimmed milk
Bircher style muesli
 Oats
 Low fat plain yogurt
 Skimmed milk
 Blueberries
 Grated apple
 Mix the oats, yogurt, splash of skimmed milk and berries together and leave to soak overnight or for 10 minutes. Add in grated apple before eating.

½ pint (284ml) skimmed milk
Banana blueberry yogurt
 Low fat plain yogurt
 Banana
 Blueberries
 Oats

½ pint (284ml) skimmed milk
Creamy mushrooms on toast
 Mushrooms, sautéed in 1 tsp healthy oil
 Quark
 Fresh parsley
 Salt & pepper (if desired)
 Calorie controlled bread
 Stir the quark into the cooked mushrooms with the parsley, season and serve on top of the toasted bread.

LUNCH

Prawn pasta salad
 Prawns
 Lettuce, cucumber, tomatoes
 Roasted red pepper
 Red onion
 Wholewheat fusilli pasta, cooked
 Lemon juice
 Balsamic vinegar
 Combine all the ingredients together and serve.
 Grapes

Lentil soup (makes 4 portions)
 1 tsp healthy oil
 Onion
 Celery
 Carrots
 Red lentils (100g)
 1 (10g) stock cube
 1 tsp paprika
 Pinch of cayenne pepper
 Cook onion, celery & carrots in the healthy oil. Add paprika & cayenne pepper, stir. Add the lentils and 2 pints of stock. Cover and simmer for 40 minutes until the lentils are cooked. Blend before serving, adding more liquid to alter the consistency if required. Serve with calorie controlled bread.

Baked potato with ham & sweetcorn salsa
 Baked potato
 Prepacked ham
 Salsa - red onion, tomatoes, sweetcorn, coriander
 Salad

Lentil Soup (as made on day 5)
 Serve with calorie controlled bread
 Orange

DINNER

Stuffed peppers
 Red or yellow pepper, halved & roasted
 Wholewheat couscous
 Roasted vegetables
 (garlic, red onion, courgette, aubergine)
 1 tsp healthy oil
 Mix the roasted vegetables into the prepared couscous and fill the peppers. Place in the oven until warmed through.
 Fruit salad

Homemade burger & wedges
 Extra lean beef mince
 Onion, red chilli, fresh herbs
 1 tsp healthy oil
 Potato
 Mixed salad
 Grapes
 Combine the mince, onion, chilli and fresh herbs and shape into a burger. Grill in the oven. Cut the potato into wedges, toss in the tsp of healthy oil and season. Bake until cooked and serve with the burger and a side salad.

Oven baked ratatouille & cod
 Onion, garlic, courgette, pepper, aubergine
 Tinned tomatoes
 Cod fillet
 1 tsp healthy oil
 Roast the vegetables in the healthy oil for 15 minutes. Add some tinned tomatoes and place the cod fillet on top. Return to the oven for another 10-15 minutes until the cod is cooked.
 Fruit salad

Vegetarian cottage pie
 1 tsp healthy oil
 Onions
 Carrots
 Quorn mince
 2 tsp (10g) tomato purée
 Tinned tomatoes
 2 tsp (10ml) Worcestershire sauce
 Potato, mashed with some skimmed milk
 Peas, defrosted if using frozen
 Cook the onion and carrot in the healthy oil until softened. Add all other ingredients, apart from the peas and potato. Cook for 10 minutes. Stir in the peas. Transfer to an oven-proof dish, top with the mashed potato and cook until hot & golden.

SNACKS/DESSERTS

Reduced fat cottage cheese with vegetable crudités
 Mango fool - purée fresh or tinned mango in natural juice, drained and stir through some 0% fat Greek yogurt

Crumpet spread with 1 tsp yeast extract
 Corn on the cob
 Banana

Mug of lentil soup (as made on day 5)
 Orange

Crumble - warm some frozen berries in a pan with some sweetener (if required). Press into a ramekin, top with some oats and place under the grill for a minute.
 Corn on the cob
 Low fat plain yogurt

YOUR HANDY 7 DAY MEAL PLANNER

SHOPPING LIST

STORE CUPBOARD

- Artificial sweetener
- Baked beans
- Balsamic vinegar
- Brown rice
- Calorie controlled bread
- Cayenne pepper
- Crumpets
- Garlic
- Healthy oil
- Oats
- Paprika
- Pears tinned in natural juice
- Red lentils
- Roasted red peppers
- Stock cubes
- Sugar free jelly crystals
- Tinned tomatoes
- Tomato purée
- Tuna in brine or spring water
- Wholegrain mustard
- Wholewheat couscous
- Wholewheat fusilli pasta
- Worcestershire sauce
- Yeast extract

FRIDGE & FREEZER

- 0% fat Greek yogurt
- Bacon medallions
- Chicken breasts
- Cod fillets
- Eggs
- Extra lean beef mince
- Frozen berries
- Lean ham
- Low fat plain yogurt
- Peas
- Pork loin steak
- Prawns
- Quark
- Quorn mince
- Reduced fat cottage cheese
- Salmon fillet
- Skimmed milk

FRUIT & VEGETABLES

- Apples
- Aubergine
- Bananas
- Beetroot
- Blueberries

- Broad beans
- Broccoli
- Carrots
- Celery
- Coriander, fresh
- Corn on the cob
- Courgettes
- Cucumber
- Green beans
- Leeks
- Lemons
- Lettuce
- Mango
- Tomatoes
- Mushrooms
- Onions
- Parsnips
- Parsley, fresh
- Potatoes
- Red chilli
- Red onion
- Red pepper
- Spinach
- Tarragon, fresh
- Yellow pepper