

MONDAY

BREAKFAST

Pancakes and Bacon

SERVES 2

0.5 BITES PER SERVING

Beat an egg in a bowl and add 230ml skimmed milk and 120g wholegrain flour. Whisk until smooth. Spray a pan with low cal oil and when it's really hot, pour in a small amount of batter. Cook for 1–2 minutes on each side until golden and then place on a warm plate. Repeat with the rest of the batter. Serve the pancakes while hot with grilled lean bacon and berries.

LUNCH

Monte Cristo Sandwich

SERVES 1

1 BITE

Grate 30g strong flavoured low-fat cheddar cheese and 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 and 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 and cook the sandwich on both sides until golden & the cheese has melted.

DINNER

Tikka Salmon with Jewelled Rice

SERVES 3

1 BITE PER SERVING

Combine 1 tbsp tikka curry paste with 2 tbsp low-fat natural yoghurt. Season 3 salmon fillets, smear with the yoghurt paste, and set aside. Spray a large pan with low-cal oil, cook a large chopped red onion until soft. Stir in 2 tbsp tikka curry paste, cook for another minute. Add 1 tsp turmeric, 50g chopped dried apricots, and 180g brown basmati rice. Season and stir well. Pour in 800ml boiled water, bring to a boil, reduce heat, cover, and simmer gently for 15 minutes. Stir the rice, place the salmon fillets on top, re-cover, and cook on the lowest setting for 15–20 minutes until done. Scatter with 100g pomegranate seeds and coriander leaves. Serve with low-fat natural yoghurt.

TUESDAY

BREAKFAST

Poached Eggs & Relish

SERVES 1

FREE FOOD

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

LUNCH

Pesto, Cannellini Beans & Tuna Jackets

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 and the zest of a lemon. Split the potatoes and stuff with the filling. Sprinkle with chopped basil before serving with a green salad.

DINNER

Peri Peri Chicken

SERVES 4

FREE FOOD

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

WEDNESDAY

BREAKFAST

Scrambled Egg with Spinach & Tomato

SERVES 1

FREE FOOD

Scramble 2 eggs with skimmed milk and serve on a bed of wilted spinach with grilled tomatoes and a toasted 60g wholemeal bagel.

LUNCH

Summer Minestrone Soup

SERVES 4

FREE FOOD

Spray a saucepan with low cal oil and fry a finely sliced onion and 2 finely chopped cloves of garlic for 3–4 minutes. Add 2 sliced carrots, 2 sliced celery stalks, 2 sliced courgettes, 2 handfuls of trimmed green beans, a tin of chopped tomatoes and 1 litre vegetable stock. Bring to the boil and simmer for 10 minutes. Add 240g (uncooked weight) wholegrain pasta and cook for another 10 minutes. Season to taste. Remove from the heat and stir in 1 tbsp reduced fat pesto just before serving.

DINNER

Roasted Ratatouille

SERVES 4

0.5 BITES PER SERVING

Spray a large pan with low cal oil and fry 1 finely chopped onion until soft. Add 1 chopped yellow pepper and 1 chopped red pepper and sauté. Toss in 2 cubed aubergines and cook for another few minutes, then add 1 sliced courgette, 3 crushed garlic cloves, 1 bay leaf and 1.5 tsp oregano. Season and cook for another few minutes. Add a tin of chopped tomatoes and allow to simmer for 30 minutes, uncovered. Transfer to an ovenproof dish, sprinkle with 60g grated Parmesan and roast in the oven until the cheese melts. Serve with ¼ plate wholewheat spiral pasta.

THURSDAY

BREAKFAST

Berry & Banana Shredded

Wheat

SERVES 1

FREE FOOD

Top 2 Shredded Wheat with skimmed milk or low-fat yogurt ½ a sliced banana and a handful of blueberries.

LUNCH

Smoked Salmon Open

Sandwich

SERVES 2

FREE FOOD

Spread 4x30g of rye or whole grain bread with 100g quark. Top with 100g smoked salmon slices and a squeeze of lemon juice. Sprinkle with chives and black pepper before serving.

