

MONDAY

BREAKFAST

Breakfast Grill
FREE FOOD SERVES 1
Dry fry or poach 2 eggs and serve with 2 grilled bacon medallions, sugar free beans, grilled mushrooms, tomatoes & 2x30g slices of wholemeal toast.

LUNCH

Honey & Lime Prawn Salad
1.5 BITES PER SERVING SERVES 1
Mix a handful of chopped spinach, 4 cherry tomatoes & 2 spring onions. Add 4 chopped apricots, 6 chopped almonds & 150g cooked prawns. Cook up to 60g (uncooked weight) wild or basmati rice as per pack instructions. Allow the rice to cool & add to mixture. In a small bowl, mix the juice of ½ lime & 1 tsp honey. Drizzle over the dish just before serving. Serve with any Unislim soup.

DINNER

Chorizo, Orzo & Sweetcorn Summer Stew
1.5 BITES PER SERVING SERVES 2
Spray a deep, frying pan with low cal oil and fry the white parts of a bunch of sliced spring onions, 1 red pepper, cut into cubes & 40g chorizo, cut into cubes for about 8 mins, until the peppers are soft & the chorizo is just golden. Stir in 1 crushed garlic clove, 75g orzo, ½ tsp smoked paprika, a 200g can sweetcorn, drained, & a large, chopped tomato. Fry for 2-3 mins more & then pour in 350ml chicken or vegetable stock. Bring to a simmer & cook for 8-10 mins, stirring often until the orzo is tender. Before serving stir in ½ small bunch of chopped parsley, the green parts of the spring onions & the juice and zest of ½ a lemon.

TUESDAY

BREAKFAST

Blueberry Bran
FREE FOOD SERVES 1
Top 60g All Bran or Bran flakes with skimmed milk & a handful of blueberries.

LUNCH

Spicy Tuna Baked Potato
FREE FOOD SERVES 1
Drained a can of tuna in water or brine & mix with a sliced spring onion, a handful of halved cherry tomatoes, ½ chopped red chilli & ½ a small bunch of chopped coriander. Split a 200g baked potato & fill with the tuna mix. Serve with a green salad

DINNER

Goats Cheese & Spinach Pasta
1.5 BITES PER SERVING SERVES 4
Cook 240g, dried weight, fusilli as per packet instructions. Drain & cover to keep warm. Meanwhile, spray a pan with low cal oil. Add 2 finely chopped garlic cloves & a deseeded & finely chopped red chilli. Cook for 1 min & add 130g baby spinach. Cook for a few mins until the spinach wilts. Add this mix to the pasta, tossing to coat well, & cook for 2 mins. Stir in a large handful of chopped basil leaves. To serve, divide the pasta between 4 bowls & crumble 30g of goats' cheese on each.

Don't forget your 2 snacks a day!

Visit unislim.com for tasty snack ideas

WEDNESDAY

BREAKFAST

Nut Butter Bagel with Banana
1 BITE PER SERVING SERVES 1
Spread a toasted wholegrain bagel with 2 tsp no added sugar peanut butter & top with a mashed banana. Sprinkle with cinnamon & follow with a low-fat yogurt.

LUNCH

Open Beef & Rocket Sandwich
FREE FOOD SERVES 1
Mix 1 tsp lighter than light mayo, a squeeze of mustard or horseradish & slices of roast beef, cut into strips. Top 2 x 30g slices of granary bread with rocket leaves & pile the beef mix on top.

DINNER

Sea bass with Spinach, Tomatoes & Butterbeans
FREE FOOD SERVES 1
Spray a non-stick pan with low cal oil and heat. Season a sea bass fillet & sear it, skin side down, cooking for 3 mins until crisp. Turn the fish over, push to one side & cook for a couple more minutes. Add 5 halved cherry tomatoes, 1 crushed garlic clove, 125g baby spinach leaves & 200g can drained butter beans. Cook for a couple of mins to wilt the spinach. Remove the fish, check the beans are warmed through & serve as a carb free meal or add a ¼ plate baby boiled potatoes.

THURSDAY

BREAKFAST

Breakfast Bruschetta
0.5 BITES PER SERVING SERVES 1
Peel & slice ½ banana. Put in a bowl with 80g blueberries & 50g quark. Mix well. Toast 2x30g slices of wheaten or wholegrain bread. Spread with the blueberry mix & drizzle with 1 tsp of honey.

LUNCH

Stuffed Moroccan Pitta
2 BITES PER SERVING SERVES 2
Toast 2 wholemeal pittas and spread the insides with 50g low fat hummus. Layer with 4, halved falafels, ½ a sliced red pepper and a handful of rocket leaves. Serve with a cup of Unislim soup.

