

MONDAY

**BREAKFAST**

**Nut Butter Toast with Banana**

1 BITE PER SERVING  
SERVES 1  
Spread 2x30g slices of wholegrain toast with 2 tsp no added sugar peanut butter and top with a mashed banana. Sprinkle with cinnamon.

**LUNCH**

**Bean & Avocado Salad**  
0.5 BITE 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**

**Tomato Basil Salmon**  
1 BITE PER SERVING  
SERVES 2

Preheat the oven to 190c. Line a baking sheet with foil & spray with low cal spray oil. Place 2 salmon fillets onto the foil, sprinkle with 1 tbsp dried basil, top with a thinly sliced tomato & 30g grated parmesan. Bake in the oven until the salmon is opaque & the cheese has melted. Serve with ¼ plate baby boiled potatoes & steamed green veg.

TUESDAY

**BREAKFAST**

**Banana Porridge with Pomegranate Seeds & Cinnamon**

FREE FOOD SERVES 1  
Make up to 60g porridge with skimmed milk & top with ½ sliced banana & 1 tbs pomegranate seeds. Sprinkle with cinnamon.

**LUNCH**

**Easy Pizza**  
1 BITE PER SERVING  
SERVES 1

Spread a whole-wheat tortilla with tomato puree. Top with ½ a sliced red onion, ½ a diced red pepper & ½ a diced yellow pepper. Dot with some diced ham & sprinkle with 30g, grated, low fat cheddar. Finish with some chopped oregano or basil & bake in the oven until crisp & golden. Serve with a crispy salad.

**DINNER**

**Sweet Potato Shepherd's Pie**  
0.5 BITE PER SERVING  
SERVES 4

Spray a large pan with low cal oil & fry 2 finely chopped onions until they soften & start to colour. Add 2 chopped garlic cloves, 2 finely diced carrots & 2 tbsp fresh thyme & cook for 4 more minutes. Stir in 400g extra lean mince & brown. Add 60g red lentils, 100g frozen peas, 300g diced turnip & 1 tbsp plain flour. Cook for a few minutes & then gradually add 100ml red wine & 550ml beef stock. Bring to the boil, cover & simmer for 35-40 minutes. Meanwhile, boil 600g sweet potatoes until tender. Drain & mash with 1tsp nutmeg, 100g low fat natural yogurt & black pepper. Spoon the mince & veg into a large ovenproof dish & spread the potato mixture on top. Pop in the oven for about 20 minutes until the top is golden brown & serve with steamed green veg.

WEDNESDAY

**BREAKFAST**

**Muesli with Prunes & Pomegranate**

FREE FOOD SERVES 1  
Top 60g no added sugar muesli with 5 chopped prunes, a handful of pomegranate seeds & 3 tbsp 0% Greek yogurt. Sprinkle with a tsp cinnamon.

**LUNCH**

**Prawn & Chive Omelette**  
FREE FOOD SERVES 1

Beat 3 eggs in a bowl, season & stir in 1 tbsp snipped chives. Spray a small pan with low cal oil & 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 & cook for another few minutes until the egg is set. Carefully fold the omelette over & slide onto a warmed plate. Serve with a bowl of fresh salad.

**DINNER**

**Peri Peri Chicken**  
FREE FOOD SERVES 4

Mix 2 tsps. hot chilli sauce, zest & juice of a lemon & 3 minced garlic cloves in a bowl. Add 4 chicken breasts & stir until they are coated. Lightly spray a griddle pan with oil & cook the chicken over a medium heat until browned & cooked through. Serve immediately with a baked potato & Unislim free coleslaw – recipe on Unislim.com.

THURSDAY

**BREAKFAST**

**Breakfast Bruschetta**

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

**LUNCH**

**Tomato & Courgette Soup**

0.5 BITE PER SERVING  
SERVES 6  
Spritz a large pan with low cal oil & heat. Add 2 chopped onions & 2 sliced courgettes & cook for 5 minutes, stirring occasionally. Add 2x400g cans of tinned tomatoes & 3 tbsp plain flour. Stir continuously for a few minutes & then add ½ tsp turmeric & 1.5 L of vegetable stock. Season, then cover & simmer for 30 minutes. Blend until smooth. Top each bowl with a tsp toasted sesame seeds just before serving with a 65g brown roll.

