

The background is a solid teal color with several slices of orange scattered across it. The slices are cut in half, showing the internal segments and the white pith. The oranges are positioned at various angles and locations, creating a fresh and healthy aesthetic.

UNISLIM

**7 Day
Jump Start**



The next seven days is all about **YOU!** Dedicating time to look after your **mind, body, nutrition and energy.**

I originally created this plan to kick-start my own motivation and focus my mindset on some healthier habits. We all have different reasons for needing a re-set, but I needed to ditch the excuses, move more and start loving my body again.

My hope is that you'll feel just as **GOOD** as I did after these seven days and be inspired to continue this journey to a **healthier, happier you.**

So, get ready to fuel your body with nutritious food made with ingredients proven to provide energy, aid weight loss and boost your gut-health. When we eat well our body thanks us by having more energy to do the things we love, like being in a better mood, sleeping better and feeling **ALIVE!**

This Jump Start plan will set you up for a healthier mindset, boost your motivation to lose a few pounds & help you live the life you love.

Let's jump to it together!

Fiona x



My commitment:

Look at these seven days as a mini-break from your current routine. With a few small adjustments to your life you'll reap enormous rewards!

So, let's make a promise to commit to some simple feel-good rules to keep you on track. **Remember, we're all doing this together & I've signed the contract too!**

I, _____ commit to: **Follow this 7 day Jump Start Plan**



Wake up **30 minutes earlier** each day to do something just for me—whether it's sipping tea in peace, filling out my journal, or watching the sunrise.



Drink at least **8 glasses of water** daily to stay hydrated.



Move my body for **30 minutes each day** in any way that feels good—we've included 3 yoga sessions on www.unislim.com for you plus a bonus sleepy time session to unwind in the evening.



Eat the **wholesome foods & meals** in this plan (three per day and two healthy snacks) knowing they'll make me feel stronger, more energised, and ready to take on the day.



Try to avoid alcohol for seven days. Swap alcohol for some sparkling water with fresh mint leaves or citrus fruits for different flavours.



Flexi-fast for three days – to give my body a total break from food for 14 hours each night – (e.g. 7pm to 9am or 6pm to 8am).



End my day on a high note. Take a moment each night to celebrate something amazing I did that day. **Big or small, all wins count!**



Get those ZZZ's aiming for **7-8 hours of sleep** to recharge for the next day.

Signature: _____

Date: _____ (The day my 7-Day Jump Start begins)

Jump Start morning routine:

Set the clock for half an hour earlier than usual.

Try to avoid rolling over and checking your phone first thing. Instead, jump start your day by journalling. Ask yourself these 3 questions first thing in the morning and answer them on the journal page at the start of each day.

1. How do I feel today?
2. What's the most important thing to do today?
3. What am I grateful for today?

Put the kettle on for a cup of herbal tea!

Enjoy a comforting cup of herbal tea or hot water & lemon. It's a lovely way to warm you from the inside out.

Switch on your morning yoga sessions

There is nothing like starting your morning on a mindful note, and carving out this time for yourself will make you feel amazing, present and energised for the day ahead.

Enjoy your breakfast from the plan

Jump start your metabolism: Breakfast means "breaking the fast" after a night's sleep. Eating a balanced breakfast kick starts your metabolism, and gives you the perfect start to your day.

Have a shower & turn it to cold for 5 secs at the end

Turning your shower to cold can lead to enhanced blood flow, heightened wakefulness, accelerated recuperation, fortified immune response, elevated spirits, enhanced skin and hair health, and augmented stress resilience.

Day One

Embrace Each Day: Your journey to health & wellness begins today!

date: ___/___/___

How do I feel today:

What's the most important thing to do today?

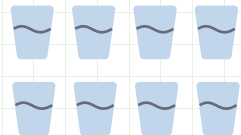
What am I grateful for today?

Today's Goals

Today's Mood



Today's Water



Jot it down.....

Breakfast

Overnight Oats

Serves 2 | 1 Bite per serving

250g 0% fat greek yoghurt
60ml skimmed milk
100g porridge oats
15g mixed seeds
2-3 drops vanilla extract
2 tsp maple syrup or clear honey
Handful of mixed berries
1 small banana



Put the yoghurt, milk, oats and seeds in a bowl and mix together well. Divide between 2 glass jars or bowls, then cover and leave in the fridge overnight. The following morning, drizzle some maple syrup or honey over the top and cover with the blueberries and sliced banana.



