

MONDAY

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

Spicy Chicken & Salad Open Sandwich

FREE FOOD SERVES 1
Mix a tablespoon of low-fat natural yogurt with ¼ tsp of mild curry powder & add 85g cooked, chopped chicken. Top 2x30g slices of wholemeal bread with lettuce, grated carrot & sliced cucumber. Pile the spicy chicken on top & serve.

DINNER

Satay Sweet Potato Curry
2 BITES PER SERVING
SERVES 4

Spray a saucepan with low cal oil & soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves & a thumb sized piece of grated ginger. Cook for a min, until fragrant. Stir in 3tbsp Thai red curry paste, 1 tbsp, no added sugar smooth peanut butter & 500g sweet potato, peeled & cut into chunks. Add a 400ml can, reduced fat, coconut milk & 200ml of water. Bring to the boil, reduce the heat & simmer for 25-30 mins until the sweet potato is soft. Stir through a 200g bag of spinach & the juice of a lime & season well before serving.

TUESDAY

BREAKFAST

Apple Porridge with Chia Seeds
1 BITE PER SERVING
SERVES 1
Make up to 60g porridge with skimmed milk or water & top with ½ grated apple & 15g Chia seeds.

LUNCH

Broccoli Pasta Salad with Eggs & Sunflower Seeds

2 BITES PER SERVING
SERVES 2
Hard-boil 2 large eggs for 8 mins, then shell & halve. Meanwhile, boil 75g of wholewheat penne pasta for 5 mins, then add 160g broccoli florets & 160g trimmed & halved fine beans. Cook for another 5 mins until everything is tender. Drain, reserving the water, then tip the pasta & veg into a bowl & stir in 1 tbsp white miso paste, 1 tsp grated ginger, 1 tbsp rapeseed oil & 4 tbsp pasta water. Serve topped with the eggs, sprinkled with 2 tbsp sunflower seeds.

DINNER

Pork Souvlaki
0.5 BITE PER SERVING
SERVES 4

Cut 400g lean pork shoulder into 2cm chunks & put in a large bowl with 1 tbsp. olive oil, ½ tsp. dried oregano, the zest & juice of a lemon, ½ tsp hot paprika & a good pinch of salt. Toss everything to combine & leave to marinate for 10 mins. Combine 100ml fat free natural yogurt, 1 small grated garlic clove & ½ a grated cucumber in a bowl. Season with salt & set aside. Heat the grill to high & thread the pork & peppers onto 4 metal skewers. Place on a non-stick baking sheet & grill for 3-4 mins on each side or until cooked through. Serve with little gem lettuce, yogurt mix & ¼ plate of couscous, cooked to packet instructions. Optional: Add a tbsp. of chilli sauce to each serving for 1 extra Bite.

WEDNESDAY

BREAKFAST

Sausage Roll
2 BITES PER SERVING
SERVES 1
Grill 2x40g low fat sausages & serve in a 60g wholemeal roll. Top with 1tbsp reduced sugar tomato ketchup.

LUNCH

Cheesy Sweet Potato with Chorizo

2 BITES PER SERVING
SERVES 2
Preheat the oven to 190c, gas 5. Prick 2x200g sweet potatoes with a fork, spray with low cal oil & bake until soft, about 45 mins. Meanwhile, fry 40g thinly sliced chorizo over a medium heat for a few mins until it crisps up & releases its oil. Stir in 4 chopped spring onions, 80g, quartered baby plum tomatoes & 50g washed & shredded kale. Cook for 2-3 mins & season to taste. Split the baked potatoes in half & scoop out a little of the insides. Mix with the chorizo mix, pile back into the skins & sprinkle with 30g reduced fat grated cheddar cheese. Pop back in the oven until the cheese melts. Serve with a green salad.

DINNER

Prawn & Salmon Burgers with Spicy Mayo

FREE FOOD SERVES 4
Roughly chop 180g of peeled raw prawns & chop 4 skinless salmon fillets into small chunks. Briefly blitz half the prawns, half the salmon, 3 chopped spring onions, zest of a lemon & ½ a small pack of coriander until it forms a coarse paste. Tip into a bowl, stir in the rest of the prawns & salmon, season & shape into 4 burgers. Chill for 10 mins. In a small bowl mix 60g lighter than light mayo or 0% Greek Yogurt with 1tbsp chilli sauce, season, & add a squeeze of lemon juice. Spray a pan with low cal oil & fry the burgers for 3-4 mins on each side until the fish is cooked through. Top with a dollop of the spicy mayo & serve with a 200g baked potato & steamed green beans or a green salad.

THURSDAY

BREAKFAST

Spicy Scrambled Egg & Avocado Toast
FREE FOOD SERVES 1
Mash ½ an avocado with black pepper & a squeeze of lemon juice. Spread on 2x30g slices of wholemeal toast & top with 2 eggs, scrambled with a little milk. Sprinkle with chilli flakes for a little added heat.

