

MONDAY

BREAKFAST

Creamy Avocado & Banana Smoothie
1 BITE PER SERVING
SERVES 1

Blend together ½ fresh or frozen avocado, ¼ frozen banana, 2 large handfuls spinach, ½ celery stick, 1 chopped apple, 2 dates, 1tbsp sunflower or flax seeds and 300ml skimmed milk or unsweetened almond milk. Pour into a tall glass and serve immediately

LUNCH

Tuna Bean Salad
0.5 BITE PER SERVING
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 & 200g butter beans. Blend 1 tbsp. each balsamic vinegar and lemon juice and 2 tsps. olive oil and pour over the mixture. Toss well and divide between 2 plates. Serve with 60g whole meal bread.

DINNER

Firecracker Prawns
1 BITE PER SERVING
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 & Honey Porridge with Prunes
0.5 BITE PER SERVING
SERVES 1

Make up to 60g porridge with skimmed milk. Top with 5 chopped prunes & drizzle with 1tsp honey & 1 tsp cinnamon.

LUNCH

Roasted Peppers and Mozzarella Wrap
1.5 BITES PER SERVING
SERVES 1

Roughly tear ½ a jar of roasted peppers in brine & toss with ½ a sliced red onion and a handful of rocket. Spread the mixture over a whole meal tortilla wrap. Top with 30g mozzarella, torn up. Fold over and serve.

DINNER

Beef with Butterbeans
1 BITE PER SERVING
SERVES 4

In a large casserole dish mix together 500g lean stewing beef, cut into chunks, 2 chopped onions, 2 tins chopped tomatoes, 1 tsp each of sweet paprika, ground cumin & mild chilli powder, 2tbsps white wine vinegar and 2 tbsps. caster sugar. Cover and bake at 160c/140c/ gas 3 for 2½ hours. Stir in a tin of rinsed and drained butter beans and bake for 30 mins more until the beef is tender. (Leave the lid off if it's a little wet) Serve with a 200g baked potato and veg of your choice.

WEDNESDAY

BREAKFAST

Carb Free Grill
FREE FOOD SERVES 1

Grill 2 rashers of lean bacon and a sliced tomato. Spray a pan with low cal oil and fry 8-10 sliced mushrooms. When the mushrooms are almost cooked add a handful of spinach to the pan & wilt. Dry fry 2 eggs. Serve with no added sugar beans.

LUNCH

Ham Salad & Guac Rolls
0.5 BITE PER SERVING
SERVES 2

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 Unislim soup.

DINNER

Roasted Vegetable & Pasta Bake
1.5 BITES PER SERVING
SERVES 4

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 of 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.

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

Balsamic Chickpea, Avocado & Feta Salad
0.5 BITE PER SERVING
SERVES 4

In a bowl, combine 4 cups of shredded lettuce, 1x400g tin of chickpeas, rinsed and drained, 400g halved cherry tomatoes, 2 chopped avocados and 80g cubed feta cheese. Season with salt & pepper. Whisk together 1tbsps. olive oil and 2 tbsp balsamic vinegar and pour over the salad just before serving

DINNER

Vegan three -bean Chili with Baked Potatoes
FREE FOOD SERVES 2

Bake 2x200g potatoes at 200c/ gas 6 for about an hour until tender. Spray a non-stick pan with low cal oil and fry a deseeded and chopped yellow or orange pepper and 2 finely grated garlic cloves. Stir in 1 tsp cumin seeds, ½ tsp chilli flakes and 1 tsp each of smoked paprika, ground coriander and dried oregano. Tip in a 400g can chopped tomatoes, 2 tsps. vegetable bouillon powder and a 400g can three bean salad. Bring to a simmer, cover and cook for 15 minutes, or until reduced to a thick sauce. Stir in a handful of chopped coriander. Cut a cross in the top of the baked potatoes and gently press on the sides to open them out. Spoon over the chilli, top with mashed avocado and squeeze over some lime wedges. Scatter with coriander leaves and serve with any remaining lime wedges.

FRIDAY

BREAKFAST

Pancakes and Bacon
0.5 BITE PER SERVING
SERVES 2

Beat an egg in a bowl and add 230ml skimmed milk and 120g wholegrain flour. Whisk until smooth. Spray a pan with low cal oil and when it's really hot, pour in a small amount of batter. Cook for 1-2 minutes on each side until golden and then place on a warm plate. Repeat with the rest of the batter. Serve the pancakes while hot with grilled lean bacon and berries.

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 potatoes.

SATURDAY

BREAKFAST

Spicy Scrambled Egg & Avocado Toast
FREE FOOD SERVES 1

Mash ½ an avocado with black pepper and a squeeze of lemon juice. Spread on 2x30g slices of wholemeal toast and top with 2 eggs, scrambled with a little milk. Sprinkle with chilli flakes for a little added heat.

LUNCH

Cheese & Bacon Baked Potato
1 BITE PER SERVING
SERVES 1

Prick a 200g potato with a fork, spray with low cal oil and sprinkle with salt. Bake at 200c until soft. Cut a cross in the top and scoop out the flesh. Mix the flesh with a diced spring onion, a crumbled rasher of grilled bacon and 30g grated low fat cheddar cheese. Fill the potato shell with the mix and pop under a hot grill until the cheese melts. Serve with a green salad.

DINNER

Garlic & Lemon Roast Chicken
FREE FOOD SERVES 4

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 minutes, depending on weight. Serve with ¼ plate of potatoes, roasted using spray oil, and steamed cauliflower and carrots.

SUNDAY

BREAKFAST

Mushrooms on Toast
FREE FOOD SERVES 2

Spritz a pan with low cal oil & fry 180g sliced mushrooms with a chopped garlic clove. Add chopped parsley & 1tsp of lemon juice. Divide the mushrooms between 4x30g slices of wholemeal toast, sprinkle with parsley and serve.

LUNCH

Mexican Style Bean Soup with Shredded Chicken & Lime
FREE FOOD SERVES 2

Spray a saucepan with low cal oil and fry 1 large onion, finely chopped and 1 red pepper, cut into chunks for 10 minutes. Stir in 2 chopped garlic cloves, 2 tsp mild chilli powder, 1 tsp ground coriander and 1tsp ground cumin. Tip in a 400g can of chopped tomatoes and a 400g can of black beans, with their liquid. Add a ½ can of water and 1 tsp vegetable bouillon powder. Simmer, covered, for 15 minutes. Meanwhile, shred a cooked chicken breast and toss in a bowl with a handful of chopped coriander, the juice of a lime and ½ a red chilli, deseeded and finely chopped. Ladle the soup into 2 bowls, top with the chicken and serve.

DINNER

Pork & Apple Burgers with Chips
1.5 BITES PER SERVING
SERVES 4

Mix 500g pork mince with a grated eating apple and season with salt and pepper. Shape into 4 burgers and chill for 15 mins before frying on a non-stick pan until cooked through. Serve in a 65g brown roll topped with sliced red onion and tomato with ¼ plate Unislim GorgeUs Rustic Cut Chips and garden peas.

Weekly Tracker

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