

MONDAY

BREAKFAST

Poached Eggs & Relish
FREE FOOD SERVES 1
Spread 2x30g slices wholemeal toast with 1 tbsp no added sugar tomato relish. Slice a large tomato and layer onto the toast. Top with 2 poached eggs.

LUNCH

Spicy Chicken Wraps
0.5 BITES PER SERVING
SERVES 2
Thinly slice 2 chicken breasts and mix with a squeeze of lime juice, ½ tsp chilli powder, ½ a sliced red onion and a chopped garlic clove. Heat a non-stick pan, spray with low cal oil, add everything, and fry until the chicken is cooked through. Add 2 chopped roasted peppers (from a jar) and warm them through. Divide the chicken mix between 2 warmed wholemeal wraps, top with 30g grated low fat cheese, a dollop of low-fat natural yogurt and some chopped coriander. Roll up, slice in half and serve.

DINNER

Chilli Con Carne
1 BITE PER SERVING
SERVES 4
Spritz a pan with low cal oil and brown 400g lean beef or turkey mince with a finely chopped red onion and 2 minced garlic cloves. Add 2 tbsp tomato puree, 1tsp each of cinnamon and paprika, a chopped and deseeded chilli and a can of red kidney beans, drained. Reduce the heat and simmer for 30 minutes. Garnish with chopped coriander leaves and serve with ¼ plate basmati rice and a tbsp sour cream.

TUESDAY

BREAKFAST

Granola & Yogurt
1.5 BITES PER SERVING
SERVES 1
Top 45g no added sugar granola with a handful of chopped berries and ½ sliced banana. Serve with 0% Greek yogurt.

LUNCH

Curried Parsnip & Apple Soup
0.5 BITES PER SERVING
SERVES 4
Peel and chop 700g parsnips and 1 onion and add to a large saucepan spritzed with low cal oil. Cook, stirring occasionally until the onion begins to brown. Add 2, thinly sliced garlic cloves and cook for about 45 seconds, until fragrant. Add 1 litre vegetable stock, 200g potatoes, peeled and chopped, 200g granny smith apples, peeled and chopped and 2 tbsp curry powder. Cover, reduce the heat and simmer until the vegetables are tender. Remove from the heat and blend until smooth. Return to the pot to heat gently. Season to taste and add more curry powder if you like it a little spicier. Serve garnished with chopped coriander with a 65g seeded roll.

DINNER

Spaghetti Puttanesca
0.5 BITES PER SERVING
SERVES 1
Spray a non-stick pan with low cal oil and fry a finely chopped onion until soft. Add 2 large crushed garlic cloves and ½ tsp chilli flakes and cook for another minute. Stir in a can of chopped tomatoes, 5 chopped anchovies, 24 pitted black olives and 2 tbsp drained capers. Bring to a gentle simmer and cook, uncovered, for 15 mins. Season to taste. Meanwhile cook 240g dried spaghetti, according to packet instructions, then drain and toss with the sauce. Garnish with chopped parsley and serve.

WEDNESDAY

BREAKFAST

Apple Porridge
0.5 BITES PER SERVING
SERVES 1
Make up to 60g porridge with skimmed milk and top with ½ grated apple & 1tsp honey.

LUNCH

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

DINNER

Saucy Salmon & Spinach
0.5 BITES PER SERVING
SERVES 2
Spritz a pan with low cal oil and fry 2 seasoned salmon fillets for a few minutes on either side until cooked through. Leave to rest on a hot plate. Tip 250g baby spinach leaves into the hot pan, season well and allow to wilt for a few minutes. Spoon the spinach onto hot plates and top with the salmon. Gently heat 30g reduced fat crème fraiche in the pan, add 1tsp capers, juice of half a lemon and 2tbsp chopped flat leaf parsley. Spoon the sauce over the salmon and serve with lemon wedges for squeezing and ¼ plate of baby potatoes.

THURSDAY

BREAKFAST

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

LUNCH

Ham Salad Pitta
FREE FOOD SERVES 1
Pack a warmed whole meal pitta pocket with 2 slices lean ham, diced cherry tomatoes, diced cucumber and rocket leaves. Top with a tbsp lighter than light mayo and serve..

