

MONDAY

**BREAKFAST**

**Sausage Roll**  
2 BITES PER SERVING  
SERVES 1  
Grill 2x40g low fat sausages and serve in a 60g wholemeal roll. Top with 1tbsp reduced sugar tomato ketchup.

**LUNCH**

**Parma Ham & Veggie Omelette**  
1 BITE PER SERVING  
SERVES 1  
Spritz a pan with low cal oil & set over a medium heat. Cook 2 slices of Parma ham for 1-2 minutes each side until crispy. Make an omelette using 2 eggs, 30g reduced fat cheddar cheese, chopped parsley, a handful of sliced mushrooms & some sliced red and yellow peppers. Serve the omelette with the Parma ham crumbled on top and a 60g wholemeal crusty roll.

**DINNER**

**Roasted Ratatouille**  
0.5 BITES PER SERVING  
SERVES 4  
Spray a large pan with low cal oil and fry 1 finely chopped onion until soft. Add 1 chopped yellow pepper and 1 chopped red pepper and sauté. Toss in 2 cubed aubergines and cook for another few minutes, then add 1 sliced courgette, 3 crushed garlic cloves, 1 bay leaf and 1.5 tsp oregano. Season and cook for another few minutes. Add a tin of chopped tomatoes and allow to simmer for 30 minutes, uncovered. Transfer to an ovenproof dish, sprinkle with 60g grated Parmesan and roast in the oven until the cheese melts. Serve with ½ plate wholewheat spiral pasta.

TUESDAY

**BREAKFAST**

**Breakfast Smoothie**  
1.5 BITES PER SERVING  
SERVES 1  
Blitz 1 banana, half an avocado, ½ pear and a good handful of spinach with 200ml unsweetened almond milk until smooth. Stir in 1tsp flaxseed/linseed and serve immediately. Follow with a boiled egg and up to 60g granary toast.

**LUNCH**

**Tuna Pitta Pocket**  
FREE FOOD SERVES 1  
Mix a tin of tuna in brine with a squeeze of lighter than light mayo, a spoonful of sweetcorn and some sliced scallions. Fill a toasted wholemeal pitta with the mixture and serve with a bowl of Unisl<sup>im</sup> soup.

**DINNER**

**Stir-Fried Chicken with Broccoli & Brown Rice**  
1 BITE PER SERVING  
SERVES 2  
Boil 200g trimmed broccoli florets for about 4 minutes, drain and set aside, reserving the water. Spray a non-stick pan or wok with low cal spray oil. Stir-fry 15g shredded ginger, 2 shredded garlic cloves and 1 sliced red onion for 2 mins. Add 1 tsp mild chilli powder and stir briefly. Add 2 diced chicken fillets and stir for another 2 minutes. Tip the broccoli into the wok with 1tbsp reduced salt soy sauce, 1tbsp honey, 1 roasted red pepper, from a jar, cut into cubes and 4 tbsps. of the broccoli water. Cook until heated through and serve garnished with chopped coriander with ¼ plate of brown rice.

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**

**Goats Cheese & Spinach Pasta**  
1.5 BITES PER SERVING  
SERVES 4  
Cook 240g, dried weight, fusilli as per packet instructions. Drain and cover to keep warm. Meanwhile, spray a pan with low cal oil. Add 2, finely chopped, garlic cloves and a deseeded and finely chopped red chili. Cook for 1 minute and add 130g baby spinach. Cook for a few minutes until the spinach wilts. Add the pasta, tossing to coat well and cook for 2 minutes. Stir in a large handful of basil leaves. To serve, divide the pasta between 4 bowls and crumble 30g of goats' cheese on each.

**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.

THURSDAY

**BREAKFAST**

**Overnight Oats**  
1 BITE PER SERVING  
SERVES 2  
In a bowl, mix 250g 0% Greek yogurt, 60ml skimmed milk, 6tbsp porridge oats and 1tbsp mixed seeds. Divide between 2 glass jars, cover and leave in the fridge overnight. Drizzle with a tsp of honey or maple syrup and top with sliced banana and some berries before serving.

**LUNCH**

**Egg, Onion & Mayo Sandwich**  
FREE FOOD SERVES 1  
Mix 1 egg, boiled and chopped, with 1 tomato, finely chopped, 2 spring onions, finely chopped and 1tbsp lighter than light mayo. Season with salt and pepper and make a sandwich using 2x30g slices wholemeal bread. Serve with any Unisl<sup>im</sup> soup.