Lunch

Leek & Potato Soup

Serves 4 | Free Food

Leeks contain iron & potassium while also being low in sodium, which helps to lower blood pressure.

Spray Oil
1 large onion diced
4 medium leeks sliced
3 large potatoes cut in to cubes
1 litre of veg stock
Salt & pepper
Fresh parsley & chives

Spray oil in a large pot and add your vegetables and let them sweat down slowly on a low heat for 20mins. Once they are soft, add your vegetable stock and season with salt & pepper. Bring to the boil, simmer for 10mins. Blitz some or all for a smoother soup.

Dinner

Garlic Chicken with Chickpeas

Serves 2 | Free Food

Chickpeas are high in fibre and packed with protein. They are very versatile, you can add them to many dishes like stews, soups, salads and dips.

4 garlic cloves, chopped
2 chicken breasts, diced
Spray oil
1 can chickpeas (including water)
Spinach leaves
12 Baby potatoes, halved
Fresh coriander, chopped
1/2 chopped red chilli
Juice of 1/2 a lemon
Salt, to taste
Pepper, to taste
Paprika, to taste



Boil the baby potatoes until they are just tender. This can be done ahead of time. Season the chicken with salt, pepper, paprika, and lemon juice for added flavour.

Heat a pan and spray it with oil. Add the chopped garlic and chilli to the pan and sauté until fragrant. Add the seasoned chicken to the pan and cook until cooked through.

Pour the entire can of chickpeas, including the water, into the pan with the chicken. Allow it to simmer and absorb flavours for a few minutes. Add the baby potatoes to the pan. Once the potatoes are heated through, add the spinach leaves and allow them to wilt.

Adjust the seasoning by adding more salt, pepper, or any additional spices to suit your taste.

Day Two

Reflect on habits that support your well-being.

date: ___/___/___

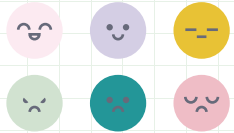
How do I feel today:

What's the most important thing to do today?

What am I grateful for today?

Today's Goals

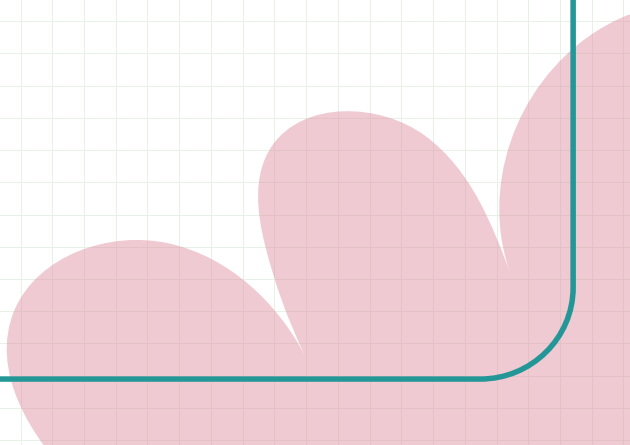
Today's Mood



Today's Water



Jot it down....



Breakfast

Perfect Scrambled Eggs, Roasted Tomatoes on Toast

Serves 1 | 1 Bite

2 large free range eggs
Vine cherry tomatoes
1 tsp butter
60g wholemeal bread

Roast tomatoes on a baking tray at 180°C. Whisk 2 eggs with a pinch of salt. Melt butter in a non-stick pan, then pour in eggs and let sit for 20 seconds. Stir gently with spatula until softly set. Remove from heat. Toast bread and top with eggs, tomatoes, season, and serve.



Lunch

Beetroot & Feta salad

Serves 5 | 1.5 Bites per serving

Beetroot is a nutrient-rich vegetable packed with vitamins, minerals, and antioxidants.

100g bag baby spinach leaves
250g cooked beetroot
200g pack light feta cheese, crumbled
Small bunch mint leaves
5 spring onions, finely sliced
15g pumpkin seeds
1 red chillies, deseeded & finely sliced
Shop bought low cal French dressing

Scatter the spinach leaves onto a large platter. Slice the beetroot into wedges and arrange on top of the spinach. Scatter over the feta, mint (roughly chopped), spring onions and chillies. When ready to serve, pour the dressing over the salad and toss lightly to combine.

Dinner

Beef Stir Fry

Serves 4 | Free Food

Broccoli is a rich source of antioxidants, including vitamins C, K, and A. It also contains several important minerals, including potassium, calcium, and iron.

