

# Slimming World SP Week

When shopping arrives freeze any meat that won't be within use-by date by it's day, and also freeze bread rolls/wraps that also won't make it's day. Vegetables should make the day they are allocated so long as they have been chosen fresh. I recommend using Tesco online shopping service - they say how long items should last when you're ordering, and also they highlight which items are not going to last as long as expected when they deliver.

## Day 1

### Breakfast

Omelette with frozen vegetables |

### Lunch

Salad leaves, yellow pepper, bacon pieces, 2 boiled eggs – make up mix and use 1/3 to half with 45g feta cheese **A** |

### Dinner

Chicken fajita mix with salsa and pitta bread **B B**

### Snacks

Fruit/veg/free SP foods /ripple **(8.5)** or mini wine bottle **(7.5)** |

### Prep

Make overnight oats (40g oats, water, grated apple and chopped up peach)

If time: Pre-make tomorrows burgers and coleslaw

Defrost 500g mince beef if frozen

## Day 2

### Breakfast

Overnight oats **B** |

### Lunch

Most of the remaining salad from yesterday with ¼ pot cottage cheese |

### Dinner

Burgers with bacon, salad and cheese on wholemeal roll(s) with coleslaw (only 1 roll for SW, add a jacket potato if req'd for non-SW) **½ A B**

### Snacks

Fruit/leftovers/veg/free SP foods /ripple **(8.5)** or mini wine bottle **(7.5)** |

## Day 3

### Breakfast

Grapefruit with a little sweetener |

### Lunch

Leftover salad + 2 HexB servings of  
Ryvita **B B** with 4 Dairylea Light  
triangles **A** |

### Dinner

Beef and butternut squash stir fry

### Snacks

Fruit/leftovers/veg/free SP foods |  
/ripple (**8.5**) or mini wine bottle (**7.5**) |

### Prep

Make overnight oats (40g oats, water, grated apple, peaches or frozen  
Speed fruit)  
Defrost cauliflower if frozen

## Day 4

### Breakfast

Overnight oats **B** |

### Lunch

Pitta with frozen vegetables and 3  
scrambled eggs **B** |

### Dinner

Cauliflower pizza topped with lean canned ham and cheese **A**

### Snacks

Fruit/leftovers/veg/free SP foods |  
/ripple (**8.5**) or mini wine bottle (**7.5**) |

### Prep

Defrost lamb and a wholemeal roll if frozen.

## Day 5

### Breakfast

Cheese on toast with tomatoes,  
mushrooms and frozen veg **A B** |

### Lunch

Bacon and mushroom quiche (eat  $\frac{1}{2}$   
today) with a wholemeal roll **B** |

### Dinner

Lamb Saag (with a jacket potato if needed for non-SW)

### Snacks

Fruit/leftovers/veg/free SP foods |  
/ripple (**8.5**) or mini wine bottle (**7.5**) |

### Prep

Make overnight oats (40g oats, water, grated apple, peaches or frozen  
Speed fruit)

Defrost 750g beef mince and a wholemeal roll if frozen.

## Day 6

### Breakfast

Overnight oats **B** |

### Lunch

Bacon and mushroom quiche (from  
yesterday) with a wholemeal roll **B** |

### Dinner

Meatballs with cheese and frozen veg **A**

### Snacks

Fruit/leftovers/veg/free SP foods |  
/ripple (**8.5**) or mini wine bottle (**7.5**) |

### Prep

Defrost 4 chicken breasts and a wholemeal roll if frozen.

## Day 7

### Breakfast

Mushrooms, onions and  $\frac{1}{4}$  pot  
cottage cheese on toast **B**

### Lunch

Bacon, mushrooms, tomatoes and  
leftover veg with scrambled egg on  
a wholemeal roll **B**

### Dinner

Pizza topped chicken with cheese **A**

### Snacks

Fruit/leftovers/veg/free SP foods  
/ripple (**8.5**) or mini wine bottle (**7.5**)

## Recipes

### Chicken fajita mix with salsa and pitta bread

2 red peppers  
1 yellow pepper  
1 red onion  
chopped chilli  
lemon juice  
1 tsp paprika  
1 tsp cumin  
3 chicken breasts

Salsa:

½ punnet Cherry tomatoes  
Chopped chilli  
Coriander  
Red Onion  
Lemon juice  
Salt and pepper

Quark (to spread on the pitas)

Stir fry the fajita ingredients together for 10 mins. Meanwhile, finely chop and combine the salsa ingredients.

### Beef and butternut squash stir fry

2 onions  
butternut squash  
600g lean beef steak  
4 tbsp soy sauce  
1 tsp sweetener  
chopped chilli  
chopped ginger  
2tbsp fish sauce  
1 star anise  
1 tsp 5-spice  
1 tbsp oyster sauce  
½ bunch spring onions

Fry the pumpkin and onions for 4-5 mins. Cover and cook gently for 8-10 mins then set aside. Cook the other ingredients except meat and spring onions for 3-4 mins then add the beef (cut into thin strips) and cook for a further 3-4 mins. Add the onion and squash mix and cook for a final minute. Scatter over the spring onions thinly sliced into strips to serve.