**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 & a clove of garlic. Place on a baking tray, spritz with low cal oil, season & sprinkle with a tbsp dried herbs. Toss together & roast until the veg is tender & 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 & bake until golden brown. Serve with salad or extra veg.

FRIDAY

**BREAKFAST**

**Poached Egg & Avocado Toast**

FREE FOOD SERVES 1  
Mash ½ an avocado with black pepper & a squeeze of lemon juice. Spread on 2x30g slices of wholemeal toast & top with 2 poached eggs. Sprinkle with chilli flakes for a little added heat.

**LUNCH**

**Chicken & Avocado Wrap**  
FREE FOOD SERVES 1

Spread lighter than light mayo on a wholemeal wrap. Fill with a diced tomato, ¼ diced red onion, ½ sliced avocado & sliced chicken or turkey. Garnish with fresh parsley or for a spicy kick sprinkle with cayenne pepper or chilli flakes.

**DINNER**

**Chili Lime Steak Fajitas**  
1 BITE PER SERVING  
SERVES 4

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 & 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 & either grill or fry in a non-stick pan until cooked to your liking. Transfer to a warm plate & allow to rest for 5-7 minutes. Meantime, spray a pan with low cal oil & fry 3 sliced peppers & 1 sliced onion. Add half the reserved marinade, season, & continue cooking until tender. To serve, slice the steak into thin strips & pack into warmed wholemeal tortillas, with the cooked vegetables, extra coriander & sliced avocado. Drizzle with the remaining marinade.

SATURDAY

**BREAKFAST**

**Boiled Eggs & Toast with Berries & Yogurt**

FREE FOOD SERVES 1  
Serve 2 boiled eggs with up to 60g wholemeal toast. Follow with a low-fat yogurt topped with a handful of berries.

**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 & some sliced scallions. Fill a toasted wholemeal pitta with the mixture & serve with a bowl of Unislim soup.

**DINNER**

**Slow-cooker Butter Chicken**  
1.5 BITES PER SERVING  
SERVES 4

Make a marinade by mixing the juice of a lemon with 2tsps ground cumin, 2tsps paprika, 1-2 tsps hot chilli powder & 200g low fat natural yogurt. Cut 500g skinless, boneless chicken thighs into bite sized pieces, toss in the marinade, cover & chill for at least an hour or overnight. In a large heavy saucepan, heat 2 tbsp of butter or vegetable oil. Add a large chopped onion, 3 crushed garlic cloves, 1 deseeded & finely chopped green chilli, a thumb sized piece of ginger, grated, & some seasoning. Fry on a medium heat for 10 mins or until soft. Add 1 tsp garam masala, 2 tsp ground fenugreek & 3 tbsp tomato puree & cook until fragrant. Add 250ml chicken stock & the marinated chicken. Tip everything into the slow cooker & cook for 6-7 hours on low until the chicken is tender. Serve with ¼ plate basmati rice sprinkled with chopped coriander & 30g toasted, flaked almonds. Squeeze over some lime wedges if you like.

SUNDAY

**BREAKFAST**

**Bacon Bagel**

FREE FOOD SERVES 1  
Grill 2 slices of lean bacon & fill a toasted wholemeal bagel. Top with a sliced tomato & a tbsp no added sugar ketchup or relish.

**LUNCH**

**Baked Sweet Potato with Feta**  
1.5 BITE PER SERVING  
SERVES 1

Spritz a 200g sweet potato with spray oil & sprinkle with sea salt. Rub the oil & salt well into the skin & bake in a preheated oven until cooked through. Allow to cool for a few minutes then cut in half & scoop out the flesh. Crumble 30g Feta cheese with the potato flesh & refill the skins. Place back in the oven to reheat. Top with chopped parsley & serve with a green salad.

**DINNER**

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

Mix 500g pork mince with a grated eating apple & season. Shape into 4 burgers & chill for 30 minutes before frying on a non-stick pan. Place in a 60g brown burger bap & top with rocket, cucumber & sliced red onion. Serve with 100g Unislim Gorge Us rustic cut chips.

# Weekly Tracker

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

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DINNER

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