

MONDAY

BREAKFAST

Turkish Poached Eggs with Spinach & Pitta Breads

FREE FOOD SERVES 2
Put 250g spinach in a large saucepan with a tbsp of water. Cover and cook for 2 minutes until wilted. Season with salt and pepper, drain and keep warm. Poach 4 eggs until the whites are set and the yolks are still runny. In another pan heat 250g 0% Greek yogurt over the lowest possible heat with 2-3 crushed garlic cloves. Swirl in 1tsp Harissa paste. Divide the spinach between 2 bowls and spoon most of the yogurt over the top. Add the poached eggs and top with a spoonful of the yogurt. Serve immediately with toasted pitta breads.

LUNCH

Spicy Chicken & Salad Open Sandwich

FREE FOOD SERVES 1
Mix a tablespoon of low-fat natural yogurt with ¼ tsp of mild curry powder and add 85g cooked, chopped chicken. Top 2x30g slices of wholemeal bread with lettuce, grated carrot and sliced cucumber. Pile the spicy chicken on top and serve.

DINNER

Steak & Veg

FREE FOOD SERVES 2
Cook 2 lean sirloin or fillet steaks to your liking and serve with sautéed mushrooms and onions (using low cal spray oil) steamed asparagus and a ¼ plate baby boiled potato.

TUESDAY

BREAKFAST

Banana Weetabix
FREE FOOD SERVES 1

Top of 2 Weetabix with ½ a banana and serve with skimmed milk or low-fat natural yogurt.

LUNCH

Roasted Red Pepper & Quinoa Soup

0.5 BITES PER SERVING SERVES 4
Chop 1 onion and 2 red peppers and put in a baking tray with 2 cloves of crushed garlic. Sprinkle with some fresh basil and fresh rosemary, spritz with low cal oil and roast at 200c for 30 mins. Add the veg to a large pot with 1litre of vegetable stock and blitz with a hand blender until smooth. Leave on a medium heat for 15 mins. Cook 120g quinoa as per packet instructions and add to the soup. Swirl each bowl with 1tbsp reduced fat Crème Fraiche before serving.

DINNER

Spicy Pork Chops with Sweet Potato & Spinach Mash

1 BITE PER SERVING SERVES 2
Make a marinade with 2tbsp soy sauce, 1tbsp grated root ginger, 1red chilli, deseeded and finely chopped, 2tsp honey and 2tsp olive oil. Place 4lean 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.

WEDNESDAY

BREAKFAST

Nutty Cinnamon Porridge & Apple

1 BITE PER SERVING SERVES 1
Make up to 60g porridge with skimmed milk. Top with ½ an apple, grated or chopped and 12g almonds and sprinkle with cinnamon.

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

Thai Red Curry

1.5 BITES PER SERVING SERVES 4
Spray a wok with low cal oil & add 400g of chicken breasts cut into chunks. Cook over a medium heat until browned. Add 1 large sliced onion, 2 finely chopped garlic cloves, 1 butternut squash, cut into chunks, a cup of frozen peas, 400mls reduced fat coconut milk, 200ml of chicken stock and 2tbsps. Thai Red Curry paste. Stir in 1tbsp. of fish sauce and a handful of chopped coriander. Bring to the boil and simmer until everything is cooked through. Garnish with coriander and serve with ¼ plate basmati rice.

THURSDAY

BREAKFAST

Salted Caramel Oaty Waffles

FREE FOOD SERVES 1
Mix 60g of porridge oats with 70ml low fat plain yogurt, ½ tsp salted caramel flavouring, ¼ tsp baking powder & an egg. Pour into a waffle iron & cook until golden. Serve with a tbsp 0% Greek yogurt and your favourite berries.

LUNCH

Ham, Tomato and Mozzarella Toastie

2 BITES PER SERVING SERVES 1
Spread 2x30g slices wholemeal bread with passata or tomato puree. Scatter 1 slice with 30g, torn, low fat mozzarella and a few torn basil leaves. Add some shredded ham and any other vegetables you have such as sliced tomatoes, roast peppers or onions. Top with the second slice of bread and butter the outsides of the sandwich with 2tsp low fat butter. Cook in a sandwich toaster or in a heavy pan, weighed down by another heavy pan, until the cheese is melted and the outside is crisp. Serve with a side salad.

DINNER

Peri Peri Chicken

FREE FOOD SERVES 4
Mix 2tbsps. hot chilli sauce, zest and juice of a lemon and 3 minced garlic cloves in a bowl. Add 4 chicken breasts and stir until they are coated. Lightly spray a griddle pan with oil and cook the chicken over a medium heat until browned and cooked through. Serve immediately with a baked potato, green salad and Unislim free coleslaw – recipe on Unislim.com.

