

MONDAY

BREAKFAST

Scrambled Eggs on Toast
SERVES 1
FREE FOOD

Scramble 2 eggs with skimmed milk and pile onto 2x30g slices wholemeal toast. Top with chopped parsley and serve with grilled tomatoes.

LUNCH

Broccoli Pasta Salad with Eggs & Sunflower Seeds:
SERVES 2

1 BITE PER SERVING
Hard-boil 2 large eggs for 8 minutes, then shell and halve. Boil 75g wholewheat penne pasta for 5 mins, add 160g broccoli florets, and 160g trimmed, halved fine beans. Cook for an additional 3 minutes until tender. Drain, reserving water. In a bowl, mix pasta and veg with 1 tbsp white miso paste, 1 tsp grated ginger, 1 tbsp rapeseed oil, and 4 tbsp pasta water. Serve topped with halved eggs and sprinkle with 2 tbsp sunflower seeds.

DINNER

Tomato Basil Salmon
SERVES 2

1 BITE PER SERVING
Preheat oven to 190°C. Line a baking sheet with foil, spray with low-cal spray oil. Place 2 salmon fillets, sprinkle with 1 tbsp dried basil, top with a sliced tomato and 30g grated parmesan. Bake until salmon is opaque and cheese melts. Serve with ¼ plate baby boiled potatoes and steamed green veg.

Don't forget your 2 snacks a day!
Visit unisl^{im}.com for tasty snack ideas

TUESDAY

BREAKFAST

Eggs Florentine
SERVES 2
FREE FOOD

Make a hollandaise sauce by placing 4tbsp 0% Greek yogurt, ½ tsp mustard powder, the juice of a lemon, a pinch of cayenne pepper, salt and pepper into a pan on a low heat. Whisk continuously for 5 minutes. In a hot pan, sauté a handful of spinach for 2 minutes and drain. Toast 2 wholemeal muffins and top each one with the spinach, 2 poached eggs and hollandaise sauce.

LUNCH

Hummus & Red Pepper Wrap
SERVES 1

0.5 BITES PER SERVING
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 Unisl^{im} soup.

DINNER

Spicy Pork Chops with Sweet Potato & Spinach Mash
SERVES 2

1 BITE PER SERVING
Marinate 4 lean pork chops in a mix of 2 tbsp soy sauce, 1 tbsp grated root ginger, 1 finely chopped, deseeded red chilli, 2 tsp honey, and 2 tsp olive oil for 30 minutes. Steam 400g sweet potato chunks, adding 200g baby spinach for the last few minutes. Grill chops for 3-5 minutes per side. Mash sweet potato, stir in spinach, and serve chops on the mash.

WEDNESDAY

BREAKFAST

Blueberry Bran flakes
SERVES 1
FREE FOOD

Top up to 60g Bran flakes with skimmed milk and a handful of blueberries.

LUNCH

Tuna Melt Toasties
SERVES 2

1 BITE PER SERVING
Mash a tin of tuna in brine or water with 4 chopped spring onions and 2 tbsp lighter than light mayo. Toast 4x30g slices wholemeal bread and spread with the tuna mix. Sprinkle with 60g, grated, reduced fat cheddar and pop under a hot grill until the cheese has melted. Serve with a tbsp Unisl^{im} relish.

DINNER

Chili Lime Steak Fajitas
SERVES 4

1 BITE PER SERVING
Make a marinade by whisking together 2 tbsp olive oil, 1/3 cup freshly squeezed lime juice, 2 tbsp chopped coriander, 2 crushed garlic cloves, 1 tsp brown sugar, ¼ tsp red chilli flakes, ½ tsp cumin & 1tsp salt. Pour half the marinade into a shallow dish and marinade 500g lean steak, for at least 30 minutes. (Refrigerate the rest of the marinade for later) Remove the steak from the fridge about 30 minutes before cooking then remove the steak from the marinade and either grill or fry in a non-stick pan until cooked to your liking. Transfer to a warm plate and allow to rest for 5-7 minutes. Meantime, spray a pan with low cal oil and fry 3 sliced peppers and 1 sliced onion. Add half the reserved marinade, season, and continue cooking until tender. To serve, slice the steak into thin strips and pack into warmed wholemeal tortillas, with the cooked vegetables, extra coriander and sliced avocado. Drizzle with the remaining marinade.

THURSDAY

BREAKFAST

Nutty Cinnamon Porridge & Banana
SERVES 1

1 BITE PER SERVING
Make up to 60g porridge with skimmed milk. Top with ½ sliced banana and 12g almonds and sprinkle with cinnamon.

