

UNISUM

Nourish

your body and mind!



**“ Success
is the sum of
small efforts
repeated daily ”**

NOURISH your body & mind!

Introducing Nourish, a new holistic approach to healthy living that goes beyond just what's on your plate.

Nourish is a lifestyle plan designed to bring a healthier balance to your relationship with food, body & mind.

Good food does more than nourish your body, it provides energy & helps you feel fuller for longer. Increased movement benefits your mindset, boosts your metabolism and improves your overall health. Nurturing a positive mindset creates a happier you & bolsters your self-confidence.

With Nourish & the support of our incredible Unislim community let the journey to a healthier, happier you begin!

Love

Trace x



NOURISH your Body

Our body thrives on nutrient-rich foods that provide an array of vitamins, minerals, and antioxidants. Therefore, a variety of fresh, wholesome ingredients is essential when it comes to nourishing your body, boosting your immune system, and improving your health. We encourage you to be adventurous in the kitchen & try the wholesome foods in this plan to enhance your well-being.

Here's some other easy ways to nourish your body, create happiness and feel amazing from the inside out.

1. Morning Routine

Start your day with a few minutes of outdoor activity, such as a short walk or stretching in the fresh air. Exposure to natural light, especially in the morning, helps regulate your body's internal clock (circadian rhythms). This can improve sleep patterns and contribute to overall well-being.

2. Mindful Breathing

Incorporate deep breathing exercises or meditation into your daily routine. Deep, diaphragmatic breathing helps the lymphatic system eliminate waste and toxins from the body as well as reducing stress and promoting relaxation. You'll find a soothing & relaxing 10-minute meditation in the member's only area of our website.

3. Thirsty work

Quenching your body's thirst goes beyond the simple act of hydration – it's a daily commitment to glowing skin, increased energy, reduced brain fog & flushing away toxins. So, if you're on a quest for a radiant, energized you, start by embracing the simplicity of a glass water at each meal and try and increase it to 8 glasses of water daily, your body will love you for it!

4. Good for your Gut

Eating a nutritious well balanced diet isn't just about fitting into your favourite jeans. It's about eating great foods for optimal gut health. Our 7 day meal plan contains recipes that include fibre essential and gut healthy nutrients. A healthy gut is considered to be responsible for reducing inflammation, bloating, supporting a stronger immune system while helping you to maintain a healthy weight.

5. Bedtime Rituals

Create a calming bedtime routine that includes dimming lights in the evening to signal to your body that it's time to wind down. Limit screen time before bedtime to promote melatonin (sleep hormone) production.

Remember that consistency is key when incorporating these practices. Making them a regular part of your routine can contribute significantly to your well-being.

NOURISH your Mind

Nourishing your mind is essential for overall health, wellbeing, longevity and happiness. Good food rich in nutrients, vitamins and antioxidants will support brain function and memory. While exercise increases blood flow to the brain and releases powerful happy hormones.

Stimulate and nourish your mind with our top tips to keep your brain active, enhance your life, uplift your mood & increase your happiness.

1. Stimulate Curiosity

Our minds are like a muscle that loves to be exercised! Be curious, pick up a new hobby, learn a new skill, start an online course, read a gripping novel, take up knitting... do something that stimulates your mind and keeps it active.

2. Join our Book Circle

Our minds thrive when we engage with others & create meaningful social connections. We also love to be challenged, laugh, chat and have fun. To help engage our brains & grow our circle of friends together, we've created a new member-only online monthly Book Circle. Each month we'll select a great novel to read & invite you to connect, chat and join in the fun. Watch out for details in our app and on your emails.

3. Digital Detox

Take breaks from constant digital stimulation. Limit screen time, especially before bedtime, to improve sleep quality and reduce mental fatigue.

4. Joy of Journaling

Keep a journal beside your bed and write your dreams, spill your inner thoughts, celebrate victories and what makes you happy. Expressing yourself on paper can help offload problems & create a calmer, happier mind. To get you started go to page 5 and 6. And to continue your journaling journey check out our 12 week journal on Unislim.com

5. Positive Self-Talk

Cultivate a positive and constructive internal dialogue. Your thoughts are powerful so challenge any negative thoughts. Focus on what's good. Be kind to yourself.

You are strong, you are loved and you are amazing!



My Week



Planning your week ahead will make for a more productive, calmer and happier mind. Start by filling out your priorities, to do list & goals below and see how you feel, happy journaling!

