

MONDAY

BREAKFAST

Poached Eggs & Relish
FREE FOOD
SERVES 1
Spread 2x30g slices wholemeal toast with 1 tbsp no added sugar tomato relish. Slice a large tomato and layer onto the toast. Top with 2 poached eggs.

LUNCH

Ham Salad Pitta
FREE FOOD SERVES 1
Pack a warmed whole meal pitta pocket with 2 slices lean ham, diced cherry tomatoes, diced cucumber and rocket leaves. Top with a tbsp lighter than light mayo and serve with a bowl of Unislim soup.

DINNER

Coq au Vin
FREE FOOD SERVES 4
Preheat the oven to 160c/140c/gas 3. Place a large ovenproof casserole dish onto a high heat, spray with low cal oil and brown 8 small chicken thighs (skin and visible fat removed). Turn them after 3-4 minutes, add 4, thinly sliced, bacon medallions and cook for a further 3 minutes. Add 200g button mushrooms, 1 chopped red onion, 3 crushed garlic cloves, 1 beef stockpot, 2 red wine stockpots, 500ml boiling water, 2 tbsp tomato puree, 2tsp dried thyme and 1 tsp red wine vinegar. Stir well, cover and place in the oven for 1 hr and 20 minutes until the chicken is tender and the sauce has reduced. If the sauce is too thin, remove the lid and put it back in the oven for another 5 minutes to reduce further. Serve with a 200g baked potato and steamed green beans.

TUESDAY

BREAKFAST

Fibre Filler
FREE FOOD SERVES 1
Top 60g bran flakes with a pot of low-fat yogurt, mixed berries and ½ chopped banana.

LUNCH

Tomato Soup with Pasta
FREE FOOD SERVES 2
Cook 120g (uncooked weight) orzo or soup pasta until al dente, drain and set aside. Spray a saucepan with low cal spray oil and fry ½ chopped onion, 1 finely chopped small carrot and 1 finely chopped celery stick until tender but not too brown. Add 100ml passata and a 400g can chopped tomatoes or 4 large ripe tomatoes. Bring to the boil, add 200ml of vegetable or chicken stock and a pinch of sugar. Season and simmer for 20 minutes. Taste the soup, adjust the seasoning and add more water if you need to. Stir in the cooked pasta and serve sprinkled with chopped basil and 1 tbsp reduced fat pesto (optional, 1 Bite)

DINNER

Beef & Black Bean Stir-fry
0.5 BITES PER SERVING
SERVES 2
Spray a wok with low cal oil and add 2 finely sliced garlic cloves and 2cm grated ginger. Add 300g of minute steak cut into strips and cook until the beef starts to colour. Add 2 handfuls of trimmed and blanched green beans and stir-fry for a minute more. Stir in 4tbsps black bean sauce, add a splash of water and move everything around until evenly coated. Cook for another minute or two. Serve with ¼ plate brown rice or noodles.

WEDNESDAY

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

Paprika Chicken Bagel
FREE FOOD SERVES 1
Lay a chicken fillet between 2 sheets of cling film and bash with a rolling pin until about 1cm thick. Squeeze some lemon juice over the chicken and dust with paprika. Spray a griddle pan with low cal oil and cook the chicken on both sides until charred and cooked through. Cut into slices. Mix 2 tbsp lighter than light mayo with a crushed garlic clove and spread on a toasted bagel. Top with lettuce, tomato slices & the chicken and serve with a tbsp of Unislim coleslaw.

DINNER

Pork Souvlaki
0.5 BITES PER SERVING
SERVES 4
Cut 400g lean pork shoulder into 2cm chunks and put in a large bowl with 1tbsp. olive oil, ½ tsp. dried oregano, the zest and juice of a lemon, ½ tsp hot paprika and a good pinch of salt. Toss everything to combine and leave to marinate for 10 minutes. Combine 100ml fat free natural yogurt, 1 small grated garlic clove and ½ a grated cucumber in a bowl. Season with salt and set aside. Heat the grill to high and thread the pork and peppers onto 4 metal skewers. Place on a non-stick baking sheet and grill for 3-4 minutes on each side or until cooked through. Serve with little gem lettuce, yogurt mix and ¼ plate of couscous, cooked to packet instructions. Optional: Add a tbsp. of chilli sauce to each serving for 1 extra Bite

THURSDAY

BREAKFAST

Bacon Bap
FREE FOOD SERVES 1
Grill 2 slices of lean bacon and fill a 60g wholemeal roll. Top with a sliced tomato and a tbsp. no added sugar ketchup or relish.