240g, uncooked weight noodles
Low cal spray oil
1 inch root ginger, finely chopped
Half red chilli, finely chopped
2 garlic cloves, chopped
1 large head of broccoli, cut into florets
2 tbsp light soy sauce
1 egg
400g beef, thinly sliced
Fresh coriander



Place a large saucepan of water over high heat and bring to the boil. Add the noodles and cook as per the packet instructions.

Drain and set aside until needed. Spray a frying pan with low cal oil on a high heat.

Chop a handful of coriander stalks, add the garlic, chilli and ginger to the pan and cook for a couple of minutes. Add the broccoli and cook for 5 mins.

Add the sliced beef and cook to your liking. Add the noodles to the pan with soy sauce.

Mix well and top with fresh coriander and serve.

Day Three

Express gratitude for your body's resilience and strength.

date: ___/___/___

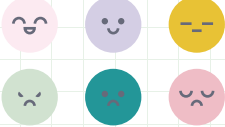
How do I feel today:

What's the most important thing to do today?


What am I grateful for today?

Today's Goals

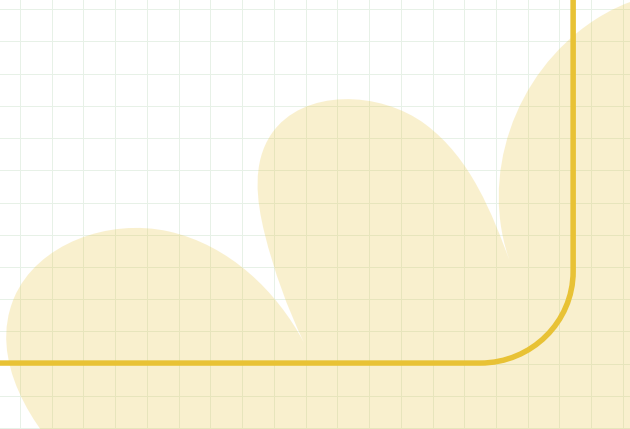
Today's Mood



Today's Water



Jot it down.....



Breakfast

Peanut Butter Toast

Serves 1 | 1 Bite per serving

Bananas provide potassium and vitamins, while peanut butter offers protein and healthy fats. Together, they make a satisfying breakfast!

2 x 30g slices wholemeal bread
2 tsp no added sugar peanut butter
1 banana, sliced

Toast the bread and top each slice with 1 tsp of peanut butter each and sliced banana



Lunch

Potato and Egg Omelette

Serves 3 | Free Food

Packed with essential vitamins and minerals like vitamin B & C and potassium.

Low cal spray oil
6 Eggs
6 cooked baby potatoes, diced
1 red onion diced
Handful of mushrooms
Salt & pepper
Fresh herbs

Spray oil in a pan and sauté onions until slightly softened, then add mushrooms and season. Once mushrooms are softened, add potatoes to heat through. Whisk eggs, pour into the pan, season, cover, and cook for about 5-10 minutes. If the top is runny, grill briefly. Sprinkle with fresh herbs and serve immediately.

Dinner

Spaghetti Meatballs

Serves 2 | Free Food

Wholemeal pasta is packed with fiber, vitamins, and minerals, keeping you full and aiding digestion.

Lean steak mince 500g
1 garlic clove, minced
2 tbsp fresh basil
Low-cal spray oil
1 jar of passata
1 onion, finely chopped
1 beef stock cube
120g wholewheat spaghetti (uncooked weight)
Fresh herbs, to season



In a bowl, mix the mince, garlic, and basil together. Form 8 meatballs.

Spritz a pan with the low-cal spray oil and cook meatballs until browned all over and cooked through.

Remove the meatballs from the pan and then add in the jar of passata and the onion. Crumble the stock cube in. Simmer until the onion is soft.

Add the meatballs back into the pan and season with the fresh herbs.

Cook the spaghetti as per packet instructions and serve with the meatballs.

Day Four

Eating well isn't just about nutrients; it's about savouring every bite of delicious, wholesome foods.

date: ___/___/___







How do I feel today:

What's the most important thing to do today?


What am I grateful for today?

Today's Goals

Today's Mood

Today's Water

Jot it down.....

Breakfast

Weetabix & Berries

Serves 1 | Free Food

With essential vitamins and minerals like iron and B vitamins, Weetabix supports overall health and energy levels. Plus, it's low in sugar and fat, making it a nutritious choice for breakfast.

2 Weetabix
Skimmed milk
Handful of strawberries & blueberries

Add skimmed milk to a bowl with 2 weetabix, and top with berries.