**DINNER**

**Mediterranean Pork Casserole**  
1 BITE PER SERVING  
SERVES 4  
Cube 450g lean pork fillet and put in a casserole dish with 1, chopped, medium onion, 16 dried apricots, 6 stoned prunes, 2 whole garlic cloves, 1tsp ground cinnamon & some salt & pepper. Pour over 150ml dry white wine and enough chicken stock to barely cover. Sieve 1tbsp plain flour over the casserole and cook at 150c/gas 2 for 1 hour, stirring halfway through. Check the seasoning before serving with a 200g baked potato and lots of green veg.

FRIDAY

**BREAKFAST**

**Zesty Grapefruit & Eggs**  
FREE FOOD SERVES 1  
Grill half a grapefruit sprinkled with cinnamon. Serve with 2 boiled eggs and up to 60g wholemeal toast.

**LUNCH**

**Bean & Avocado Salad**  
2.5 BITES PER SERVING  
SERVES 2  
Toss a tin of rinsed and drained cannellini beans with 1 large, thickly sliced avocado, 100g quartered cherry tomatoes, 20g roughly chopped fresh basil and ¼ red onion, thinly sliced. Mix the juice of ½ a lemon with 2 tsps. olive oil, season and drizzle over the salad just before serving. If you wish, add cooked chicken or a hardboiled egg for extra protein.

**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.

SATURDAY

**BREAKFAST**

**Blueberry Branflakes**  
FREE FOOD SERVES 1  
Top up to 60g Branflakes with skimmed milk and a handful of blueberries.

**LUNCH**

**Sardines & Sourdough**  
FREE FOOD SERVES 1  
Drain a can of sardines in brine and serve hot or cold on top of 2x30g slices whole meal sourdough toast. Sprinkle with parsley & a squeeze of lemon.

**DINNER**

**Tandoori Chicken with Sweet Potato and Mint**  
0.5 BITES PER SERVING  
SERVES 4  
Preheat the oven to 200c. Place 8 skinless and boneless chicken thighs, 2 large sweet potatoes, peeled and cut into chunks, and 1 red onion, cut into wedges, into a roasting tray. Combine 6tbsp low fat natural yogurt, 3 chopped garlic cloves, 6cm grated ginger, 1tbsp sunflower oil, juice and zest of a lemon, 2tbsp cumin, 1tbsp turmeric, 1tsp chilli powder, 4tsp paprika, 2tsp garam masala 1.5tsp sea salt and ground black pepper. Spread the mixture evenly over the chicken and sweet potatoes and mix well. Dust the chicken with another pinch of garam masala and paprika and put in the oven for 1 hour. Remove from the oven and allow to rest for 10 minutes. Serve with a crunchy salad of chopped red onion, fresh mint and cucumber and natural yogurt.

SUNDAY

**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**

**Apple & Sweet Potato Soup**  
FREE FOOD SERVES 4  
Put 800g sweet potatoes cut into chunks, 2 chopped spring onions, 3 chopped celery sticks, 3 peeled and sliced eating apples, a small piece finely chopped ginger root, 1tsp cumin and some salt and pepper into a large saucepan with 1.2l vegetable stock. Bring to the boil and simmer for about 20 mins or until potatoes are tender. Blend and serve with a swirl of low-fat natural yogurt and a sprinkling of chopped parsley.

**DINNER**

**BBQ Salmon Parcels**  
1 BITE PER SERVING  
SERVES 4  
Cut 4 pieces of foil that will easily wrap a salmon fillet and lay them on a work surface. Spread each with a little butter and lay a salmon fillet on top. Mix 1tbsp honey with 2tbsp low salt soy sauce and divide between the parcels, pouring over the salmon. Fold the foil tightly round the salmon to make a parcel. Put the parcels on the BBQ and cook for 5-10 minutes. Check one to see how it's doing and when the salmon is cooked, open the parcels and scatter with 1tbsp sesame seeds and 2 sliced spring onions. Serve with a green salad and a 200g baked potato.

Don't forget your 2 snacks a day!  
Visit unisl<sup>im</sup>.com for tasty snack ideas

# Weekly Tracker

NAME ..... DAILY BITES .....

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

BITES        
       
 Bites Earned  Free Oil



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