

MONDAY

BREAKFAST

Fruity Yogurt & Eggs
FREE FOOD SERVES 1
Serve 2 boiled eggs with up to 60g wholemeal toast & follow with a chopped pear topped with low fat yogurt, sprinkled 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

Stir-fried Hoisin Pork & Greens
1 BITE PER SERVING SERVES 4
Cook 240g egg noodles according to packet instructions. Cut 450g boned lean leg of pork or pork tenderloin into bite-sized chunks & mix in a bowl with 1tbsp dark soy sauce, 4tbsp hoisin sauce & the juice of a lime until coated all over. Lightly spray a wok with low cal oil & when the pan is really hot, add 2 thinly sliced garlic cloves, a bunch of sliced spring onions, a deseeded & sliced red chilli & 3 chopped celery sticks. Stir-fry for 2-3 mins & then add the pork & marinade & stir-fry for 4-5 mins until the meat is browned. Reduce the heat & add 200g shredded baby spinach or pak choi. Cook for 2-3 mins until the spinach wilts. Grind some black pepper on top & fold in the noodles. Warm through & serve.

TUESDAY

BREAKFAST

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

LUNCH

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 & fry 1 large, roughly chopped, red pepper for about 5 mins until it softens & starts to char. Push the pepper to one side & add 2 frozen, skinless wild salmon fillets. Cover & fry for 8-10 mins until just cooked. Meanwhile, mix the zest & juice of a lemon in a large bowl with 2, finely grated garlic cloves, 1, finely chopped shallot, 2tbsp capers & 6, sliced kalamata olives. Add the cooked pepper & salmon to the bowl along with the drained pasta. Season with black pepper & 1tsp olive oil. Toss everything together, flaking the salmon as you go. Toss through 2 handfuls of rocket just before serving.

DINNER

Burger & Chips
1.5 BITES PER SERVING SERVES 4
In a large bowl mix 450g lean mince, 1tbsp horseradish sauce, 1tsp garlic paste, 1tbsp, roughly chopped parsley & a dash of Worcestershire sauce. Divide the mixture into 4 burgers, pressing well together & chill for 10 mins. Grill until cooked through. Place each burger in a 65g wholemeal roll & top with sliced tomato & red onion. Serve with 100g Gorge Us chips & a side of Unislim salsa.

WEDNESDAY

BREAKFAST

Cinnamon French Toast
FREE FOOD SERVES 1
Whisk 1 egg with a dash of skimmed milk & ½ tsp of cinnamon in a shallow dish. Place 1, 30g slice of whole meal bread in the mixture to soak up the egg. Repeat with a second slice of bread. Spritz a pan with low cal spray oil & cook the bread gently until browned on both sides. Serve with low fat natural yogurt & fresh berries.

LUNCH

Roasted Red Pepper & Quinoa Soup
0.5 BITE PER SERVING SERVES 4
Chop 1 onion & 2 red peppers & put in a baking tray with 2 cloves of crushed garlic. Sprinkle with some fresh basil & fresh rosemary, spritz with low cal oil & roast at 200c for 30 mins. Add the veg to a large pot with 1litre of vegetable stock & blitz with a hand blender until smooth. Leave on a medium heat for 15 mins. Cook 120g quinoa as per packet instructions & add to the soup. Swirl each bowl with 1tbsp reduced fat Crème Fraiche before serving.

DINNER

Greek Style Roast Fish
FREE FOOD SERVES 2
Heat the oven to 200c/180c/gas 6. Tip 200g small potatoes, scrubbed & cut into wedges into a roasting dish with 1 sliced onion, 2 roughly chopped garlic cloves & ½ tsp dried oregano (or ½ tsp fresh) Season, spray with low cal oil & toss to coat everything. Roast for 30 mins turning everything halfway through. Add 2 large tomatoes & ½ lemon, cut into wedges & roast for 10 mins, then top with 2 pollock (or any white fish) fillets & cook for 10 mins more. Serve scattered with parsley with extra green vegetables or a side salad.

THURSDAY

BREAKFAST

Breakfast Bruschetta
0.5 BITES 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 1tsp of honey.

LUNCH

Tuna Roll
1 BITE PER SERVING SERVES 1
Drain & mix a small tin of tuna in brine with lighter than light mayo & 2 chopped scallions. Fill a 60g wholemeal roll with the mix. Add some salad leaves & a tbsp reduced fat coleslaw. Serve with any Unislim soup.

DINNER

Chilli Lime Steak Fajitas
1.5 BITES PER SERVING SERVES 4
Make a marinade by whisking together 2tbsp olive oil, 1/3 cup freshly squeezed lime juice, 2tbsp chopped coriander, 2 crushed garlic cloves, 1tsp brown sugar, ¾ 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 mins. (Refrigerate the rest of the marinade for later) Remove the steak from the fridge about 30 mins 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 mins. 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.

FRIDAY

BREAKFAST

Banana Bran
FREE FOOD SERVES 1
Top 60g All- Bran or Bran Flakes with a sliced banana & serve with skimmed milk or low-fat yogurt.