TOP 3 PRIORITIES

3 THINGS I'M GRATEFUL FOR

TO DO LIST

MON	
TUES	
WED	
THURS	
FRI	
SAT	
SUN	

NOTES



My Goals



WEEKLY GOALS:

WEIGHT LOSS GOALS

HABIT TRACKER

M T W T F S S

_____	○	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○	○

EXERCISE GOALS










- _____
- _____
- _____
- _____
- _____

NEW RECIPE I'VE TRIED

Breakfast at a glance.



Choose one of our **FREE** breakfasts each day

-  French Toast (60g of Wholemeal Bread) with bacon medallions
-  Bircher Muesli (60g) with apple and yogurt
-  2 Weetabix with sliced banana & sprinkle of cinnamon
-  Sugar-free beans with bacon medallions & wholemeal toast (60g)
-  ½ Avocado, poached egg & wholemeal toast (60g)
-  Vegetable omelette, including veggies of your choice
-  Baked oats (60g) with 0% greek yogurt & fruit of choice
-  Super Shake Smoothie - skimmed milk, 0% fat yogurt & fruit of choice
-  60g of Bran Flakes with skimmed milk and topped with a handful of berries



CHECK OUT
UNISLIM.COM
FOR FULL
RECIPES

Lunch

Ham and Cheese Croque Monsieur Toastie

Serves 1 | 3 Bites per serving

- 2 x 30g slices wholemeal, wholegrain or multigrain bread
- 2 tsp low-fat spread
- 30g reduced-fat Cheddar cheese, grated, plus 15g for sprinkling
- 1 tsp Dijon mustard
- 1 tsp half-fat crème fraîche
- A dash of Worcestershire sauce (optional)
- 100g wafer-thin sliced lean ham

Preheat the oven to 220°C, gas mark 7. Thinly scrape the low-fat spread over one side of each bread slice. Place the bread, spread-side down, on a clean work surface or plate. Mix together the grated Cheddar, mustard, crème fraîche and Worcestershire sauce and spread over 1 slice of bread. Top with the ham and then cover with the remaining slice of bread, spread-side up. Place the sandwich on a baking sheet and sprinkle with grated Cheddar. Cook in the preheated oven for 8–10 minutes until the cheese has melted and the bread is crisp and golden brown and serve immediately.



Tuna Couscous Salad

Serves 1 | Free Food

- 60g of couscous, make as per pack instructions
- 2 spring onions
- ¼ cucumber sliced
- 1 tin of tuna in brine, drained
- 1 tomato, chopped
- Fresh parsley chopped
- Juice of ½ lime

Add the tuna, cucumber, tomato and spring onion, parsley in to the couscous and mix well. Season and squeeze over the lime juice & serve. You can add 30g Feta cheese for 1.5 Bites!



Salmon & Lemon zest bagel

Serves 1 | 1 Bite per serving

- 1 wholemeal bagel, halved & toasted
- 30g light cream cheese
- Half avocado sliced
- ¼ red onion sliced
- Zest of ½ lemon
- Smoked salmon slices
- Black pepper

Mix the cream cheese with the lemon zest and a little black pepper. Spread onto the bagel and top with the avocado, onion, smoked salmon a squeeze of lemon juice.

Quick and easy curried chicken wraps **Serves 4 | 0.5 Bites per serving**

- 100g 0% fat Greek yoghurt
- 2 tbsp extra light mayonnaise
- 1 tbsp curry paste
- 1 tbsp fruity chutney
- Leftover chicken chopped
- 4 spring onions, shredded
- 1 celery stalk, diced
- 2 ripe tomatoes, diced
- 4 large wholemeal tortilla wraps
- a large handful of crisp lettuce, shredded



In a bowl, mix together the yoghurt, mayonnaise, curry paste and chutney. Stir in the chicken, spring onions, celery and tomatoes. Place the tortillas on a plate and scatter lettuce over them, leaving a border around the edge. Place the curried chicken mixture on top. Roll each one into a cylinder and enjoy with a cup of Unislim Soup.

Thai Curry squash soup **Serves 4 | 1.5 Bites per serving**

- Spray oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 2cm piece fresh root ginger, peeled and diced
- 1 red bird's eye chilli, diced
- 1 stalk lemongrass, peeled and thinly sliced
- 2 tbsp red curry paste
- 900g butternut squash, peeled and cubed
- 600ml hot vegetable stock
- 400ml canned reduced-fat coconut milk
- Juice of 1 lime
- Salt and freshly ground black pepper
- A handful of coriander or flat leaf parsley, chopped
- 4 tbsp 0% fat Greek yoghurt (optional)



Lightly spray a large pan and cook the onion, garlic and ginger gently for 6–8 minutes, until softened. Stir in the chilli, lemongrass, curry paste and cook for 2–3 minutes. Mix in the butternut squash and pour in the hot stock and bring to the boil. Reduce the heat, stir in the coconut milk and simmer gently for 20–25 minutes until the squash is cooked. Blitz the soup, in batches, in a blender or food processor until smooth. Return to the pan and heat through gently, adding the lime juice and seasoning to taste. Serve with some yogurt.