LUNCH

Pesto, Cannellini Beans & Tuna Jackets
1.5 BITES PER SERVING
SERVES 2
Bake 2x200g sweet potatoes until really soft. Mix ½ x 400g can cannellini beans with 2tbsp reduced fat pesto, 30g light cream cheese, 100g can tuna in water, drained, ½ finely chopped red onion and the zest of a lemon. Split the potatoes and stuff with the filling. Sprinkle with chopped basil before serving with a green salad.

DINNER

Turkey Burger & Sweet Potato Wedges
FREE FOOD SERVES 2
In a bowl, mix 260g lean turkey breast meat, 1 small diced red onion, 1 grated garlic clove, 1 peeled and grated apple and 1 large beaten egg. Mix the ingredients well with your hands and add a good pinch of salt and pepper, 2 tsp dried oregano and 1 tsp paprika. Shape the mixture into 2 burgers and place on a baking tray in the oven for 15 – 20 mins until cooked through. Serve the burgers with 100g Unislim Gorge Us Sweet Potato Wedges and veg of your choice.

FRIDAY

BREAKFAST

Weetabix & Kiwi
FREE FOOD SERVES 1
Peel and slice a kiwi and serve on top of 2 Weetabix with skimmed milk or low-fat natural yogurt.

LUNCH

Cheesy Beans on Toast
1 BITE PER SERVING
SERVES 1
Warm a tin of sugar free baked beans and serve with 2x30g slices granary toast. Top with 30g reduced fat cheddar.

DINNER

Chilli Con Carne
1 BITE PER SERVING
SERVES 4
Spritz a pan with low cal oil and brown 400g lean beef or turkey mince with a finely chopped red onion and 2 minced garlic cloves. Add 2 tbsp tomato puree, 1tsp each of cinnamon and paprika, a chopped and deseeded chilli and a can of red kidney beans, drained. Reduce the heat and simmer for 30 minutes. Garnish with chopped coriander leaves and serve with ¼ plate basmati rice and a tbsp sour cream.

SATURDAY

BREAKFAST

Cinnamon Muesli
FREE FOOD SERVES 1
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

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 1 tbsp lighter than light mayo. Season with salt and pepper and make a sandwich using 2x30g slices wholemeal bread. Serve with any Unislim soup.

DINNER

Salmon Pasta Salad with Lemon & Capers
0.5 BITES PER SERVING
SERVES 2
Cook 120g wholewheat pasta according to pack instructions. Meanwhile, spray a non-stick pan with low cal oil and fry 1 large, roughly chopped, red pepper for about 5 minutes until it softens and starts to char. Push the pepper to one side and add 2 frozen, skinless wild salmon fillets. Cover and fry for 8-10 minutes until just cooked. Meanwhile, mix the zest and juice of a lemon in a large bowl with 2, finely grated garlic cloves, 1, finely chopped shallot, 2 tbsp capers and 6, sliced kalamata olives. Add the cooked pepper and salmon to the bowl along with the drained pasta. Season with black pepper and 1 tsp olive oil. Toss everything together, flaking the salmon as you go. Toss through 2 handfuls of rocket just before serving.

SUNDAY

BREAKFAST

Nut Butter Bagel with Banana
1 BITE PER SERVING
SERVES 1
Spread a toasted wholegrain bagel with 2 tsp no added sugar peanut butter and top with a mashed banana. Sprinkle with cinnamon and follow with a low-fat yogurt.

LUNCH

Smoked Salmon Open Sandwich
FREE FOOD SERVES 2
Spread 4x30g of rye or whole grain bread with 100g quark. Top with 100g smoked salmon slices and a squeeze of lemon juice. Sprinkle with chives and black pepper before serving.

DINNER

Creamy Mushroom Tagliatelle
1 BITE PER SERVING
SERVES 4
Spritz a large frying pan with low cal oil and cook a finely chopped onion, a thinly sliced leek and 2 crushed garlic cloves until soft. Add 400g, sliced chestnut mushrooms and cook for 5 minutes. Add 100ml vegetable stock or white wine and cook for about 5 minutes until it reduces. Stir in 60ml low fat crème fraiche and the zest of a lemon. Cook 240g tagliatelle according to packet instructions. When the pasta is just tender, drain and return to the hot pan in which it was cooked. Stir in 400g baby spinach leaves and when it wilts gently stir in the creamy mushroom mix. Divide between 4 plates and serve immediately sprinkled with 30g grated parmesan.

Weekly Tracker

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DINNER

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