

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

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

Quick Chicken & Cider Stew
 1 BITE PER SERVING
 SERVES 4
 Lightly spray a wide non-stick pan with low cal oil and cook 2 dessert apples, cored and cut into wedges, for 2-3 minutes each side, until tender and golden. Remove and keep warm. Add 4 chicken fillets and 400g sliced mushrooms to the pan and cook for 8-10 minutes until golden brown all over. Pour in 300ml dry cider and 100ml chicken stock and bring to the boil. Reduce the heat and simmer for 10-15 minutes, until the chicken is cooked through and the liquid has reduced and thickened. Remove the chicken and keep warm. Season the sauce, stir in the apple wedges and 4 tbsp reduced fat crème fraiche. Heat through very gently without boiling. Pour the sauce over the chicken fillets, sprinkle with chopped parsley and serve with ¼ plate baby boiled potatoes and extra veg.

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

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 BITE PER SERVING
 SERVES 4
 Cut 400g lean pork shoulder into 2cm chunks and put in a large bowl with 1 tbsp. 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.

WEDNESDAY

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. BITES PER SERVING
 SERVES 1
 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

Salmon Pasta Salad with Lemon & Capers
 0.5 BITES 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

THURSDAY

BREAKFAST

Scrambled Eggs on Sourdough
 FREE FOOD SERVES 1
 Scramble 2 eggs with skimmed milk. Top with chopped parsley and serve on 60g wholemeal sourdough with grilled mushrooms and tomatoes.

LUNCH

Spicy Chicken Wraps
 0.5 BITE PER SERVING
 SERVES 2
 Thinly slice 2 chicken breasts and mix with a squeeze of lime juice, ½ tsp chilli powder, ½ a sliced red onion and a chopped garlic clove. Heat a non-stick pan, spray with low cal oil, add everything, and fry until the chicken is cooked through. Add 2 chopped roasted peppers (from a jar) and warm them through. Divide the chicken mix between 2 warmed wholemeal wraps, top with 30g grated low fat cheese, a dollop of low-fat natural yogurt and some chopped coriander. Roll up, slice in half and serve.

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.

FRIDAY

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

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

Beef & Black Bean Stir-fry
 0.5 BITE 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.

SATURDAY

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

Calzone
 1 BITE PER SERVING
 SERVES 1
 Preheat the oven to 190c. Spread a wholemeal tortilla with tomato puree and fill with slices of red onion, red and yellow peppers and chopped lean ham. Top with 30g grated low fat cheddar and fold up, closing the top and bottom edges tightly. Place the wrap on a baking tray and bake in the oven for 5-10 minutes. Serve with a side 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.

Don't forget your 2 snacks a day!
 Visit unislim.com for tasty snack ideas

SUNDAY

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

Scotch Broth
 1 BITE PER SERVING
 SERVES 6
 In a large saucepan put 250g, peeled and diced carrots, 250g diced turnips, 2 diced onions, 1 diced celery stalk, 1 sliced leek, 120g pearl barley, 125g dried peas, (soaked in water for 4-5 hours & drained) and 2.3 litres of lamb stock. Season well and bring to the boil. Reduce the heat and simmer for 2-3 hours until the peas and barley are soft. Stir in 85g chopped kale and cook for a further 10 minutes until the kale is tender. Check for seasoning before serving with a 60g seeded roll. This recipe is also perfect for the slow cooker - simply tip all the ingredients in and cook on high for 6-8 hours (or until the barley is soft)

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.

Weekly Tracker

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