

**MONDAY**

**BREAKFAST**

**Fresh Fruit Compote**  
FREE FOOD SERVES 1

0.5 BITE PER SERVING  
Chop or slice 1 apple, 1 kiwi, 10 grapes, 5 strawberries & 1 pear. Drizzle over 1tsp honey & heat for 30 secs in microwave. Follow with a boiled egg & up to 60g wholemeal toast.

**LUNCH**

**Pesto, Cannellini Beans & Tuna Jackets**  
FREE FOOD SERVES 2

1.5 BITES PER SERVING  
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 & the zest of a lemon. Split the potatoes & stuff with the filling. Sprinkle with chopped basil before serving with a green salad.

**DINNER**

**Mediterranean Pork Casserole**  
FREE FOOD SERVES 4

1 BITE PER SERVING  
Cube 450g lean pork fillet & put in a casserole dish with 1, chopped, medium onion, 16 dried apricots, 6 stoned prunes, 2 whole cloves, 1 tsp ground cinnamon & some salt & pepper. Pour over 150ml dry white wine & enough chicken stock to barely cover. Sieve 1tbsp plain flour over the casserole & cook at 150c/gas 2 for 1 hour, stirring halfway through. Check the seasoning before serving with a 200g baked potato & lots of green veg.

**TUESDAY**

**BREAKFAST**

**Cinnamon Muesli**  
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**

**Stuffed Moroccan Pitta**  
FREE FOOD SERVES 2

2 BITES PER SERVING  
Spread 50g low fat hummus on the inside of 2 toasted pitta pockets. Fill with 4 sliced falafels, ½ a deseeded & sliced red pepper & a handful of rocket leaves.

**DINNER**

**Ginger Chicken & Green Bean Noodles**  
FREE FOOD SERVES 2

1 BITE PER SERVING  
Cook 120g egg noodles according to pack instructions & set aside. Spray a wok with low cal spray oil, heat, & stir-fry 2 sliced chicken fillets for 5 mins. Add 200g, trimmed green beans & fry for another 4-5 mins until the beans are just tender & the chicken is cooked through. Peel a thumb-sized piece of ginger & cut into matchsticks. Add to the wok with 2 sliced garlic cloves, a finely sliced ball of stem ginger + 1tsp of syrup from the jar, 1tsp cornflour mixed with 1tbsp water, 1tsp dark soy sauce & 2 tsp rice vinegar. Stir fry for 1 minute & then toss in the cooked noodles. Continue cooking until everything is hot & the sauce coats the noodles.

**Don't forget your 2 snacks a day!**

Visit [unislim.com](http://unislim.com) for tasty snack ideas

**WEDNESDAY**

**BREAKFAST**

**Nut Butter Bagel with Banana**  
FREE FOOD SERVES 1

1 BITE PER SERVING  
Spread a toasted wholegrain bagel with 2 tsp no added sugar peanut butter & top with a mashed banana. Sprinkle with cinnamon & 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 & fill with slices of red onion, red & yellow peppers & chopped lean ham. Top with 30g grated low fat cheddar & fold up, closing the top & bottom edges tightly. Place the wrap on a baking tray & bake in the oven for 5-10 mins. Serve with a side salad.

**DINNER**

**Stuffed Peppers**  
FREE FOOD SERVES 2

1 BITE PER SERVING  
Halve 2 large red or green peppers lengthways & deseed. Spray a pan with low cal oil & cook 1 finely diced onion, 2 chopped garlic cloves & a diced green pepper until soft. Add 400g lean minced beef & cook for 5 mins stirring continuously. Add 1 tsp mustard powder, 3 tsp Worcestershire sauce, 3 tsp tomato puree, 1 tsp red wine vinegar & 120ml water. Turn the heat to low & cook for another 3-4 mins. Season the beef mixture & fill the pepper halves. Scatter 60g reduced fat cheddar cheese evenly over the peppers & place on a baking tray in the oven 200c/180c/gas 6 until the cheese has melted & the peppers are cooked but still have a bit of crunch.

**THURSDAY**

**BREAKFAST**

**Poached Eggs & Relish**  
FREE FOOD SERVES 1

Spread 2x30g slices wholemeal toast with 1tbsp no added sugar tomato relish. Slice a large tomato & layer onto the toast. Top with 2 poached eggs.