Lunch

Salmon & Cream Cheese Bagel

Serves 1 | ½ Bite per serving

Salmon is a good source of protein, which is important for maintaining bone health, preventing muscle loss and helping the body heal and repair.

1 x 60g wholemeal bagel
Sliced smoked salmon
30g extra-light cream cheese
Fresh dill, for garnish
Juice of 1/4 lemon
Capers (optional)

Slice the bagel in half and toast it to your liking. Spread the light cream cheese onto each half of the toasted bagel. Place the salmon on top of the cream cheese. Sprinkle fresh dill over the smoked salmon. Squeeze lemon juice over the smoked salmon and cream cheese. If you like, you can add capers for additional flavour. Add a pinch of salt and pepper to taste. Serve and enjoy!

Dinner

Steak & Mash

Serves 2 | 1.5 Bites per serving

Steak is a rich source of high-quality protein, which is essential for muscle growth and repair. Additionally, lean steak provides important nutrients like iron, zinc, and B vitamins.

2 Lean Fillet Steaks

Salt

2 tsp olive oil

3 tbsp black peppercorns

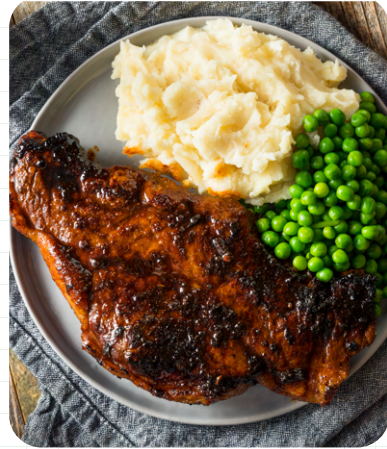
1 onion, finely chopped

240ml Beef stock

60g reduced fat creme fraiche

Handful chopped parsley

400g mashed potatoes (with skimmed milk)



Sprinkle salt over both sides of the steaks and let them come to room temperature, about 30 minutes. Heat the oil in a large pan over high heat. When the oil begins to smoke, take the pan off the heat.

Pat the steaks dry with paper towels and return steaks to the pan, reducing heat to medium. Cook steak to your liking, remove the meat to a baking sheet and sprinkle on a generous portion of crushed black peppercorns on both sides. Cover with foil and let the steak rest while you are preparing the sauce.

Add the onions to the pan and sauté for 2 minutes. Add the beef stock and turn the heat to high. Pour in the crème fraîche and stir well. Heat the sauce until it begins to thicken. Turn off the heat and add the parsley and any remaining black pepper.

Pour the sauce over the steak and serve with the mash potatoes & veg of your choice.

Day Five

Prioritise movement to boost physical and mental health.

date: ___/___/___







How do I feel today:

What's the most important thing to do today?

What am I grateful for today?

Today's Goals

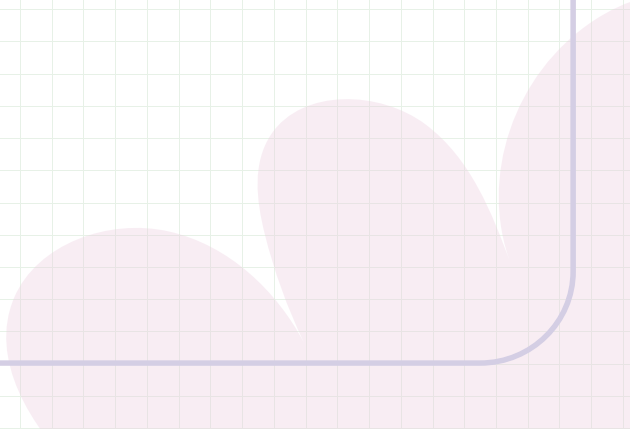
Today's Mood

Today's Water

Jot it down.....



Breakfast

Apple Museli

Serves 1 | Free Food

Apples are rich in dietary fibre, which aids digestion and helps maintain bowel regularity. Additionally, apples contain antioxidants like vitamin C, which boost the immune system and promote healthy skin.

60g no added sugar museli

1 apple, grated

0% Greek yoghurt

Handful of blueberries

Mix the museli, apple, blueberries & yoghurt together and enjoy!