## **Burgers with bacon, salad and cheese on wholemeal roll(s) with coleslaw**

Burgers (grill for 10-12 mins):

1 onion  
2 garlic cloves  
500g lean beef mince  
1 tbsp Worcester sauce  
salt and pepper

Coleslaw:

2 carrots  
½ cabbage  
4 tbsp extra-light mayo (4 syns or replace with Syn free quark)  
lemon juice  
2 tbsp quark  
salt and pepper

Serve with:

Wholemeal roll(s)  
Cheese  
Bacon  
Salad

Combine the onion, garlic, beef, Worcester sauce and seasoning for the 4 burgers. Grill the burgers and bacon for 10-12 mins. Assemble the burgers and serve with coleslaw.

Grate the carrot and cabbage and combine with the other ingredients for the coleslaw.

## **Cauliflower pizza topped with lean canned ham and cheese**

600g cauliflower  
2 eggs  
8 tbsp passata  
4 tbsp tomato puree  
2 garlic cloves  
1 red onion  
cherry tomatoes  
yellow pepper  
chopped canned ham  
cheese

Preheat to Gas 6. Microwave grated cauliflower for 7-8 mins. Leave to cool then mix in eggs and season. Pat onto baking paper lined tray, spray with cooking spray and bake for 20-25 mins. Layer remaining ingredients on top of the baked cauliflower and return to oven for 10-12 mins.

## **Lamb Saag**

700g lamb steaks  
2 onions  
3 garlic cloves  
ginger  
chopped chilli  
4 tbsp curry powder  
750ml lamb/chicken stock  
cinnamon  
2 cardamom pods  
400g frozen spinach  
salt and pepper

serve with: lemon juice

Preheat to gas 4. Put all ingredients together, boil then transfer to the oven for 45 mins. Serve with a splash of lemon juice

## **Meatballs**

750g beef mince  
1 onion  
2 garlic cloves  
1 tsp oregano  
1 egg  
basil  
salt and pepper

tomato sauce:

1 onion  
2 garlic cloves  
2 cans chopped tomatoes  
1 tbsp tomato puree  
½ tsp sweetener

Mix the beef, onion, garlic, oregano, egg and basil. Roll into 24 balls. Grill for 10 mins. Bring the sauce ingredients to a boil then simmer for 10 mins. Combine the meatballs and sauce and simmer for another 15 mins.

## **Pizza topped chicken**

1 red onion  
2 red peppers  
2 garlic cloves  
4 tbsp chicken stock/water  
can chopped tomatoes  
1 tbsp oregano  
1 tbsp basil  
4 chicken breasts  
cheese

Preheat to gas 7. Gently fry onion, peppers, garlic for 10 mins. Add stock, tomatoes and herbs then simmer for 15 mins. Flatten/butterfly the chicken, brown then roast for 15-20 mins. Layer the tomato and cheese then roast or grill for a further 5 mins.

## **Bacon and Mushroom Quiche**

16 bacon medallions  
300g mushrooms  
2 garlic cloves  
6 eggs  
½ tub cottage cheese  
same again of quark  
handful of cherry tomatoes

Top with cheese if using for HExA

Fry off bacon, mushrooms and garlic, drain, then put into a dish. Mix together remaining ingredients and pour over. Gas 5 for 20-25 mins.



### **Cupboard Staples used this week**

(I assume these are always available so make sure you have these or add to your shopping list)

#### **Cupboard:**

Frylight. (The butter frylight makes wonderful scrambled eggs)

Oats

Sweetener

Soy Sauce

Fish Sauce

#### **Fridge/Freezer:**

Frozen speed veg such as broccoli, peas, spinach.

Snacking speed fruit such as apples, peaches, raspberries, strawberries

Tomato Puree

Lemon Juice (I use the bottled stuff)

Oyster Sauce

#### **Herbs & Spices:**

Garlic

Chilli

Ginger

Curry Powder

Cinnamon

Cardamom Pods

Oregano

Basil

Paprika

Cumin

Coriander

Star Anise

5-Spice

Salt

Pepper

## **This Weeks Shopping List**

### **Fresh:**

Salad (to last 3 days)  
4 Yellow Peppers  
3 Red Peppers  
8 Onions  
3 Red Onions  
2 punnets cherry tomatoes  
2 Carrots  
½ White Cabbage  
Grapefruit  
Peaches  
Apples  
Frozen Fruit/Snacking Fruit  
Butternut Squash  
½ bunch spring onions  
Large Cauliflower (600g)  
Family size tub mushrooms

### **Meat:**

2 packs bacon medallions  
8 Chicken Breasts  
750g <5% Beef Mince  
500g <5% Beef Mince  
600g lean beef steak  
Slimming World Sausages (or low fat quorn sausages)  
700g lean lamb steaks

### **Fridge/Freezer:**

Feta Cheese  
Tub Fat Free Cottage Cheese  
Low Fat Cheddar  
Tub Quark  
Dairylea Light Triangles  
Frozen Spinach  
Frozen Veg as required

### **Cupboard:**

Hex B Bread of your preference (keep frozen to save waste)  
6 Small Wholemeal Rolls  
6 'B Free' pitta breads  
Hex B Ryvitas of your preference  
16 Eggs  
Passata  
3 Cans Chopped Tomatoes  
Canned Lean Ham (try the Danish Ham for lower fat version)

### **Syn suggestions:**

Mini bottles of wine (7.5 each)  
Ripple (8.5 syns each)

### **Don't forget:**

Lunch, Breakfast, Snack and Dessert options for the rest of the household  
Carbs to bulk out dinners for non-SW people as required.  
Houshold items as required