

MONDAY

**BREAKFAST**

**Boiled Eggs & Soldiers**

FREE FOOD SERVES 1  
Serve 2 boiled eggs with a toasted whole meal pitta cut into thick slices. Follow with a low-fat yogurt.

**LUNCH**

**Ham, Tomato and Mozzarella Toastie**  
2 BITES 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 2 tpsps 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**

**Firecracker Prawns**

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

TUESDAY

**BREAKFAST**

**Cinnamon Bagel with Raspberries**

1 BITE SERVES 1  
Mix 30g light cream cheese with a handful of fresh raspberries and spread on a toasted wholemeal bagel. Sprinkle with cinnamon and serve with a 150ml glass of fresh orange juice.

**LUNCH**

**Honey Mustard Chicken Pasta**

FREE FOOD SERVES 4  
Cook 240g (uncooked weight) farfalle or other pasta shape according to pack instructions and cool under running water. In a large bowl mix 3 tpsps lighter than light mayo with 1 heaped tsp wholegrain mustard and 1 tsp clear honey to make a creamy dressing. Loosen with a little water if it's too thick. Add the dressing to the pasta with 300g cooked chicken, torn into rough pieces, 4 thinly sliced spring onions, 4 tomatoes, cut into chunks and a small bunch of roughly torn basil leaves. Gently mix together and season to taste.

**DINNER**

**Sizzling Beef in Black Bean Sauce**

FREE FOOD SERVES 2  
In a bowl, mix 1 diced red pepper, a finely sliced thumb sized piece of root ginger, a handful of green beans, 2 crushed garlic cloves, ½ finely sliced red chilli, 2 sliced spring onions, sliced stalks of ½ bunch coriander (keep the leaves for later) and 200g lean beef cut into thin slices. Spray a wok with low cal oil and when very hot add the vegetables and beef. Stir fry for 3-4 minutes, moving constantly so it doesn't burn. Add 2tbsp black bean sauce, 1tbsp soy sauce and the juice of a lime. Keep stirring until the beef is cooked through, then serve immediately, garnished with coriander leaves and lime wedges, with ¼ plate noodles or basmati rice

WEDNESDAY

**BREAKFAST**

**Immune Boosting Smoothie**

FREE FOOD SERVES 1  
Blend 1-2 handfuls of rinsed spring greens with 1 banana, 1 peeled orange, 2 slices of pineapple, a handful of blueberries and 150ml unsweetened almond milk or water. Serve immediately in a tall glass.

**LUNCH**

**Cheesy Beans on Toast**

1 BITE SERVES 1  
Warm a tin of sugar free baked beans and serve with 2x30g slices granary toast. Top with 30g reduced fat cheddar.

**DINNER**

**Tikka Salmon with Jewelled Rice**

1 BITE SERVES 3  
Combine 1 tbsp tikka curry paste with 2 tpsps low fat natural yogurt. Season 3 salmon fillets, smear the yogurt paste all over and set aside. Spray a large pan with low cal oil and cook a large chopped red onion until soft. Stir in 2 tpsps tikka curry paste and cook for another minute. Add 1 tsp turmeric, 50g soft dried apricots, chopped and 180g brown basmati rice. Season well and give everything a stir. Pour in 800ml boiled water, bring back to the boil and reduce the heat for 15 mins. Cover with a lid, lower the heat to a gentle simmer and cook for 15 minutes more. Uncover and give the rice a good stir before putting the salmon fillets on top and re-covering the pan. Turn the heat to its lowest setting and leave undisturbed for 15-20 minutes until the salmon and rice are perfectly cooked. Scatter with 100g pomegranate seeds and coriander leaves. Serve with low fat natural yogurt.

THURSDAY

**BREAKFAST**

**Berry Parfait**

FREE FOOD SERVES 1  
In a large glass, layer one spoonful of low-fat natural yogurt with a layer of berries, then another layer of yogurt, then a layer of no added sugar muesli (60g in total) and so on until you've filled the glass. Garnish with mint leaves (optional)

**LUNCH**

**Cheesy Sweet Potato Jacket with Chorizo**

2 BITES SERVES 2  
Prick 2 x 200g sweet potatoes with a fork and bake at 190c for about 45 mins. Meanwhile cook 40g diced chorizo in a frying pan over a medium heat for a few minutes until it crisps up and releases its oil. Stir in 4 chopped spring onions, 80g quartered baby plum tomatoes and 50g shredded kale and cook for 2-3 minutes. Split the baked potatoes in half and mix a little of the insides with the mixture before piling it back into the skins. Sprinkle with 30g grated reduced fat cheddar cheese and grill for 2-3 minutes until melted.