Lunch

Coronation Chicken Sandwich

Serves 2 | Free Food

2 cooked chicken breasts, or leftover
roast chicken shredded

1 tbsp mild or medium curry powder

2 tbsp lighter than light mayo

2 tsp 0% greek yoghurt

120g/4 slices of wholemeal,
sourdough bread

Salad leaves, sliced cucumber & tomato

Put all the ingredients except for the chicken in to a bowl and mix thoroughly. Taste and if you would like it a little spicier then add a little more curry powder. Add in the shredded chicken breast and mix well, leave the flavours to develop for about 30 minutes or until needed. Spread chicken mixture over one slice of bread, place salad leaves, cucumber and tomato on top, close with other slice of bread.

Dinner

Roasted Veg Pasta Bake

Serves 2 | 1.5 Bites per serving

Low cal spray oil

1 red pepper, chopped in strips

1 courgette, chopped in strips

1 leek, chopped in strips

½ onion, diced

Handful of mushrooms, chopped

1 clove of garlic, minced

120g wholewheat pasta (uncooked weight)

1 tin tomatoes

Handful of frozen peas

30g low fat mozzarella cheese

30g parmesan cheese



Toss the veg on to a baking tray, spray with oil, season with salt, pepper and a tbsp dried herbs of your choice. Roast until tender.

Cook the pasta in a pan as per packet instructions. In a large mixing bowl, combine the roasted vegetables, cooked pasta, and a tin of diced tomatoes and peas.

Next, tear the low fat mozzarella into small pieces and add it to the bowl with the vegetables and pasta.

Transfer the pasta and vegetable mixture into a large baking dish, spreading it out evenly.

Grate the Parmesan cheese over the top of the pasta for a savoury, cheesy finish.

The Parmesan will form a golden crust as it bakes, adding a deliciously crispy texture to the dish. Serve the roasted vegetable pasta bake hot out of the oven, alongside a crisp green salad.

Day Six

Your attitude determines your direction.
Choose positivity.

date: ____/____/____







How do I feel today:

What's the most important thing to do today?





What am I grateful for today?

Today's Goals

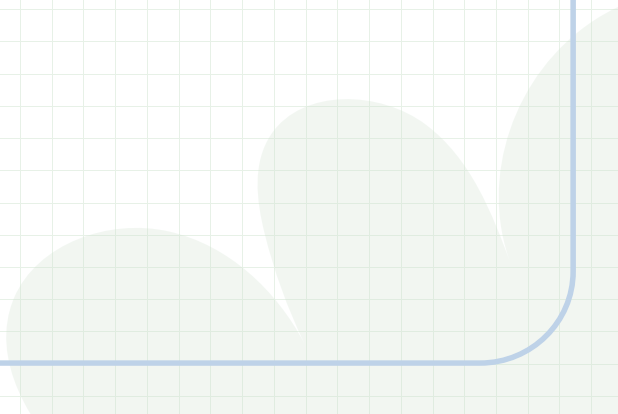
Today's Mood

Today's Water

Jot it down.....



Breakfast

Pear Porridge

Serves 1 | ½ Bite per serving

Pears are low in calories and high in fibre, promoting digestive health. They're also packed with vitamin C for immunity and potassium for heart health.

1 Chopped pear
60g porridge oats
Skimmed milk
1 tsp no added sugar peanut butter
1 tsp no added sugar jam

Combine the pear, porridge oats, and skimmed milk in a pot, and simmer until the pear reaches a soft, tender consistency. Then, transfer the cooked porridge mix into a bowl and top it with peanut butter and jam for a delightful twist on a classic breakfast favourite.



Lunch

Eggy bagel

Serves 1 | Free Food

Eggs are a complete source of protein and contain vitamin D, E & B6.

2 eggs
60g/1 wholemeal bagel slim
Handful of spinach
Cherry tomatoes
Skimmed milk

Mix 2 eggs with skimmed milk, add to a hot pan and scramble. Add spinach to the eggs to wilt. Toast the bagel. Grill the tomatoes. Top each half of the bagel with the egg & spinach mix and serve with the grilled tomatoes.

Dinner

Chilli Con Carne

Serves 4 | Free Food

These versatile legumes are an excellent source of plant-based protein, making them a fantastic choice for vegetarians and vegans. Additionally, kidney beans are rich in dietary fibre, which promotes digestive health and helps regulate blood sugar levels.

600g lean mince
2 tbsp tomato purée
1 small red onion, diced
2 garlic cloves, minced
1 chilli, chopped
1 tsp cinnamon
1 tsp paprika
1 can red kidney beans
Coriander leaves
240g brown/basmati rice
1 can chopped tomatoes

Heat pan to medium-high heat and fry the mince along with onion and garlic. Add the tomato purée, chopped tomatoes, paprika, chilli, cinnamon, and kidney beans.

