

MONDAY

BREAKFAST

Porridge with Pecans & Prunes
FREE FOOD SERVES 1
SERVES 1
Make up to 60g of porridge with skimmed milk & top with 5 chopped prunes & 10g pecans.

LUNCH

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

DINNER

Pasta Primavera
1.5 BITES PER SERVING
SERVES 4
Steam 75g broad beans, 200g asparagus tips & 170g peas until just tender, then set aside. Cook 240g spaghetti or tagliatelle according to pack instructions. Meanwhile, heat 2tsp olive oil & 2tsp butter in a pan & gently fry 175g, trimmed & sliced baby leeks until soft. Add 200ml fromage frais & warm through very gently, stirring constantly so it doesn't split. Add a handful of fresh chopped herbs (mint, parsley & chives) & the steamed veg with a splash of the pasta water to loosen. Drain the pasta & stir into the sauce. Season to taste, divide between 4 plates or shallow bowls & top each with 15g shaved parmesan.

TUESDAY

BREAKFAST

Rainbow Scramblers
0.5 BITES PER SERVING
SERVES 1
Scramble 2 eggs & as they become fluffy add in a handful of spinach & some chopped cherry tomatoes. Top with 15g, grated, low fat cheddar cheese. Sprinkle with black pepper & serve with 2x30g slices wholemeal toast.

LUNCH

Baked Potato with Cottage Cheese & Bacon
FREE FOOD SERVES 1
SERVES 1
Mix 4 tbsp cottage cheese with 2 rashers of grilled & chopped lean back bacon & pile onto a 200g baked potato. Serve with a green salad.

DINNER

Chinese Lemon Chicken
0.5 BITES PER SERVING
SERVES 4
Cook 240g egg noodles according to packet instructions. Cut 500g chicken fillets into strips, put in a bowl & spray with low cal oil. Add 10g sesame seeds & stir to coat the chicken. Heat a wok & stir fry the chicken until golden brown. Add 1 bunch of sliced spring onions, 2 crushed garlic cloves & 1 tbsp finely chopped root ginger & stir-fry for 1 minute. Add 200g tenderstem broccoli, 1 thinly sliced red pepper & 200g sugar snap peas & stir-fry for 1-2 mins. Stir in the zest & juice of a lemon, 1 tbsp sweet chilli sauce, 2tbsp soy sauce & 4tbsp chicken stock. Cook for 2-3 mins until the liquid reduces & the vegetables are just tender. Serve the lemon chicken with the noodles.

WEDNESDAY

BREAKFAST

Fruity Yogurt & Eggs
FREE FOOD SERVES 1
SERVES 1
Serve 2 boiled eggs with up to 60g wholemeal toast & follow with a chopped pear topped with low fat yogurt, sprinkled with cinnamon.

LUNCH

Loaded Crispbreads
1.5 BITES PER SERVING
SERVES 1
Mash ½ an avocado with black pepper & lime juice & spread over 4 Sesame Ryvita. Crumble 30g Feta cheese & a chopped tomato on top & drizzle with balsamic vinegar. Serve with a bowl of any Unislim soup.

DINNER

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

THURSDAY

BREAKFAST

Bran flakes & Apple
FREE FOOD SERVES 1
SERVES 1
Serve 60g Bran flakes with skimmed milk & ½ a grated apple.

LUNCH

Parma Ham & Veggie Omelette
1 BITE PER SERVING
SERVES 1
Spritz a pan with low cal oil & set over a medium heat. Cook 2 slices of Parma ham for 1-2 mins each side until crispy. Make an omelette using 2 eggs, 30g reduced fat cheddar cheese, chopped parsley, a handful of sliced mushrooms & some sliced red & yellow peppers. Serve the omelette with the Parma ham crumbled on top & a 60g wholemeal crusty roll.

DINNER

Cod in Orange Sauce
FREE FOOD SERVES 4
SERVES 4
Pre heat the oven to 180c. Line an ovenproof baking dish (with a lid) with baking paper. Spray paper with low cal oil & lay 4 cod fillets on top. Pour over the juice of an orange & sprinkle with 1tsp Herbs de Provence, a crushed garlic clove & the zest of the orange. Season, cover & bake for 20 mins until the cod is just cooked. Serve the fish, drizzled with a spoonful of the sauce with ¼ plate baby boiled potatoes steamed broccoli & carrots.

