

MONDAY
BREAKFAST
Banana Bran
FREE FOOD SERVES 1
Top 60g All- Bran or Bran Flakes with a sliced banana & serve with skimmed milk or low-fat yogurt.

LUNCH
Smokey Beans & Baked Eggs
1 BITE PER SERVING SERVES 1
Spritz a wide shallow pan with low cal spray oil & cook 1chopped onion until softened. Add a sliced red pepper & cook for another 5 mins until softened. Stir in 3 crushed garlic cloves, 2tsp smoked paprika & 1tbsp reduced sugar tomato ketchup, then tip in a 400g can chopped tomatoes. Cover & simmer for 10 mins then remove the lid & cook for a few more mins to thicken. Add 2x400g cans of black or pinto beans. Use a spoon to make spaces in the mixture for 6 eggs. Crack the eggs one by one into a cup & gently drop into each space. Cover the pan, reduce the heat & cook for another 3-5 mins until the eggs are cooked. Scatter with chopped coriander before serving.

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 Unisl^{im} Gorge Us rustic cut chips.

TUESDAY
BREAKFAST
Nut Butter Toast with Banana
1 BITE PER SERVING SERVES 1
Spread 2x30g slices of wholegrain toast with 2 tsp no added sugar peanut butter & top with a mashed banana. Sprinkle with cinnamon.

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
Crispy Baked Hake with Yogurt Tartar Sauce
2 BITES PER SERVING SERVES 4
Melt 25g butter. Line a large baking tray with parchment paper & brush with a little of the melted butter. In a shallow dish place 75g stale wholemeal breadcrumbs, 15g finely grated reduced fat cheddar cheese & 1 tbsp chopped parsley. Put 40g plain flour in a shallow dish & 1 beaten egg in a 2nd shallow dish. Season 4 hake fillets & dip them, one at a time, into the flour, egg & finally the breadcrumb mixture. Place on the baking tray, brush with the remaining butter & bake at 200c for 15 mins or until cooked through. While the fish is cooking make the Tartar sauce by combining 150g 0% Greek Yogurt, 1 tsp Dijon style mustard, 1 tbsp chopped capers, 1 finely chopped gherkin & 1tbsp chopped parsley. Serve the fish & Tartar sauce with tender stem broccoli & ¼ plate baby boiled potatoes.

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

LUNCH
Roasted Butternut Squash Soup
0.5 BITES PER SERVING SERVES 4
Cut a peeled & deseeded butternut squash into large cubes. Put into a roasting tray, spray with low cal oil & roast for 30 mins until golden & soft. While the squash is cooking spray a large pan with low cal oil & fry 2 diced onions, 1 thinly sliced garlic clove & a deseeded & finely chopped red chilli (optional) on a very low heat for 15-20 mins until the onions are soft. Tip the squash into the pan with 850ml hot vegetable stock & 4 tbsps. reduced fat crème fraiche. Remove from the heat & blend until smooth. Gently reheat, then season to taste & serve with a 65g seeded brown roll

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.

THURSDAY
BREAKFAST
Mushrooms & Eggs
FREE FOOD SERVES 1
Grill a large Portobello mushroom & serve with 2 poached eggs, 2x30g slices wholemeal toast & some wilted spinach.

LUNCH
Pesto, Cannellini Beans & Tuna Jackets
1.5 BITES PER SERVING SERVES 2
Bake 2x200g sweet potatoes until really soft. Mix ½ x 400g can cannellini beans with 2tbsp reduced fat pesto, 30g light cream cheese, 100g can tuna in water, drained, ½ finely chopped red onion & the zest of a lemon. Split the potatoes & stuff with the filling. Sprinkle with chopped basil before serving with a green salad.

DINNER
Sweet Potato Shepherd's Pie
0.5 BITES PER SERVING SERVES 4
Spray a large pan with low cal oil & fry 2 finely chopped onions until they soften & start to colour. Add 2 chopped garlic cloves, 2 finely diced carrots & 2 tsp fresh thyme & cook for 4 more mins. Stir in 400g extra lean mince & brown. Add 60g red lentils, 100g frozen peas, 300g diced turnip & 1tbsp plain flour. Cook for a few mins & then gradually add 100ml red wine & 550ml beef stock. Bring to the boil, cover & simmer for 35-40 mins. Meanwhile, boil 600g sweet potatoes until tender. Drain & mash with 1tsp nutmeg, 100g low fat natural yogurt & black pepper. Spoon the mince & veg into a large ovenproof dish & spread the potato mixture on top. Pop in the oven for about 20 mins until the top is golden brown and serve with steamed green veg.

