

MONDAY

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

Open Beef & Rocket Sandwich
FREE FOOD SERVES 1
Mix 1 tsp lighter than light mayo, a squeeze of mustard or horseradish & slices of roast beef, cut into strips. Top 2 x 30g slices of granary bread with rocket leaves & pile the beef mix on top.

DINNER

Spanish Style Chicken Bake
1.5 BITES PER SERVING
SERVES 4
Preheat the oven to 200c/180c/ Gas 6. Halve 600g baby potatoes & cut 1 medium brown onion & 1 medium red onion into 8 wedges. Quarter 8 medium tomatoes. Put them all into a large roasting tray with 8 unpeeled garlic cloves. Season with sea salt & lots of black pepper, toss everything together & roast for 20 mins. While the veg is roasting, skin 80g chorizo & slice thinly. Slash 8, boneless, skinless, chicken thighs with a sharp knife & season. Take the roasting tin out of the oven & scatter the chorizo through the veg. Place the chicken on top. Mix ½ tsp oregano with ½ teaspoon sweet smoked paprika & sprinkle over the chicken. Return to the oven for 20 mins. Take the tin out of the oven & spoon any juices over the chicken. Tuck a green pepper, cut into strips, loosely around the chicken & veg. Turn the oven up to 220c/200c/ gas 7 & put the tin back in for another 20 mins until the peppers are soft & the chicken is golden. As you eat, squeeze the garlic out of their skins.

TUESDAY

BREAKFAST

Raspberry & Apple Smoothie
FREE FOOD SERVES 2
Into a blender or smoothie maker put, 2 cored apples, 150g frozen raspberries, 150ml low fat natural yogurt, 30g porridge oats, juice of ½ lemon & 100ml low fat milk. Blitz until smooth, adding a little more milk or water if it's too thick.

LUNCH

Ham Salad & Guac Rolls
0.5 BITE PER SERVING
SERVES 2
Split 2 x 60g wholemeal rolls in half & thickly spread the base of each with up to 30g guacamole. Top with a few rocket leaves, sliced red onion & sliced tomato. Season with salt & pepper & finish with slices of lean ham. Spread the remaining halves of the rolls with lighter than light mayo & place on top. Serve with a bowl of Unislīm soup.

DINNER

Grilled Salmon with Couscous
FREE FOOD SERVES 1
Cook 60g couscous according to packet instructions. Stir through some chopped parsley, chopped tomatoes, red onion, broccoli florets, beetroot & a squeeze of lemon juice. Serve with a grilled salmon fillet.

Don't forget your 2 snacks a day!

Visit unislīm.com for tasty snack ideas

WEDNESDAY

BREAKFAST

Berry & Banana Shredded Wheat
FREE FOOD SERVES 1
Top 2 Shredded Wheat with skimmed milk or low-fat yogurt ½ a sliced banana & a handful of blueberries.

LUNCH

Ham & Tomato Omelette
FREE FOOD SERVES 1
Whisk 2 eggs & season. Add 2 slices of chopped ham, a diced tomato, a chopped scallion, & a few sliced mushrooms & mix gently. Spray a non-stick pan with low cal oil & heat. Add the egg mix & swirl around the pan. When it's almost set, finish under a hot grill. Serve with a green salad & a 60g wholemeal bagel.

DINNER

Taco Wedges
1 BITE PER SERVING
SERVES 4
Cut 4x 200g potatoes into wedges, spray with low cal oil, sprinkle with cayenne pepper & bake in the oven until soft & golden. While the wedges are cooking, spray a pan with low cal oil & sauté 2 minced garlic cloves & 1 chopped onion. Add 400g extra lean mince & brown. Stir in a tin of chopped tomatoes, 1tbsp tomato puree, a chopped red & green pepper, a can of kidney beans & a cup of beef stock. Add 1tsp each of chilli powder, cumin & paprika & simmer for 5 mins. Divide the wedges between 4 plates, cover with the mince mixture & top with a dollop of low-fat yogurt or make a Taco sauce by mixing 3 tbsps. of lighter than light mayo, 2 tbsps. tomato puree, ½ tsp chilli powder & 1 tbsp. crushed garlic. Sprinkle each serving with 30g of grated low-fat cheddar.

THURSDAY

BREAKFAST

Bacon Bap
FREE FOOD SERVES 1
Grill 2 slices of lean bacon & fill a toasted whole meal roll. Top with a sliced tomato & a tbsp no added sugar ketchup or relish.

LUNCH

Avocado & Roast Chicken Salad
FREE FOOD SERVES 2
Cut 2 cooked chicken breasts into chunks. Toss with ½ a peeled & sliced cucumber, an avocado, cut into chunks, a thinly sliced red onion & a grated apple. Stir in 4tbsp 0% Greek yogurt & season. Serve piled onto a bed of salad leaves with a 65g brown roll.