Reduce heat and leave to cook for about 30 mins. Boil rice as per packet instructions. Serve the chilli con carne with the rice and garnish with fresh coriander leaves.



Day Seven

Be proud of your commitment and keep journalling

date: ___/___/___






How do I feel today:

What's the most important thing to do today?

What am I grateful for today?

Today's Goals

Today's Mood

Today's Water

Jot it down.....

Breakfast

Unislim Grill

Serves 1 | Free Food

1 egg
2 bacon medallions
Button mushrooms, sliced
1 tomato, halved
Low cal spray oil
2 x 30g slices of wholemeal bread



Preheat the grill and cook bacon medallions. Heat a pan with low cal spray oil on a medium to high heat. Fry the sliced mushrooms and tomato on the pan until they are soft. Fry an egg in a pan and cook to taste. Toast the bread and serve.



Lunch

Cheese Beano

Serves 1 | 1 Bite per serving

Baked beans are rich in protein and fibre, keeping you full and aiding digestion. They also contain essential nutrients like iron and vitamins.

2 x 30g slices of wholemeal bread
Small tin of sugar free beans
30g low fat cheese

Toast the bread and top with the beans. Sprinkle 15g of cheese on top of each slice of bread and enjoy.

Dinner

Parmesan Crusted Cod & Chips

Serves 2 | 1.5 Bites per serving

Cod is a low-fat, high-protein fish rich in nutrients like vitamin B12 and omega-3 fatty acids. It supports muscle growth & heart health.



- 1 tbsp olive oil**
- 2 cod fillets**
- 30g breadcrumbs (using wholemeal bread)**
- 1 lemon, zested, plus extra wedges to serve**
- 15g parmesan, grated**
- 2 tbsp chopped flat leaf parsley**
- 200g Unislim Rustic Cut Oven Chips**

Preheat the oven to gas 7, 220°C, fan 200°C. Place the cod fillets on a baking tray. Put the breadcrumbs in a bowl, then add the lemon zest, Parmesan, parsley and 1 tbsp of oil. Season with black pepper and mix together.

Divide the breadcrumb mixture evenly between the fillets, pressing down firmly onto the top of each one with the back of a spoon. Place in the oven and cook for 15-18 mins, or until the crumbs are golden.

Place the chips on a baking tray and add to the oven and cook until golden. Serve the fish & chips with a side salad.

Meal Plan Ingredients

Breads

Wholemeal Bread
Wholemeal bagel
Wholemeal sourdough

Dairy

0% Greek yogurt
Butter
Eggs
Feta cheese, light
Reduced fat crème fraiche
Parmesan cheese
Extra light cream cheese
Low fat cheese
Low fat mozzarella
Skimmed milk

Herbs & Spices

Chives
Cinnamon
Coriander leaves
Dill
Fresh basil
Fresh parsely
Curry powder
Garlic cloves
Ginger
Mint leaves
Paprika
Pepper
Red chilli's
Salt

Rice, Grains

& Pasta

Egg Noodles
Wholegrain basmati rice
Wholemeal pasta
Wholewheat spaghetti

Salad/Vegetables

Baby potatoes
Beetroot, cooked
Broccoli
Capers (optional)
Cherry tomatoes
Courgette
Cucumber
Frozen peas
Leeks
Lemons
Mushrooms
Onion, red & white
Potatoes
Red Pepper
Salad leaves
Spinach leaves
Spring onions
Tomatoes
Vine cherry tomatoes

Fruit

Apples
Bananas
Berries
Lemons
Pear

Cereals

Porridge Oats
No added sugar muesli
Weetabix

Meat, Fish & Poultry

Bacon medallions
Beef strips
Cod fillets
Chicken breasts
Lean fillet steak
Lean mince beef
Smoked salmon slices

Store Cupboard

Beans, no added sugar
Stock cubes, vegetable & beef
Black peppercorns
Chickpeas
Chopped tomatoes, tinned
Jam, no added sugar
Lighter than light mayo
Lo Cal spray oil
Low cal salad dressing
Olive oil
Passata
Peanut butter, no added sugar
Red kidney beans
Soy sauce, light
Tomato puree

Freezer

Unislim Rustic cut oven chips

Nuts & Seeds

Flaxseeds
Pumpkin seeds

UNISLIM

GOOD FOOD FAST



NEW
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**Low in Calories, High in Protein & Low in Fat.
Making meal times easier!**

GOOD FOOD FAST