LUNCH

Greek Salad Wraps

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

DINNER

Vegetarian Fajitas

FREE FOOD SERVES 4
Cut 1 red & 1 yellow pepper into strips. Take 2-3 strips of each colour, finely chop, & set aside. Spray a pan with low cal oil & fry the remaining pepper strips with a red onion, cut into thin wedges, until soft. Cool slightly & then mix in the raw peppers. Add a crushed garlic clove & cook for a min, then add ½ tsp chilli powder, ½ tsp smoked paprika & ½ tsp ground cumin. Cook for a few mins until the spices become aromatic, then add the juice of ½ lime & season. Transfer the mix to a dish, leaving any juices behind, & keep warm. Tip a 400g tin, drained, black beans into the same pan with the juice of ½ a lime & plenty of seasoning. Stir the beans to allow them to warm & absorb any flavours, then add a small bunch of chopped coriander. Fill 4, warmed, wholemeal tortillas with the beans & the fajita mix & serve with sliced avocado & 0% Greek yogurt.

FRIDAY

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

Cauliflower Cheese Soup

2 BITES PER SERVING
SERVES 4
Spray a large pan with low cal oil & fry, 1 chopped onion, 2 sticks chopped celery & 2 crushed garlic cloves until tender but not browned. Stir in 1 large diced potato & a medium cauliflower, cut into florets & cook for 1 min. Add 1 litre hot vegetable stock & a bay leaf & simmer gently for 25-30 mins until the veg are tender. Remove the bay leaf, blitz the soup in batches until smooth & return to the pan. Stir in 100ml reduced-fat crème fraîche, 2 tsp wholegrain mustard & 90g grated reduced fat cheddar cheese. Stir gently over a low heat until the cheese has melted. Serve sprinkled with grated reduced fat cheddar (30g in total) & chopped chives.

DINNER

Peri Peri Chicken

0.5 BITE PER SERVING
SERVES 4
Mix 2 tbsp hot, chilli sauce, zest & juice of a lemon & 3 minced garlic cloves in a bowl. Add 4 chicken breasts & stir until they are coated. Lightly spray a griddle pan with oil & cook the chicken over a medium heat until browned & cooked through. Serve immediately with a baked potato, green salad & Unislim free coleslaw – recipe on Unislim.com

SATURDAY

BREAKFAST

Tuna Pitta Pocket
FREE FOOD SERVES 1
Mix a tin of tuna in brine with a squeeze of lighter than light mayo, a spoonful of sweetcorn & some sliced scallions. Fill a toasted wholemeal pitta with the mixture & serve with a bowl of Unislim soup.

LUNCH

Hawaiian Pizza

1 BITE PER SERVING
SERVES 1
Top a wholewheat tortilla with 1 tbsp of tomato puree, 30g low fat mozzarella, 1 sliced tomato, 1 clove grated garlic, 1 sliced pineapple ring & 1 slice of cooked ham, torn. Sprinkle with oregano & place under a hot grill for a few mins until the cheese melts. Serve with a leafy salad.

DINNER

Minced Turkey Ragu with Tagliatelle

0.5 BITE PER SERVING
SERVES 4
Spray a large pan with low cal oil & add 500g turkey mince, 1 chopped onion, 1 diced red pepper, 2 crushed garlic cloves & 2tsp dried oregano. Fry for 2-3 mins until browned. Add 75g sliced black olives, a 400g tin of chopped tomatoes, 3tbsp sundried tomato puree & 300ml chicken stock & simmer, covered, for 20 mins. Remove the lid & simmer for a further 5 mins until the sauce has reduced a little. Meanwhile, cook 240g (uncooked weight) tagliatelle according to packet instructions & serve with the ragu.

Don't forget your
2 snacks a day!

Visit unislim.com for
tasty snack ideas

SUNDAY

BREAKFAST

Bacon & Beans
FREE FOOD SERVES 1
Grill 2 turkey rashers & serve with reduced sugar beans, grilled tomato & 2x30g slices wholemeal toast.

LUNCH

Monte Cristo Sandwich

1 BITE PER SERVING
SERVES 1
Grate 30g strong flavoured low-fat cheddar cheese & sprinkle half of it on a 30g slice wholemeal bread. Layer 2 slices of lean ham, ½ a thinly sliced spring onion, 1 thinly sliced cherry tomato & a few roughly chopped spinach leaves on top. Sprinkle with the remaining cheese & press a second slice of bread on top. Beat a small egg with a tsp of natural yogurt & ½ tsp Worcestershire sauce. Season with ¼ tsp mustard powder, salt & pepper. Dip the sandwich in the egg, soaking well on both sides. Spray a pan well with low cal oil & cook the sandwich on both sides until golden & the cheese has melted.

DINNER

Honey & Orange Roast Sea Bass with Lentils

1 BITE PER SERVING
SERVES 2
Heat oven to 200C/180C fan/gas 6. Place 2 sea bass fillets, skin-side down, on individual squares of foil. Mix together the zest & juice of ½ an orange, 2tsp clear honey, 2 tsp wholegrain mustard, 2 tsp olive oil & some seasoning, & drizzle it over the fillets. Pull the sides of the foil up & twist the edges together to make individual parcels. Place the parcels on a baking tray & bake in the oven for 10 mins until the fish is just cooked & flakes easily when pressed with a knife. Warm a 250g pouch of ready to eat Puy lentils following pack instructions, then mix with the juice of ½ an orange, 100g of watercress, a small bunch of chopped parsley, a small bunch of chopped dill & seasoning. Divide the lentils between 2 plates & top each with a sea bass fillet. Drizzle over any roasting juices that are caught in the foil & serve with steamed asparagus & carrots.

Weekly Tracker

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BREAKFAST

LUNCH

DINNER

SNACK.....

SNACK.....

BITES 
 Bites Earned  Free Oil 



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