Bean & Vegetable Soup **Serves 4 | 0.5 Bites per serving**

Low cal spray oil
2 cloves of garlic, crushed
1 onion chopped
1 leek chopped
1 courgette halved & sliced
400g tin of cannellini beans drained
1 tbsp of basil pesto
Zest of lemon
1.5 litres of vegetable stock



Spray a pan with oil, add the onions & leeks. Cook over a medium heat for approx. 10 minutes. Add garlic, cannellini beans & veg stock. Simmer for 25 minutes. Then add courgette and cook for a further 5 - 10 minutes. Add lemon zest, basil pesto, plenty of black pepper and serve.

Cheesy vegetable omelette with crispy Parma ham

Serves 1 | 1 Bite per serving

Low-cal spray oil
3 baby leeks, halved
60g small broccoli florets
60g baby leaf spinach
2 wafer thin slices Parma ham (all visible fat removed)
2 medium free-range eggs
30g reduced-fat Cheddar cheese, grated
a few sprigs of parsley, basil or dill, chopped
salt and freshly ground black pepper
60g wholemeal bread or roll



Cook the baby leeks and broccoli in a pan of boiling water for 4-5 minutes until just tender. Drain and set aside. Put the spinach in a colander and pour some boiling water over. Drain and press down with a saucer to squeeze out any excess water. Set aside. Lightly spray a non-stick frying pan with oil and set over a medium heat. Cook the Parma ham for 1-2 minutes each side until crisp and golden brown. Remove and drain on kitchen paper. Beat the eggs, cheese and herbs together in a bowl and season with a little salt and pepper. Add the cooked vegetables to the frying pan and cook over a low heat for 1 minute. Pour in the beaten egg mixture and cook very gently for 4-5 minutes until the omelette sets underneath.

Dinner

Vegan Chilli con Carne Serves 4 | Free Food

Spray olive oil
400g sweet potatoes, cubed
1 tbsp smoked paprika
1 tbsp ground cumin
1 tbsp ground coriander
1 tsp ground cinnamon
1 tbsp dried oregano
1 tbsp cocoa powder
1 onion, chopped
2 carrots, chopped
2 celery sticks, chopped
2 garlic cloves, crushed
1-2 fresh red chilli pepper, sliced
1 red pepper, cut into chunks
2 x 400g cans chopped tomatoes
400g can black beans, drained
400g can kidney beans, drained

TO MAKE PICKLED ONIONS, SLICE A RED ONION AS THINLY AS YOU CAN. STIR THROUGH THE JUICE OF A LIME AND LEAVE FOR 20 MINUTES



Cook sweet potato until tender. Set aside. In a large pot sauté onion, garlic, celery, carrot, chilli pepper, and regular pepper until soft (about 10 mins). Add spices, sugar, cocoa; mix for 1 min. Add tin tomatoes, 200ml water; simmer 20 mins until sauce thickens. Add beans, sweet potato; simmer. Season, add sweetener if desired. Serve with yogurt, avocado, pickled onions, and coriander.

Keema Shepherd's Pie Serves 4 | 0.5 Bites per serving

Spray oil
1 large onion, finely diced
3 garlic cloves, crushed
Thumb sized piece of ginger, grated
500g 5% lean beef mince
2 tbsp curry powder
Pinch of chilli flakes (optional)
2 tbsp flour
2 tbsp tomato puree
500g frozen veg of your choice
500ml beef stock

For the topping
800g potatoes
1 tsp turmeric
100ml low fat milk
Salt and pepper to taste

Preheat your oven to 200c. In a large pot, cook onions, garlic, and ginger until softened (10 min). Increase heat, add mince, brown well. Stir in curry powder, chilli (if using), and flour for 1 min. Add stock and tomato puree; simmer for 15 min until thickened. Stir in frozen vegetables. Make the mash as you usually would. Place beef mixture in a dish, top with mashed potato. Create fork lines for a crispy topping. Spray with oil, sprinkle nigella seeds (optional). Bake for 30 min until golden. Enjoy!