FRIDAY
BREAKFAST
Eggs & Avocado on Toast
FREE FOOD SERVES 1
Slice ½ an avocado & divide between 2x30g slices of wholemeal toast. Top each with a poached egg. Sprinkle with some freshly chopped parsley & serve with grilled tomatoes.

LUNCH
Vegetable Frittata
1.5 BITES PER SERVING SERVES 2
Spray a large pan with low cal oil & fry 1 finely chopped medium red onion for 2 mins. Add a finely sliced yellow pepper, 8 button mushrooms & 2 crushed garlic cloves along with 2tsp Herbs de Provence & ¼ tsp chilli flakes. Fry until soft & stir through 50g frozen petit pois. Beat 4 large eggs & pour into the pan. Season, then scatter with 60g crumbled feta cheese & 8, halved, cherry tomatoes. Cook for a few mins until the eggs are starting to set & then put under a hot grill to finish. Serve with a leafy green salad.

DINNER
Creamy Mushroom Tagliatelle
1 BITE PER SERVING SERVES 4
Spritz a large frying pan with low cal oil & cook a finely chopped onion, a thinly sliced leek & 2 crushed garlic cloves until soft. Add 400g, sliced chestnut mushrooms & cook for 5 mins. Add 100ml vegetable stock or white wine & cook for about 5 mins until it reduces. Stir in 60ml low fat crème fraiche & the zest of a lemon. Cook 240g tagliatelle according to packet instructions. When the pasta is just tender, drain & return to the hot pan in which it was cooked. Stir in 400g baby spinach leaves & when it wilts gently stir in the creamy mushroom mix. Divide between 4 plates & serve immediately sprinkled with 30g grated parmesan

SATURDAY
BREAKFAST
Cinnamon Bagel with Raspberries
1 BITE PER SERVING SERVES 1
Mix 30g light cream cheese with a handful of fresh raspberries & spread on a toasted wholemeal bagel. Sprinkle with cinnamon & serve with a 150ml glass of fresh orange juice.

LUNCH
Chicken & Roast Veg Wrap
FREE FOOD SERVES 1
Roughly chop 1 red onion, a handful of mushrooms, 1 yellow pepper & 2 tomatoes & put on a baking tray. Spray with low cal oil & sprinkle with 1 tsp mixed herbs. Roast in a hot oven until cooked & a little charred. Spread a wholemeal wrap with lighter than light mayo & fill with the veg. Top with cooked chicken, roll up & enjoy. (This is also a great way to use leftover chicken & veg from a roast dinner).

DINNER
Creamy Cheese Stuffed Chicken
2 BITES PER SERVING SERVES 4
Preheat the oven to 180c/gas 4. Cut along the side of 4 chicken fillets to form a pocket. Mix 120g Philadelphia light cheese with 1tbsp chopped chives & fill each pocket. Secure with wooden cocktail sticks. Spray a pan with low cal oil & sear the chicken on both sides over a high heat until golden. Put the chicken in an ovenproof dish & bake for 25 mins until cooked through. In the meantime, fry 2 large, thinly sliced leeks in the juices left on the pan for 8-10 mins. Add 400g small mushrooms, thinly sliced & cook for 3-4 mins. Add 120ml chicken stock & bring to the boil. Reduce the heat & allow to thicken. Stir in 120ml reduced fat crème fraiche & gently heat for 2-3 mins. Serve the chicken fillets, with the sauce spooned on top, ¼ plate new potatoes & green veg.

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

LUNCH
Smoked Salmon Open Sandwich
FREE FOOD SERVES 2
Spread 4x30g of rye or whole grain bread with 100g quark. Top with 100g smoked salmon slices & a squeeze of lemon juice. Sprinkle with chives & black pepper before serving.

DINNER
Chargrilled Beef Fillet with Rosemary Potato Cubes & Caramelised Onions
1 BITE PER SERVING SERVES 4
Preheat the oven to 220c, gas mark 7. Cut 4x 200g potatoes into cubes. Toss in a roasting tray with 1tbsp olive oil & the roughly chopped leaves of 2 sprigs of rosemary. Season well & transfer to the oven for 30-40 mins, stirring occasionally. Grind plenty of black pepper over a 500g piece of beef fillet & sear on all sides in a hot non-stick pan for 2-3 mins until charred. Transfer to the oven & roast for 15-20 mins for rare, 30 mins for medium & 40 mins for well done. Remove from the oven, cover & leave to relax for 10 mins. In the meantime, heat 1tbsp olive oil in a non-stick pan & gently fry 2 finely sliced onions. Keep the heat low & allow the onions to gently colour for about 20 mins. Add 2tsp balsamic vinegar & cook for a further 5 mins until the mixture is sticky & a rich caramel colour. Carve the beef into 4 thick slices & serve with the potato cubes & the caramelised onions.

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2 snacks a day!
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Weekly Tracker

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