LUNCH

Hawaiian Pizza
SERVES 1

1 BITE PER SERVING
Top a wholewheat tortilla with 1 tbsp of tomato puree, 30g low fat mozzarella, 1 sliced tomato, 1 clove grated garlic, 1 sliced pineapple ring and 1 slice of cooked ham, torn. Sprinkle with oregano and place under a hot grill for a few minutes until the cheese melts. Serve with a leafy salad.

DINNER

Roasted Vegetable & Pasta Bake
SERVES 4

1.5 BITES PER SERVING
Chop a 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. Toss together and roast until the veg is tender and beginning to char. 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 60g grated parmesan and bake until golden brown. Serve with salad or extra veg.

FRIDAY

BREAKFAST

Energising Green Smoothie
SERVES 1
FREE FOOD

Blitz the flesh of ½ avocado, ½ banana, a piece of root ginger, peeled and chopped, ½ chopped cucumber, 2 handfuls of spinach, the juice of a lime and 230ml coconut water in a blender until smooth. Pour into a tall glass and serve immediately.

LUNCH

Prawn & Chive Omelette
SERVES 1
FREE FOOD

Beat 3 eggs in a bowl, season and stir in 1 tbsp snipped chives. Spray a small pan with low cal oil and when heated pour in the eggs. As they begin to set use a wooden spoon to draw the cooked egg towards the centre. Scatter 100g cooked prawns over the omelette and cook for another few minutes until the egg is set. Carefully fold the omelette over and slide onto a warmed plate. Serve with a bowl of fresh salad.

DINNER

Peri Peri Chicken
SERVES 4

0.5 BITE PER SERVING
Mix 2 tbsp 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 Unisl^{im} free coleslaw – recipe on Unisl^{im}.com

SATURDAY

BREAKFAST

Breakfast Bruschetta
SERVES 1

0.5 BITES PER SERVING
Peel and slice ½ banana. Put in a bowl with 80g blueberries and 50g quark. Mix well. Toast 2x30g slices of wheaten or wholegrain bread. Spread with the blueberry mix and drizzle with 1 tsp of honey.

LUNCH

Curried Parsnip & Apple Soup
SERVES 4

0.5 BITES PER SERVING
Peel and chop 700g parsnips and 1 onion. Add to a saucepan with low-cal oil. Cook until the onion browns. Add 2 thinly sliced garlic cloves and cook for about 45 seconds. Add 1 litre vegetable stock, 200g peeled and chopped potatoes, 200g peeled and chopped Granny Smith apples, and 2 tbsp curry powder. Cover, simmer until veggies are tender. Blend until smooth. Return to the pot, heat gently, season to taste, and adjust curry powder. Serve garnished with chopped coriander with a 65g seeded roll.

DINNER

Garlic & Lemon Roast Chicken
SERVES 4

FREE FOOD
Mix the juice of ½ a lemon, 1tsp olive oil, 1tsp dried thyme, and 2 minced garlic cloves. Rub the mixture all over a medium chicken then sprinkle with salt and pepper. Place the squeezed lemon and 2 whole garlic cloves inside the cavity. Roast the chicken in a pre-heated oven for approx. 80 mins, depending on weight. Serve with ¼ plate of potatoes, roasted using spray oil, and steamed cauliflower and carrots.

SUNDAY

BREAKFAST

Cinnamon Muesli
SERVES 1

FREE FOOD
Top 60g no added sugar muesli with 5 chopped prunes, a handful of pomegranate seeds and 3 tbsp 0% Greek yogurt. Sprinkle with a tsp cinnamon.

LUNCH

Ham Salad & Guac Rolls
SERVES 2

0.5 BITES PER SERVING
Split 2 x 60g wholemeal rolls in half and thickly spread the base of each with up to 30g guacamole. Top with a few rocket leaves, sliced red onion and sliced tomato. Season with salt and pepper and finish with slices of lean ham. Spread the remaining halves of the rolls with lighter than light mayo and place on top. Serve with a bowl of Unisl^{im} soup.

DINNER

Pork & Fennel Meatballs with Tagliatelle
SERVES 4

FREE FOOD
Mix 500g lean pork mince, 1 grated onion, 1 grated carrot, 1 finely chopped celery stick, 1 tsp crushed chillies, 1 tsp crushed fennel seeds, 30g breadcrumbs, and a beaten egg. Season and roll into balls. Chill for 10 mins. Fry in batches until golden. Stir in 2x 500g passata cartons, cover, and simmer for 15 mins. Cook 240g tagliatelle. Divide pasta between 4 bowls, pile meatballs on top. Scatter with chopped parsley and, if desired, 1 tbsp grated Parmesan (add 1 Bite for this).