LUNCH

Baked Potato with Cottage Cheese & Bacon
FREE FOOD SERVES 1
Mix 4tbsp cottage cheese with 2 rashers of grilled & chopped lean back bacon & pile onto a 200g baked potato. Serve with a green salad.

DINNER

Smoky Tofu Chilli
FREE FOOD SERVES 4
Drain & pat dry 2x396g packs of firm tofu, then wrap in kitchen paper & put on a flat surface. Sit a chopping board on top & weigh it down with a heavy object. Set aside for 30 mins. Spray a deep non-stick pan with low cal oil & fry 2, large, finely diced onions, 2, finely diced, celery sticks & 3, diced red peppers with 3tbsp. water for 6-8 mins until softened. Add 4, sliced, garlic cloves along with 1tsp chilli powder, 2tsp. smoked paprika, 1tbsp cumin, 1tsp cinnamon & 1tsp dried oregano. Cook for 2 mins. Add 500ml vegetable stock, 1tbsp tomato puree & 2x400g tins chopped tomatoes. Season, bring to the boil & simmer for 45 mins, stirring occasionally. Meanwhile, unwrap the tofu & cut into 1.5cm cubes. Put into a bowl with ½ tsp hot chilli powder & toss to coat. Spray a large non-stick pan with oil & fry the tofu in batches for 8-10 mins. Set aside. Drain & rinse 2x400g tins black beans & add to the chilli. Cook uncovered for 15 mins before adding the cooked tofu. Simmer for another 10 mins, season & serve.

SATURDAY

BREAKFAST

Turkish Poached Eggs with Spinach & Pitta Breads
FREE FOOD SERVES 2
Put 250g spinach in a large saucepan with a tbsp of water. Cover & cook for 2 mins until wilted. Season with salt & pepper, drain & keep warm. Poach 4 eggs until the whites are set & the yolks are still runny. In another pan heat 250g 0% Greek yogurt over the lowest possible heat with 2-3 crushed garlic cloves. Swirl in 1tsp Harissa paste. Divide the spinach between 2 bowls & spoon most of the yogurt over the top. Add the poached eggs & top with a spoonful of the yogurt. Serve immediately with toasted pitta breads.

LUNCH

Loaded Crispbreads
1.5 BITES PER SERVING SERVES 1
Mash ½ an avocado with black pepper & lime juice & spread over 4 Sesame Ryvita. Crumble 30g Feta cheese & a chopped tomato on top & drizzle with balsamic vinegar. Serve with a bowl of any Unislim soup.

DINNER

Popcorn Chicken & Chips
1 BITE PER SERVING SERVES 2
Preheat the oven to 170c/150c/gas 3. Line a baking tray with greaseproof paper. Blitz 4x30g slices of wholemeal bread into fine crumbs & put in a shallow dish with ½ tsp garlic granules, 1/4 tsp chilli powder & ½ tsp sea salt. Dice 300g chicken fillet into bite sized pieces. Beat an egg in a bowl & add the chicken, stirring to coat. Dip the chicken in the breadcrumb, a few pieces at a time & then place on the baking tray. Spray the chicken with low cal oil & pop in the oven for 20-25 mins until cooked through. Serve with 100g Unislim Gorge Us chips & fresh or frozen peas.

SUNDAY

BREAKFAST

Berries & Apple Weetabix
FREE FOOD SERVES 1
Grate ½ an apple & serve with a handful of blueberries on top of 2 Weetabix with skimmed milk or low-fat natural yogurt.

LUNCH

Fruity Curried Chicken Salad
1 BITE PER SERVING SERVES 2
In a large bowl mix 2tbsp 0% Greek yogurt, 1tsp mild curry powder, 1tbsp fresh lemon juice & a good pinch of sea salt & black pepper. Add 1 celery stick, thinly sliced, 6 raw broccoli florets, 1 red apple, cored & cut into ½ inch pieces, 15 red seedless grapes, halved & 15g walnuts, halved. Toss to coat with the dressing. Cover & keep in the fridge until ready to serve (up to 12 hrs) Cover 2 plates or shallow bowls with some gem lettuce leaves. Divide the salad between the two & top with sliced cooked chicken.

DINNER

Chorizo, Orzo & Sweetcorn Summer Stew
1.5 BITES PER SERVING SERVES 2
Spray a deep, frying pan with low cal oil & fry the white parts of a bunch of sliced spring onions, 1 red pepper, cut into cubes & 40g chorizo, cut into cubes for about 8 mins, until the peppers are soft & the chorizo is just golden. Stir in 1 crushed garlic clove, 75g orzo, ½ tsp smoked paprika, a 200g can sweetcorn, drained, & a large, chopped tomato. Fry for 2-3 mins more & then pour in 350ml chicken or vegetable stock. Bring to a simmer & cook for 8-10 mins, stirring often until the orzo is tender. Before serving stir in ½ small bunch of chopped parsley, the green parts of the spring onions & the juice & zest of ½ a lemon.

Weekly Tracker

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