Comforting Chicken Tray bake

Serves 4 | Free Food

- 4 part boned chicken breasts
- 800g potatoes, halved
- 6 carrots, roughly chopped
- 5 parsnips, roughly chopped
- 2 onions, quartered
- 1 garlic bulbs, halved
- Fresh thyme or 1 tsp of dried (optional)
- 500ml chicken stock



STEPH'S
FAVOURITE
CHICKEN RECIPE!
UNISLIM LEADER

Preheat your oven to 200c. Put all the veggies into a roasting tin, season well and spray with oil. Season your chicken breasts and rest on top. Roast for 30-40 minutes or until your chicken and vegetables are cooked through. Toss occasionally.

Remove the chicken and veggies from the baking tray, deglaze the pan with some chicken stock, scrapping with a spatula until all the tasty bits are incorporated into the gravy. Thicken with gravy granules for a quick and easy mid-week dinner.

Prawn and Sambuca Linguini

Serves 4 | 2.5 Bites per serving

- 240g dried Linguini
- 350g raw prawns
- 5 cloves of garlic, crushed
- 1 onion, finely sliced
- 50ml Sambuca
- 165g tub extra light Philadelphia
- 30g parmesan
- Fresh green chilli, sliced
- Freshly chopped coriander



HELENA'S
PRAWN
RECIPE!
UNISLIM LEADER

Cook the pasta according to the packed instructions. Meanwhile, in a large frying pan, over a low heat, cook the garlic and onions until soft in some spray oil, about 10 minutes. Turn up the heat and add the prawns and cook for 1 minute. Add the sambuca, and tilt the pan to allow the sambuca to flambe (it will set alight). The sambuca will continue to flambee for about 30 seconds. Once the flames stop, the alcohol is burned off. Remove the prawns from the dish, and set aside. (this stops them from over-cooking). Add in the Philadelphia and 2 or 3 ladles of pasta water. Allow to bubble away for a few minutes until the sauce is a nice consistency. Add back the pasta and prawns and simmer for a minute until everything is piping hot. Add another ladle of pasta water if you need it. Serve with freshly grated parmesan, a fresh green chilli and chopped coriander.

Orange Chicken

Serves 4 | 1 Bite per serving

- 4 chicken breasts, sliced
- Juice of 3 orange, zest of 1 orange
- 3 tbsp soy sauce
- 1 thumb sized piece of ginger, grated
- 1 tbsp sesame oil
- 4 large garlic cloves, grated
- 1 tbsp rice wine vinegar
- 2 teaspoons light brown sugar
- 2 tablespoons sriracha (adjust to your liking)
- 1 tablespoon cornflour
- Handful of veggies of your choice (mangetout, tenderstem broccoli, sugarsnaps etc)
- 1 scallion, finely sliced
- Sprinkle of sesame seeds



Whisk together orange juice, soy sauce, ginger, 1 tablespoon oil, vinegar, orange zest, brown sugar, and sriracha (if using). Marinate chicken in the mixture for 1 hour. Cook chicken in a hot wok, sprayed with oil until just cooked; set aside. Simmer reserved marinade for 10 mins; add cornflour paste. Add vegetables, simmer until cooked. Return chicken to the wok; simmer until cooked through. Serve with 1/4 plate of basmati rice, scallions, and orange slices.

One Pot Hearty Stew

Serves 6 | 0.5 Bites per serving

- 2 tps olive oil
- 2 celery sticks, thickly sliced
- 1 onion, chopped
- 3 carrots, cut in big chunks
- Frozen peas
- 5 bay leaves
- 3 sprigs thyme
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbled
- 850g stewing beef cut into nice large chunks
- Flat leaf parsley



Heat oven to 160C/140C fan. Spray Low cal oil in a casserole dish and put the celery, onion, carrots, bay and 1 sprig of thyme. Soften for 10 mins, then stir in the flour, stir well and add the tomato purée, Worcestershire sauce, and beef stock cubes. Slowly add in 600ml hot water, then add the beef and bring to a gentle simmer. Cover and put in the oven for 2hrs 30 mins, then uncover add the frozen peas and cook for 30mins to 1hr more until the meat is really tender and the sauce is thickened. Sprinkle with flat-leaf parsley.

