

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

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 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, 2tbsp tomato puree, 2tsp dried thyme and 1tsp red wine vinegar. Stir well, cover and place in the oven for 1hr 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

Wake up Smoothie
0.5 BITES PER SERVING
SERVES 2

Combine 150ml unsweetened orange juice, 150g frozen berries, a ripe banana, 100ml low fat natural yogurt and 2tsp. of honey in a blender. Whizz for a minute until creamy. Serve immediately. Follow with a boiled egg & a slice of whole meal toast.

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

Pork Souvlaki with Oregano

1 BITE PER SERVING
SERVES 4

Cut 400g pork shoulder into 3cm cubes. Mix together 2tbsp fresh lemon juice, 2tbsp olive oil, 2tsp dried oregano, ½tsp ground cumin, ½tsp cayenne pepper, 1tsp smoked paprika, 1, grated garlic clove and ½tsp salt. Add 400g pork shoulder, cut into 3cm cubes and marinate for an hour. Thread the cubes of meat on to skewers. Grill on a barbecue or under a hot grill for 10-12 minutes, turning until cooked through. Serve with a 200g baked potato, roasted vegetables or a green salad.

WEDNESDAY

BREAKFAST

Blueberry Porridge with Seeds
1 BITE PER SERVING
SERVES 1

Make 60g of porridge with skimmed milk or water and top with cinnamon, a handful of blueberries and 15g of flaxseed or linseed.

LUNCH

Greek Salad Wraps

2 BITES PER SERVING
SERVES 2

Heat 2 wholemeal tortilla wraps and spread with 50g reduced fat hummus. Fill each with a sliced vine tomato, cucumber slices, 6 olives and 20g crumbled feta cheese. Roll up tightly, cut in half and serve.

DINNER

Roast Chicken with Baby Boiled Potatoes

FREE FOOD SERVES 1

Wrap a chicken fillet in foil with a squeeze of lemon, a chopped garlic clove and 6 cherry tomatoes. Bake in the oven for 20-30 minutes and serve with roasted veg and ¼ plate baby boiled potatoes.

Don't forget your 2 snacks a day!

Visit unislim.com for tasty snack ideas

THURSDAY

BREAKFAST

Avocado Toast & Eggs
FREE FOOD SERVES 1

Mash half an avocado & spread on 2x30g slices of whole meal toast. Top each slice with a poached egg & some cracked black pepper.

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 1tbsp reduced fat pesto (optional, 1 Bite).

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.

FRIDAY

BREAKFAST

Cinnamon Muesli
FREE FOOD SERVES 1

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

LUNCH

Turkey Pesto Toasty

2 BITES PER SERVING
SERVES 1

Spread 1tbsp. reduced fat pesto over 2x30g slices of whole meal bread. Cover one slice with 30g low-fat mozzarella slices and then a layer of cooked turkey slices. Finish with a thinly sliced tomato, season lightly and top with the other slice of bread. Place the sandwich under a hot grill and cook until golden on both sides. Cut in half and serve immediately.

DINNER

Grilled Salmon with Couscous

FREE FOOD SERVES 1

Cook 60g Couscous according to package instructions. Stir through some chopped parsley, chopped tomatoes, red onion, broccoli florets, beetroot, and a squeeze of lemon juice. Serve with a grilled salmon fillet.

SATURDAY

BREAKFAST

Banana & Berry Weetabix
FREE FOOD SERVES 1

Top 2 Weetabix with ½ a sliced banana and a handful of blueberries and serve with skimmed milk or low-fat natural yogurt.

LUNCH

Spicy Tuna Baked Potato

FREE FOOD SERVES 1

Drained a can of tuna in water or brine and mix with a sliced spring onion, a handful of halved cherry tomatoes, ½ chopped red chilli and ½ a small bunch of chopped coriander. Split a 200g baked potato and fill with the tuna mix. Serve with a green salad.

DINNER

Meatballs & Spaghetti
1 BITE PER SERVING

SERVES 4

Spray a pan with low cal oil and sauté 1 chopped onion, 1 chopped celery stick & 2 chopped garlic cloves until soft. Add 2tbsp tomato puree & stir for a few minutes before adding 2x400g tins of chopped tomatoes, 1 cinnamon stick, 100mls red wine and 100mls chicken stock. Season, bring to the boil and simmer for an hour. If you prefer a smoother sauce, blitz using a hand blender once it's cooked. Meantime, spray a pan with low cal oil and sauté 1 chopped onion & 5 minced garlic cloves. Remove from the heat and allow to cool. In a bowl, put 450g extra lean minced pork or beef, 1tbsp fresh basil, 1tsp ground cinnamon, and the cooked onion and garlic. Season and then roll small amounts of the mixture into 16 meatballs. Place the meatballs on a baking tray and oven bake at 180c until cooked through. Stir the cooked meatballs into the sauce and serve with ¼ plate whole wheat spaghetti. Sprinkle each plate with a tbsp parmesan cheese and scatter with fresh basil.

SUNDAY

BREAKFAST

Eggs & Bacon
FREE FOOD SERVES 1

Scramble 2 eggs with skimmed milk and serve with 2 slices of grilled bacon medallions, grilled tomatoes and 2x 30g slices of whole meal toast.

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

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

Weekly Tracker

NAME DAILY BITES

DATE: / /

BREAKFAST

LUNCH

DINNER

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 Bites Earned Free Oil



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