**LUNCH**

**Mexican Style Bean Soup with Shredded Chicken & Lime**

FREE FOOD SERVES 2  
Spray a saucepan with low cal oil & fry 1 large onion, finely chopped & 1 red pepper, cut into chunks for 10 mins. Stir in 2 chopped garlic cloves, 2 tsp mild chilli powder, 1 tsp ground coriander & 1tsp ground cumin. Tip in a 400g can of chopped tomatoes & a 400g can of black beans, with their liquid. Add a ½ can of water & 1 tsp vegetable bouillon powder. Simmer, covered, for 15 mins. Meanwhile, shred a cooked chicken breast & toss in a bowl with a handful of chopped coriander, the juice of a lime & ½ a red chilli, deseeded & finely chopped. Ladle the soup into 2 bowls, top with the chicken & serve.

**DINNER**

**Turkey Burger & Sweet Potato Wedges**  
FREE FOOD SERVES 2

1 BITE PER SERVING  
In a bowl, mix 260g lean turkey breast meat, 1 small diced red onion, 1 grated garlic clove, 1 peeled & grated apple & 1 large beaten egg. Mix the ingredients well with your hands & add a good pinch of salt & pepper, 2 tsp dried oregano & 1 tsp paprika. Shape the mixture into 2 burgers & 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 & veg of your choice.

**FRIDAY**

**BREAKFAST**

**Berry & Apple Shredded Wheat**  
FREE FOOD SERVES 1

Top 2 Shredded Wheat with skimmed milk or low-fat yogurt ½ a grated apple & a handful of blueberries.

**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 & a squeeze of lemon juice. Sprinkle with chives & black pepper before serving.

**DINNER**

**Chili Lime Steak Fajitas**  
FREE FOOD SERVES 4

1 BITE PER SERVING  
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 & marinate 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.

**SATURDAY**

**BREAKFAST**

**Mushrooms on Toast**  
FREE FOOD SERVES 2

Spritz a pan with low cal oil & fry 180g sliced mushrooms with a chopped garlic clove. Add chopped parsley & 1tsp of lemon juice. Divide the mushrooms between 4x30g slices of wholemeal toast, sprinkle with parsley & serve.

**LUNCH**

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

Beat 3 eggs in a bowl, season & stir in 1tbsp 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 mins until the egg is set. Carefully fold the omelette over & slide onto a warmed plate. Serve with a bowl of fresh salad.

**DINNER**

**Creamy Mushroom Tagliatelle**  
FREE FOOD SERVES 4

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

**SUNDAY**

**BREAKFAST**

**Salted Caramel Oaty Waffles**  
FREE FOOD SERVES 1

Mix 60g of porridge oats with 70ml low fat plain yogurt, ½ tsp salted caramel flavouring, ¾ tsp baking powder & an egg. Pour into a waffle iron & cook until golden. Serve with a 1tbsp 0% Greek yogurt & your favourite berries.

**LUNCH**

**Honey Mustard Chicken Pasta**

FREE FOOD SERVES 4  
Cook 240g (uncooked weight) farfalle or other pasta shape according to pack instructions & cool under running water. In a large bowl mix 3tbsp lighter than light mayo with 1 heaped tsp wholegrain mustard & 1tsp clear honey to make a creamy dressing. Loosen with a little water if it's too thick. Add the dressing to the pasta with 300g cooked chicken, torn into rough pieces, 4 thinly sliced spring onions, 4 tomatoes, cut into chunks & a small bunch of roughly torn basil leaves. Gently mix together & season to taste.

**DINNER**

**Baked Cod with Prosciutto**  
FREE FOOD SERVES 4

1 BITE PER SERVING  
Preheat the oven to 200c/180c/gas 6. Mix ½tbsp olive oil with the zest of a lemon & ½ the juice & 2 sprigs of rosemary, finely chopped. Brush this over 4 cod fillets. Lay 4 slices of prosciutto on a board & place a cod fillet on each & wrap with the prosciutto. Place in a roasting tin, lined with greaseproof paper, seal on the underside. Squeeze over the remaining lemon juice. Place 320g cherry tomatoes on the vine round the cod fillets & drizzle with a little more oil. Season the whole tray with black pepper & bake in the oven for 10-12 mins, until the fish is opaque & cooked through. Serve with ¼ plate baby boiled potatoes & steamed carrots & courgettes.

# Weekly Tracker

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

DATE: / /

BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

BITES        
       
 Bites Earned  Free Oil

DATE: / /

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