**DINNER**

**Grilled Steak & Rosemary Potatoes**

FREE FOOD SERVES 1  
Halve 6 baby potatoes, spritz with low cal oil and sprinkle with dried or fresh rosemary. Oven roast until golden. Meanwhile grill a lean sirloin or fillet steak to your liking. Serve the steak with the rosemary potatoes, sauteed mushrooms and onions (using low cal spray) and steamed broccoli.

FRIDAY

**BREAKFAST**

**Avocado Toast & Eggs**

FREE FOOD SERVES 1  
Mash half an avocado & spread on 2x30g slices of whole meal toast. Top each slice with a poached egg & some cracked black pepper.

**LUNCH**

**Veggie Omelette**

1 BITE SERVES 1  
Fry 4 small asparagus spears quartered with 5 halved button mushrooms and 1 chopped spring onion using low cal spray oil. Meanwhile whisk 2 eggs with 50ml skimmed milk. Season and add in the sautéed veg. Pour the mixture back into the pan and cook gently allowing the uncooked egg to flow underneath. Sprinkle with 15g grated parmesan then fold the omelette in half and serve with a side salad and a 60g wholemeal roll.

**DINNER**

**Roasted Vegetable & Pasta Bake**

1 BITE SERVES 4  
Toss a chopped red pepper, 1 courgette, 1 leek, ½ onion, a handful of mushrooms and a clove of garlic. Place on a baking tray, spritz with low cal oil, season and sprinkle with a tbsp dried herbs. Roast until the veg is tender. Meanwhile cook 240g pasta according to packet instructions. In a large bowl toss the roasted veg with the cooked pasta, a tin chopped tomatoes, a handful of frozen peas & 60g, torn, low fat mozzarella. Pour the mix into an ovenproof dish, sprinkle with 30g grated parmesan and bake until golden brown. Serve with a crunchy salad or steamed green vegetables.

SATURDAY

**BREAKFAST**

**Apple Bran**

FREE FOOD SERVES 1  
Top 60g All Bran or Bran flakes with skimmed milk and top with ½ grated apple.

**LUNCH**

**Tuna Bean Salad**

0.5 BITES SERVES 2  
Chop 2 tomatoes into wedges, slice ¼ cucumber & 4 spring onions and add to a bowl along with some rocket, a tin of tuna in brine or water, drained, & 200g butter beans. Blend 1 tpsps. each balsamic vinegar and lemon juice and 2 tpsps. olive oil and pour over the mixture. Toss well and divide between 2 plates. Serve with 60g granary bread.

**DINNER**

**Pork & Apple Burgers with Chips**

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

SUNDAY

**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 and tomatoes and 2x30g slices of wholemeal toast

**LUNCH**

**Tomato & Courgette Soup**

0.5 BITES SERVES 6  
Spritz a large pan with low cal oil and heat. Add 2 chopped onions and 2 sliced courgettes and cook for 5 minutes, stirring occasionally. Add 2x400g cans of tinned tomatoes and 3 tpsps plain flour. Stir continuously for a few minutes and then add ½ tsp turmeric and 1.5 L of vegetable stock. Season, then cover and simmer for 30 minutes. Blend until smooth. Top each bowl with a tsp toasted sesame seeds just before serving with a 65g brown roll.

**DINNER**

**Chicken & Bean Enchiladas**

1.5 BITES SERVES 4  
Spray a pan with low cal oil and fry 4 diced chicken breasts until cooked. For the final few minutes add in 1 large sliced onion and 1 chopped red pepper. Stir in a tin of red kidney beans, a tin of chopped tomatoes & a thinly sliced fresh red chilli & bring to the boil. Simmer for 15 mins. Spread the mixture down the centre of 4 wholemeal tortillas. Roll up and sprinkle with 120g reduced fat cheddar cheese before popping in the oven until the cheese melts. Top each tortilla with a tbsp. of reduced fat crème fraiche and serve with a green salad.

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

# Weekly Tracker

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BREAKFAST



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DINNER

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Bites Earned  Free Oil 



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