Marry me Chicken

Serves 4 | 2 Bites per serving

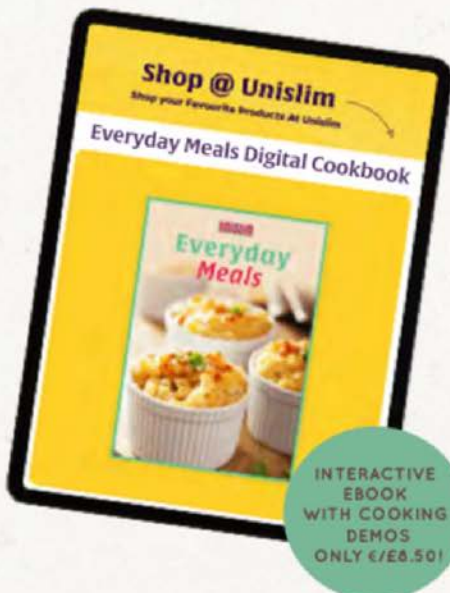
4 chicken breasts, cubed
Spray oil
3 cloves garlic, grated
200ml of chicken stock
200g extra light Philadelphia
60g parmesan cheese grated
2 tsp Italian Seasoning
Pinch of chilli flakes (optional)
1 tsp onion powder (optional)
6 sundried tomatoe, (not in oil) chopped
Small bunch of fresh basil



Season chicken with salt, pepper, and onion powder.

Spray a large pan with olive oil and heat over medium. Sear chicken for 4-5 minutes on each side until golden and cooked through. Transfer chicken to a plate, cover, and set aside. Sauté garlic until fragrant, then add chicken stock, deglazing the pan by scraping any bits stuck to the bottom. Adjust heat to medium-low, introduce Philadelphia and parmesan cheese to the pan, letting the sauce simmer for a couple of minutes. Season the sauce with chili flakes and Italian seasoning, adjusting salt and pepper to taste. Add sundried tomatoes, return the chicken to the sauce, allowing it to simmer and thicken for a few more minutes. Garnish the dish with chopped fresh basil leaves. Serve the flavourful chicken and creamy sauce over 1/4 plate of pasta or rice for a delightful meal.

SCAN HERE TO PURCHASE



On the Menu

What's for dinner? It's the question we ask ourselves and get asked most days. So to make your life easier here's your weekly Meal Planner that'll turn mealtime chaos into calm. We promise once you start meal planning you'll never stop!

MON

TUES

WED

THURS

FRI

SAT

SUN



Cut me out and bring me shopping!

Shopping list



- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Meal Plan Ingredients

Breads

Wholemeal bread
Wholemeal bagel
Wholemeal rolls
Wholemeal wraps/
Wholemeal flat breads

Dairy

0% Greek yogurt
Eggs
Feta cheese
Low fat crème fraiche
Parmesan cheese
Philadelphia, lightest
Reduced fat cheese
Skimmed milk
Yogurt
(less than 60cal per 100g)

Herbs & Spices

Bay leaves
Cinnamon
Chilli flakes
Cumin
Curry powder
Dried oregano
Garlic powder
Ginger
Ground coriander
Ground cumin
Italian herbs
Onion powder
Paprika
Pepper
Salt
Turmeric

Rice, Grains & Pasta

Cous Cous
Dried Linguini
Dried pasta
Wholegrain basmati rice

Vegetables

Broccoli
Butternut Squash
Carrots
Celery
Chilli's - red & green
Coriander
Courgette
Cucumber
Dill
Garlic cloves
Green beans
Leek
Lemongrass
Lettuce, crisp
Onion - white & red
Parsley
Parsnips
Peas, frozen
Potatoes
Red pepper
Spinach
Spring onions / scallions
Sundried tomatoes
Sweet potatoes
Tomatoes

Fruit

Apples
Avocado
Bananas
Berries
Lemons
Limes
Oranges

Cereals

Porridge Oats
Sugar free muesli
Branflakes
Weetabix

Meat, Fish & Poultry

Bacon medallions
Boned chicken breasts
Chicken breasts
Ham, slices
Lean mince beef
Parma ham
Prawns, raw
Salmon fillets
Smoked salmon slices
Stewing beef
Tuna, in spring water

Store Cupboard

Basil pesto
Black beans
Cannellini beans
Chopped tomatoes, tinned
Chutney
Cocoa powder
Cornflour
Curry paste
Flour
Kidney beans
Lighter than light mayo
Lo Cal spray oil
Olive oil
Red curry paste
Reduced Fat coconut milk
Rice wine vinegar
Sesame oil
Soy sauce
Sriracha
Stock cubes - Beef, chicken &
vegetable
Sugar Free beans
Tomato puree
Weetabix
White wine vinegar
Wholegrain mustard
Worcestershire sauce

Nuts & Seeds

Sesame seeds

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