DINNER

Creamy Cheese Stuffed Chicken
2 BITES PER SERVING
SERVES 4
Preheat the oven to 180c/ gas 4. Cut along the side of 4 chicken fillets to form a pocket. Mix 120g Philadelphia light cheese with 1 tbsp chopped chives & fill each pocket. Secure with wooden cocktail sticks. Spray a pan with low cal oil & sear the chicken on both sides over a high heat until golden. Put the chicken in an ovenproof dish & bake for 25 mins until cooked through. In the meantime, fry 2 large, thinly sliced leeks in the juices left on the pan for 8-10 mins. Add 400g small mushrooms, thinly sliced & cook for 3-4 mins. Add 120ml chicken stock & bring to the boil. Reduce the heat & allow to thicken. Stir in 120ml reduced fat crème fraiche & gently heat for 2-3 mins. Serve the chicken fillets, with the sauce spooned on top, ¼ plate new potatoes & green vegetables.

FRIDAY

BREAKFAST

Apple & Cinnamon Pancakes
FREE FOOD SERVES 2
Blitz 40g oats until finely ground (like flour) Tip into a bowl with 40g grated apple, 50ml skimmed milk, 1/4 tsp cinnamon, 1tsp granulated sweetener & 2 beaten eggs. Spray a large pan with low cal oil & spoon 4 equal quantities of the batter in. Cook for 1-2 mins on both sides & serve with sliced apple, berries, & low-fat natural yogurt

LUNCH

Cheese & Bacon Baked Potato
1 BITE PER SERVING
SERVES 1
Prick a 200g potato with a fork, spray with low cal oil & sprinkle with salt. Bake at 200c until soft. Cut a cross in the top & scoop out the flesh. Mix the flesh with a diced spring onion, a crumbled rasher of grilled bacon & 30g grated low fat cheddar cheese. Fill the potato shell with the mix & pop under a hot grill until the cheese melts. Serve with a green salad.

DINNER

Sesame & Ginger Beef Stir-fry
1.5 BITES PER SERVING
SERVES 1
Make a marinade by mixing 1tbsp soy sauce, 1tsp ginger root, peeled & grated, ½ minced garlic clove, 1tsp honey & 1tsp dried chilli flakes. Toss 100g lean beef strips in the marinade & chill for about 30 mins. Spray a wok or large pan with low cal oil & add a thinly sliced carrot & some broccoli florets, sliced if they're too thick. Add the beef to the pan & cook until the beef is browned & the vegetables have softened but still have some bite. Serve with ¼ plate basmati rice, garnished with chopped coriander & sprinkled with 2tsp sesame seeds.

SATURDAY

BREAKFAST

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

LUNCH

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

DINNER

Roasted Cauliflower Tagine
1 BITE PER SERVING
SERVES 4
Pre-heat the oven to 220c/200c/gas 7. Break a cauliflower into florets & toss with ½ tbs olive oil & ½ tbs ras el hanout or harissa seasoning in a baking dish, then roast for 20-25 mins. Meanwhile spray a large, lidded saucepan with low cal spray oil & cook 2, thickly sliced red onions, 1 sliced carrot & 3, finely sliced garlic cloves for 5 mins, then stir in ½ tsp of ras el hanout & cook for another min. Add a 400g tin of chopped tomatoes, a 400g tin of chickpeas, rinsed & drained, 80g pitted green olives, halved & 200ml boiling water. Reduce the heat, cover & simmer for 15-20 mins until the veg is cooked & the sauce has thickened. Remove from the heat & stir in the cauliflower. Serve the tagine with ¼ plate couscous & top each plate with 30ml 0% Greek yogurt & roughly chopped parsley.

SUNDAY

BREAKFAST

Mushrooms & Eggs
FREE FOOD SERVES 1
Grill 2 large Portobello mushrooms & serve with 2 poached eggs, 2x30g slices wholemeal toast & some wilted spinach.

LUNCH

Spiced Carrot & Lentil Soup
1 BITE PER SERVING
SERVES 4
Heat a large saucepan & dry-fry 2tsp cumin seeds & a pinch of chilli flakes for 1 min or until they start to jump around the pan & release their aromas. Scoop out about half & set aside. Add 2tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1L hot vegetable stock & 125ml skim milk to the pan & bring to the boil. Simmer for 15 mins until the lentils have swollen & softened. If you like it smooth whizz all or some of it with a blender. Season to taste & finish with a dollop of low-fat plain yogurt & a sprinkling of the reserved spices. Serve with a 65g wholemeal roll.

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 & a clove of garlic. Place on a baking tray, spritz with low cal oil, season & sprinkle with a 1tbsp dried herb. Toss together & roast until the veg is tender & 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 of chopped tomatoes, a handful of frozen peas & 60g, torn, low fat mozzarella. Pour the mix into an ovenproof dish, sprinkle with 60g grated parmesan & bake until golden brown. Serve with salad or extra veg.

Weekly Tracker

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DINNER

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