DINNER

Spicy Pork Chops with Sweet Potato & Spinach Mash
1 BITE PER SERVING
SERVES 2
Make a marinade with 2 tbsp soy sauce, 1 tbsp grated root ginger, 1 red chilli, deseeded and finely chopped, 2 tsp honey and 2 tsp olive oil. Place 4 lean pork chops in the marinade and leave for 30 minutes. Meanwhile steam 400g sweet potato, cut into large chunks. For the last few minutes of steaming add 200g baby spinach and let it wilt. Grill the chops for 3-5 minutes on each side depending on your taste. Mash the sweet potato, stir in the spinach and serve the chops on the mash.

FRIDAY

BREAKFAST

Breakfast Banana Split
1 BITE PER SERVING
SERVES 2
Peel 2 bananas and slice them lengthwise. Arrange in an X on 2 plates. Mix 200g 0% Greek yoghurt, 1tbsp granulated sweetener and ½ tsp vanilla extract. Thinly slice 10 blueberries and 4 strawberries and stir into the yogurt. Spoon the yogurt into the middle of the bananas. Sprinkle with 25g flaked almonds and decorate with strawberry halves.

LUNCH

Prawn, Avocado & Rice Salad
0.5 BITES PER SERVING
SERVES 2
Cook 120g (uncooked weight) brown basmati rice as per packet instructions. Combine the cooled rice with 300g cooked prawns, 1 diced avocado, 2 chopped spring onions, 8 cherry tomatoes and a handful of chopped coriander. Mix the juice of a lime with 2 tsp honey and gently fold into the salad just before serving.

DINNER

Sesame & Ginger Beef Stir-fry
1.5 BITES PER SERVING
SERVES 1
Make a marinade by mixing 1tbsp soy sauce, 1tsp ginger root, peeled and grated, ½ minced garlic clove, 1tsp honey and 1tsp dried chilli flakes. Toss 100g lean beef strips in the marinade and chill for about 30 minutes. Spray a wok or large pan with low cal oil and add a thinly sliced carrot and some broccoli florets, sliced if they're too thick. Add the beef to the pan and cook until the beef is browned and the vegetables have softened but still have some bite. Serve with ¼ plate basmati rice, garnished with chopped coriander and sprinkled with 2tsps sesame seeds.

SATURDAY

BREAKFAST

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

LUNCH

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

DINNER

Vegetarian Fajitas
FREE FOOD SERVES 4
Cut 1 red and 1 yellow pepper into strips. Take 2-3 strips of each colour, finely chop, and set aside. Spray a pan with low cal oil and fry the remaining pepper strips with a red onion, cut into thin wedges, until soft. Cool slightly and then mix in the raw peppers. Add a crushed garlic clove and cook for a minute, then add ½ tsp chilli powder, ½ tsp smoked paprika and ½ tsp ground cumin. Cook for a few minutes until the spices become aromatic, then add the juice of ½ lime and season. Transfer the mix to a dish, leaving any juices behind, and keep warm. Tip a 400g tin, drained, black beans into the same pan with the juice of ½ a lime and plenty of seasoning. Stir the beans to allow them to warm and absorb any flavours, then add a small bunch of chopped coriander. Fill 4, warmed, wholemeal tortillas with the beans and the fajita mix and serve with sliced avocado and 0% Greek yogurt.

SUNDAY

BREAKFAST

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

LUNCH

Calzone
1 BITE PER SERVING
SERVES 1
Preheat the oven to 190c. Spread a wholemeal tortilla with tomato puree and fill with slices of red onion, red and yellow peppers and chopped lean ham. Top with 30g grated low fat cheddar and fold up, closing the top and bottom edges tightly. Place the wrap on a baking tray and bake in the oven for 5-10 minutes. Serve with a side salad.

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 and season. Squeeze the juice from ½ a lemon over the chicken and 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 and roast in the oven. Serve with steamed green veg.

Don't forget your 2 snacks a day!

Visit unislīm.com for tasty snack ideas

Weekly Tracker

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