FRIDAY

BREAKFAST

Pancakes & Bacon
0.5 BITES PER SERVING
SERVES 2
Beat an egg in a bowl & add 230ml skimmed milk & 120g wholegrain flour. Whisk until smooth. Spray a pan with low cal oil & when it's really hot, pour in a small amount of batter. Cook for 1-2 mins on each side until golden & then place on a warm plate. Repeat with the rest of the batter. Serve the pancakes while hot with grilled lean bacon & berries.

LUNCH

Creamy Chicken Salad Pitta
FREE FOOD SERVES 4
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 & pepper, to taste. Mix until well combined. Fill 4 toasted whole meal pitta pockets with the mix & serve with a side salad.

DINNER

Firecracker Prawns
1 BITE PER SERVING
SERVES 4
Spray a wok with low cal oil & stir-fry 2, sliced red peppers, 4, finely chopped spring onions, 1-2 deseeded & sliced chillies, 100g baby corn, & 100g mange tout for 2-3 mins. Add 400g raw king prawns & cook for another 3-4 mins until the prawns turn pink. Add 4tbsp oyster sauce, 4tbsp soy sauce, 2tsp tomato puree, juice of ½ lime & ½ tsp sugar. Stir well & cook for another minute until the sauce is thick. Serve with ¼ plate egg noodles.

SATURDAY

BREAKFAST

Sausage Roll
2 BITES PER SERVING
SERVES 1
Grill 2x40g low fat sausages & serve in a 60g wholemeal roll. Top with 1tbsp reduced sugar tomato ketchup.

LUNCH

Sweet Potato & Apple Soup
1.5 BITES PER SERVING
SERVES 4
Peel & cube 800g sweet potato. Chop 2 sticks celery & 2 spring onions. Peel & slice 3 eating apples. Put all the ingredients into a large saucepan with 1.2 litres vegetable stock, 1 tsp cumin & a small piece of finely sliced ginger. Season, bring to the boil & simmer for about 20 mins until the potatoes are tender. Blend & finish with a swirl of low-fat yogurt & a sprinkle of chopped parsley. Serve with a 65g wholegrain or seeded roll.

DINNER

Burger & Chips
1.5 BITES PER SERVING
SERVES 4
In a large bowl mix 450g lean mince, 1tbsp horseradish sauce, 1tsp garlic paste, 1tbsp, roughly chopped parsley & a dash of Worcestershire sauce. Divide the mixture into 4 burgers, pressing well together & chill for 10 mins. Grill until cooked through. Place each burger in a 65g wholemeal roll & top with sliced tomato & red onion. Serve with 100g Gorge Us chips and a side of Unislim salsa.

Don't forget your
2 snacks a day!
Visit unislim.com for
tasty snack ideas

SUNDAY

BREAKFAST

Berries & Apple Weetabix
FREE FOOD SERVES 1
SERVES 1
Grate ½ an apple & serve with a handful of blueberries on top of 2 Weetabix with skimmed milk or low-fat natural yogurt.

LUNCH

Fruity Curried Chicken Salad
1 BITE PER SERVING
SERVES 2
In a large bowl mix 2tbsp 0% Greek yogurt, 1tsp mild curry powder, 1tbsp fresh lemon juice & a good pinch of sea salt & black pepper. Add 1 celery stick, thinly sliced, 6 raw braccoli florets, 1 red apple, cored & cut into ½ inch pieces, 15 red seedless grapes, halved & 15g walnuts, halved. Toss to coat with the dressing. Cover & keep in the fridge until ready to serve (up to 12 hrs) Cover 2 plates or shallow bowls with some gem lettuce leaves. Divide the salad between the two & top with sliced cooked chicken.

DINNER

Herb Roast Pork with Roasted Veg
FREE FOOD SERVES 6
SERVES 6
Heat the oven to 180c/160c/gas 4. Cut the rind & fat off a 1.25 kg pork leg roasting joint. Spread the joint with 1tbsp wholegrain mustard, scatter with chopped herbs (2tbsp parsley, 2tbsp thyme, 1tsp sage) & season with black pepper. Place 80g Prosciutto slices on top of the pork to protect the meat where the fat has been removed. Spray a large roasting tin with low cal oil & place the pork in the centre. Surround it with 3 carrots, peeled & halved lengthways, 2 red onions, cut into wedges, 12 garlic cloves, 1 small celeriac, peeled & cut into wedges & a few thyme sprigs. Spray with oil, cover with foil, & roast for an hour. Turn the heat up to 220c/200c/gas 7, uncover, spray again & roast for 20 mins more. Remove the meat from the oven & allow to rest. Spray the veg with a little more oil & continue to cook until golden & tender. Serve the pork with the roasted vegetables & a 200g baked potato.

Weekly Tracker

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