DINNER

Roast Chicken & Steamed Greens
FREE FOOD SERVES 4
Heat the oven to 200c. Place a full chicken on a roasting tray, spray with low cal oil & season. Squeeze the juice from ½ a lemon over the chicken & place the other half in the cavity along with a few sprigs of rosemary. Place in the oven for at least an hour, making sure it's fully cooked before serving. While the chicken is cooking place 800g parboiled potatoes onto a baking tray, spray with low cal oil & roast in the oven. Serve with steamed green veg.

FRIDAY

BREAKFAST

Fresh Fruit Compote
0.5 BITES SERVES 1
Chop or slice 1 apple, 1 kiwi, 10 grapes, 5 strawberries and 1 pear. Drizzle over 1tsp honey & heat for 30 secs in microwave. Follow with a boiled egg & up to 60g wholemeal toast.

LUNCH

Creamy Chicken Salad Pitta
FREE FOOD SERVES 4
In a large bowl, combine 400g, shredded, cooked chicken, ½ a diced red onion, ½ a diced small apple, 100g grapes, halved, 160g 0% Greek yogurt, 2tbsp lemon juice, ½ tsp garlic powder, salt and pepper, to taste. Mix until well combined. Fill 4 toasted whole meal pitta pockets with the mix & serve with a side salad.

DINNER

Taco Wedges
1 BITE PER SERVING SERVES 4
Cut 4x 200g potatoes into wedges, spray with low cal oil, sprinkle with cayenne pepper & bake in the oven until soft & golden. While the wedges are cooking, spray a pan with low cal oil & sauté 2 minced garlic cloves & 1 chopped onion. Add 400g extra lean mince & brown. Stir in a tin of chopped tomatoes, 1tbsp tomato puree, a chopped red & green pepper, a can of kidney beans & a cup of beef stock. Add 1tsp each of chilli powder, cumin, & paprika & simmer for 5 mins. Divide the wedges between 4 plates, cover with the mince mixture, & top with a dollop of low-fat yogurt or make a Taco sauce by mixing 3 tbsps. of lighter than light mayo, 2 tbsps. tomato puree, ½ tbsp chilli powder & 1 tbsp. crushed garlic. Sprinkle each serving with 30g of grated low-fat cheddar.

SATURDAY

BREAKFAST

Weetabix & Kiwi
FREE FOOD SERVES 1
Peel and slice a kiwi & serve on top of 2 Weetabix with skimmed milk or low-fat natural yogurt.

LUNCH

Tomato Soup with Pasta
FREE FOOD SERVES 2
Cook 120g (uncooked weight) orzo or soup pasta until al dente, drain & set aside. Spray a saucepan with low cal spray oil & fry ½ chopped onion, 1 finely chopped celery stick until tender but not too brown. Add 100ml passata & a 400g can chopped tomatoes or 4 large ripe tomatoes. Bring to the boil, add 200ml of vegetable or chicken stock & a pinch of sugar. Season & simmer for 20 mins. Taste the soup, adjust the seasoning & add more water if you need to. Stir in the cooked pasta & serve sprinkled with chopped basil & 1tbsp reduced fat pesto (optional, 1 Bite)

DINNER

Pork & Apple Burgers with Chips
1.5 BITES PER SERVING SERVES 4
Mix 500g pork mince with a grated eating apple & season. Shape into 4 burgers & chill for 30 mins before frying on a non-stick pan. Place in a 60g brown burger bap & top with rocket, cucumber & sliced red onion. Serve with 100g Unislim Gorge Us rustic cut chips.

SUNDAY

BREAKFAST

Mushrooms on Toast
FREE FOOD SERVES 2
Spritz a pan with low cal oil & fry 180g sliced mushrooms with a chopped garlic clove. Add chopped parsley & 1 tsp of lemon juice. Divide the mushrooms between 4x30g slices of wholemeal toast, sprinkle with parsley & serve.

LUNCH

Egg, Onion & Mayo Sandwich
FREE FOOD SERVES 1
Mix 1 egg, boiled & chopped, with 1 tomato, finely chopped, 2 spring onions, finely chopped & 1tbsp lighter than light mayo. Season with salt & pepper & make a sandwich using 2x30g slices wholemeal bread. Serve with any Unislim soup.

DINNER

BBQ Salmon Parcels
1 BITE PER SERVING SERVES 4
Cut 4 pieces of foil that will easily wrap a salmon fillet & lay them on a work surface. Spread each with a little butter & lay a salmon fillet on top. Mix 1tbsp honey with 2tbsp low salt soy sauce & divide between the parcels, pouring over the salmon. Fold the foil tightly round the salmon to make a parcel. Put the parcels on the BBQ & cook for 5-10 mins. Check one to see how it's doing & when the salmon is cooked, open the parcels & scatter with 1tbsp sesame seeds & 2 sliced spring onions. Serve with a green salad & a 200g baked potato.

Food Tracker

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