FRIDAY

BREAKFAST

Go Green Breakfast Smoothie

FREE FOOD SERVES 2
Place a banana, cut into chunks, a cup of green grapes, ½ an apple, cored and chopped, 3 handfuls of fresh spinach leaves and 180ml low fat vanilla yogurt into a blender. Cover and blend until smooth, stopping and pushing down anything stuck to the sides as you go. Pour into glasses and serve. Follow with a boiled egg and a toasted wholemeal pitta, cut into 'soldiers'.

LUNCH

Hummus & Red Pepper Wrap

0.5 BITES PER SERVING SERVES 1
Spread a wholemeal wrap with 25g reduced fat hummus. Top with a handful of salad leaves, a chopped roasted red pepper (from a jar), ¼ red onion, finely sliced, and some turkey or chicken slices, if you want extra protein. Roll the wrap and serve with any Unislim soup.

DINNER

Salmon Pasta Salad

FREE FOOD SERVES 2
Cook 120g, uncooked weight of whole-wheat penne pasta according to packet instructions. Drain and set aside. Spray a pan with low cal oil and fry a chopped red pepper until soft. Add 2 skinless salmon fillets and cover for 8-10 mins. Mix the juice and zest of a lemon, 1 chopped garlic clove, 1 chopped shallot and 2tbsps. capers. Add in the peppers, salmon and drained pasta and toss everything gently together, breaking up the salmon as you go. Divide between 2 plates & top with rocket.

SATURDAY

BREAKFAST

Bacon & Beans

FREE FOOD SERVES 1
Grill 2 turkey rashers and serve with reduced sugar beans, grilled tomato and 2x30g slices wholemeal toast.

LUNCH

Avocado and Roast Chicken Salad

FREE FOOD SERVES 4
Cut 2 cooked chicken breasts into chunks. Toss with ½ a peeled and sliced cucumber, an avocado, cut into chunks, a thinly sliced red onion and a grated apple. Stir in 4tbsp 0% Greek yogurt and season. Serve piled onto a bed of salad leaves with a 65g brown roll.

DINNER

Aubergine, Tomato & Parmesan Bake

1.5 BITES PER SERVING SERVES 4
Spray a pan with low cal oil and cook 2 crushed garlic cloves for 3 mins. Tip in a tin of tomatoes, simmer for 8 minutes and add 2tbsp tomato puree. Meantime, cut 2 aubergines into long thick slices and brush with a little oil. Heat a griddle pan until very hot then cook the aubergine slices in batches until browned & a little charred. Lay some of the aubergine in an oven proof dish and top with some of the sauce. Sprinkle with 30g grated parmesan & some chopped basil. Repeat these layers finishing with a layer of cheese. (use 90g cheese in total) Bake in the oven for 20 mins and serve with a leafy salad and a 65g seeded brown roll.

Don't forget your 2 snacks a day!

Visit unislim.com for tasty snack ideas

SUNDAY

BREAKFAST

Fruity French Toast

FREE FOOD SERVES 1
Whisk 1 egg with a dash of skimmed milk, 1tsp vanilla essence and ½ tsp of cinnamon in a shallow dish. Place 1x30g slice of wholemeal bread in the mixture to soak up the egg. Repeat with a second slice of bread. Spritz a pan with low cal spray oil and cook the bread gently until browned on both sides. Serve with low fat natural yogurt, fresh berries and ½ sliced banana.

LUNCH

Easy Pizza

1 BITE PER SERVING SERVES 1
Spread a whole-wheat tortilla with tomato puree. Sprinkle the top with ½ a sliced red onion, ¼ a diced red pepper and ½ a diced yellow pepper. Dot with some diced ham and sprinkle with 30g grated reduced fat cheddar. Finish with some chopped oregano or parsley and bake in the oven until crisp and golden. Serve with a crispy salad.

DINNER

Slow Cooker Beef Goulash

1 BITE PER SERVING SERVES 4
Set slow cooker on low and spray a large pan with low cal oil. Sear 1kg braising/stewing steak, cut into chunks. Transfer to a plate and set aside. In the same pan, fry 1 large, chopped onion until golden. Add 2 chopped mixed peppers and 2 chopped garlic cloves. Fry for 5-10 minutes. Stir in 1tbsp flour, 1tsp caraway seeds and ½tbsp sweet smoked paprika. Cook for 2 mins and stir in 2tbsp tomato puree, 2, large, chopped tomatoes and 200ml beef stock. Season, bring to a simmer and add to the slow cooker with the beef. Add more stock or water to cover completely. Cook for 6-7 hours until the beef is tender. Swirl in a tbsp sour cream and sprinkle with chopped parsley before serving with ¼ plate baby boiled potatoes.

Weekly Tracker

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