












Slim-Fast! 7 day Diet

“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 (800 for men) 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 (800 for men).”

Fiona Hunter



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Simply Vanilla Shake Powder 	Chocolate Crunch Meal Bar 	Blissful Banana Flavour Shake 	Summer Berry Flavour Meal Bar 	Mocha Flavour Shake 	Chocolate Flavour Shake mixed with 250m skimmed milk 	Summer Berry flavour Meal bar 
Snack	1 Small Banana 	Heavenly Chocolate Delight Snack Bar 	Cheddar Flavour Bites Snack Bag 	Avocado (¼ of a medium size or ½ a small size) 	BBQ Flavour Tortillas Snack Bag 	Chocolate Caramel Treat Snack bar 	1 Carrot 
Lunch	Summer Berry Flavour Meal Bar 	Chocolate Flavour Shake mixed with 250m skimmed milk 	Chocolate Peanut Flavour Meal Bar 	Mocha Flavour Shake 	Chocolate Crunch Meal Bar 	Café Latte Flavour 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 ½ 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 chickpeas
- 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 Hellmann's light 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 suit.

Slim-Fast! Recipes

Monday



2 Servings

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

Chilli, Lime and Linguine Salad

Ingredients:

200g linguine pasta
200g cooked, peeled prawns
2 large tomatoes, chopped
1 small red onion, chopped
3 tablespoons chopped fresh coriander
150g bag 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 pack 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

Add the drained pasta to the bowl along with the salad leaves. Toss well and serve.

Each serving contains:

Energy: 2504 kJ/594 kcal (30%*),
Fat: 11.5g (16%*), Saturates: 2g (10%*),
Sugars: 11.1g (12%*), Salt 4.1g (68%*).

Male addition (+183 kcal):

Add 2 slices garlic bread (50g).

Tuesday



2 Servings

Prep Time: 10mins
Cooking Time: 10mins

Quick Fish Pie

Ingredients:

225ml skimmed milk
2 tablespoons plain flour
15g butter
1 bunch spring onions, thickly sliced
200g can salmon or tuna in brine, drained and flaked, or mixed frozen seafood
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, whisking 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.

Each serving contains:

Energy: 1776 kJ/421 kcal (21%*),
Fat: 10.9g (16%*), Saturates: 5.9g (30%*),
Sugars: 7.1g (8%*), Salt 2.3g (38%*).

Male addition (+196 kcal):

Add 80g peas, 80g sweetcorn, heaped teaspoon (7g) Flora Buttery.

Wednesday



4 Servings

Prep Time: 10mins
Cooking Time: 27mins

Spicy Pork Kebabs

Ingredients:

100ml low fat natural yogurt
50ml Hellmann's light mayonnaise
1 dessert spoon garam masala
Zest and juice of 1 lemon
500g lean pork, cut into cubes
1 yellow or orange pepper, diced
1 medium red onion, cut into wedges
1 medium courgette, cut into chunks
Lime wedges and coriander leaves to garnish
400g raw brown rice, cooked

Step 1

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.

Step 2

Thread meat and vegetables 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.

Each serving contains:

Energy: 2528 kJ/597 kcal (30%*),
Fat: 11.8g (17%*), Saturates: 3g (15%*),
Sugars: 8.7g (10%*), Salt 0.5g (8%*).

Male addition (+188 kcal):

Large portion mixed fruit salad (250g).

Thursday



4 Servings

Prep Time: 10mins
Cooking Time: 45mins

Chicken Tikka Masala

Ingredients:

55g Flora Cuisine
1 large onion, chopped
1 apple, chopped
1 tablespoon curry powder
25g flour
850ml 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 cooked chicken, cut into small pieces
4 naan breads, to serve
284ml pot of Elmlea Single or blended half and half with low fat natural yogurt.

Step 1

Melt the Flora Cuisine, 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.

Each serving contains:

Energy: 2452 kJ/599 kcal (30%*),
Fat: 20.4g (29%*), Saturates: 6.9g (35%*),
Sugars: 5.5g (6%*), Salt 1.2g (20%*).

Male addition (+200 kcal):

70g naan.

Friday



4 Servings

Prep Time: 15mins
Cooking Time: 25mins

Italian Vegetable Risotto

Ingredients:

60g Flora Buttery
1 onion, finely chopped
1 garlic clove, crushed
350g Arborio rice
2 vegetable stock cubes, dissolved in 1.2 litres boiling water
400g mixed fresh vegetables, such as asparagus, diced red pepper, baby corn, button mushroom slices, tiny broccoli spears, courgette, mangetouts
410g can chickpeas, drained and rinsed
Black pepper
2 tablespoons chopped fresh herbs, such as parsley or thyme
40g Parmesan

Step 1

Melt 25g Flora Buttery 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 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 20–25 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, remaining spread and Parmesan before serving.

Each serving contains:

Energy: 2544 kJ/607 kcal (30%*),
Fat: 17.5g (25%*), Saturates: 5.5g (28%*),
Sugars: 6g (7%*), Salt 2g (30%*).

Male addition (+183 kcal):

2 slices garlic bread (50g).

Saturday



4 Servings

Prep Time: 15mins
Cooking Time: 30mins

Enchiladas

Ingredients:

25g Flora Buttery
450g 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 Cheddar cheese, grated

Step 1

Melt the Flora Buttery 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 in 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.

Each serving contains:

Energy: 2530 kJ/603 kcal (30%*),
Fat: 26.2g (37%*), Saturates: 9.9g (50%*),
Sugars: 6.9g (8%*), Salt 1.4g (23%*).

Male addition (+203 kcal):

Serving of potato wedges (approx 150g).

Sunday



4 Servings

Prep Time: 20mins
Cooking Time: 24mins

Bangers and Mash

Ingredients:

800g potatoes, peeled and quartered
1 tablespoon oil
400g good quality pork sausages or Quorn bangers
2 onions, sliced
300ml beef stock, made with 1 beef stock cube
½ teaspoon cornflour
3 teaspoons redcurrant jelly
Black pepper
1 tablespoon Dijon mustard
3 tablespoons semi-skimmed milk
30g Flora Buttery for mashing
320g peas (16 heaped tbsps)

Step 1

Cook the potatoes in boiling water for 15–20 minutes until tender. Drain and keep warm.

Step 2

In a non stick frying pan heat the oil and gently fry the sausages until golden all over and cooked through, then add the onions and cook for 5–10 minutes stirring occasionally until soft and beginning to turn golden brown.

Step 3

Add the stock and simmer for about 5 minutes until the stock has reduced by half.

Step 4

Mix the cornflour with a little water to make a smooth paste and stir into the onion mixture. Bring back to the boil and simmer gently for 1 minute. Stir in the redcurrant jelly and season to taste.

Step 5

Add the mustard to the drained potatoes and mash with the milk and Flora Buttery.

Step 6

Cook the peas according to pack instructions.

Step 7

Spoon a couple of tablespoons of mash onto each serving plate and serve with the sausages, onions, gravy and peas.

Each serving contains:

Energy: 2527 kJ/606 kcal (30%*),
Fat: 33.8g (48%*), Saturates: 10.7g (54%*),
Sugars: 7.9g (9%*), Salt 2.8g (47%*).

Male addition (+207 kcal):

1 sausage (50g) and 70g extra potato (raw weight).



“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.”