DINNER

Sizzling Beef in Black Bean

Sauce

SERVES 2

FREE FOOD

In a bowl, mix 1 diced red pepper, a finely sliced thumb sized piece of root ginger, a handful of green beans, 2 crushed garlic cloves, ½ finely sliced red chilli, 2 sliced spring onions, sliced stalks of ½ bunch coriander (keep the leaves for later) and 200g lean beef cut into thin slices. Spray a wok with low cal oil and when very hot add the vegetables and beef. Stir fry for 3–4 minutes, moving constantly so it doesn't burn. Add 2tbsp black bean sauce, 1tbsp soy sauce and the juice of a lime. Keep stirring until the beef is cooked through, then serve immediately, garnished with coriander leaves and lime wedges, with ¼ plate noodles or basmati rice.

FRIDAY

BREAKFAST

Overnight Oats

SERVES 2

1 BITE PER SERVING

In a bowl, mix 250g 0% Greek yogurt, 60ml skimmed milk, 6tbsp porridge oats and 1tbsp mixed seeds. Divide between 2 glass jars, cover and leave in the fridge overnight. Drizzle with a tsp of honey or maple syrup and top with sliced banana and some berries before serving.

LUNCH

Vegetable Frittata

SERVES 2

1.5 BITES PER SERVING

Spray a large pan with low cal oil and fry 1 finely chopped medium red onion for 2 minutes. Add a finely sliced yellow pepper, 8 button mushrooms and 2 crushed garlic cloves along with 2tsp Herbs de Provence and ¼ tsp chilli flakes. Fry until soft and stir through 50g frozen petit pois. Beat 4 large eggs and pour into the pan. Season, then scatter with 60g crumbled feta cheese and 8, halved, cherry tomatoes. Cook for a few minutes until the eggs are starting to set and then put under a hot grill to finish. Serve with a leafy green salad.

DINNER

Chicken Kebabs

SERVES 4

0.5 BITE PER SERVING

Make a marinade by mixing together, 1tsp turmeric, 1tbsp curry powder, 2tsp smoked paprika, 1tbsp tomato puree, 1 crushed garlic clove, 2tbsp lemon juice, 1tbsp vegetable oil and 150g low fat natural yogurt. Cut 4 chicken fillets into chunks, add to the marinade, mix well, cover and chill for at least two hours or overnight. Thread the marinated chicken onto skewers, alternating with chunks of red pepper & red onion, button mushrooms and cherry tomatoes. Brush the skewers lightly with oil and grill, turning frequently, until golden and charred. Serve with lemon wedges for squeezing and 100g Gorge Us Rustic Cut Chips.

SATURDAY

BREAKFAST

Porridge with Berry Compote

SERVES 1

1 BITE

Tip 50g frozen raspberries into a pan with the juice of ½ an orange. Simmer for about 5 minutes until the berries soften. Meanwhile, make up to 60g of porridge using skimmed milk. Top with the compote, some extra berries and 15g of chia seeds.

LUNCH

Tuna Bean Salad

SERVES 2

0.5 BITES PER SERVING

Chop 2 tomatoes into wedges, slice ¼ cucumber & 4 spring onions and add to a bowl along with some rocket, a tin of tuna in brine or water, drained, & 200g butter beans. Blend 1tbsp. each balsamic vinegar and lemon juice and 2 tpsps. olive oil and pour over the mixture. Toss well and divide between 2 plates. Serve with 60g granary bread.

DINNER

Steak & Veg

SERVES 2

FREE FOOD

Cook 2 lean sirloin or fillet steaks to your liking and serve with sautéed mushrooms and onions (using low cal spray oil) steamed asparagus and a 200g baked potato.

SUNDAY

BREAKFAST

Banana Split

SERVES 2

1 BITE PER SERVING

Peel 2 bananas and slice them lengthwise. Arrange in an X on 2 plates. Mix 200g 0% Greek yoghurt, 1tbsp granulated sweetener and ½ tsp vanilla extract. Thinly slice 10 blueberries and 4 strawberries and stir into the yogurt. Spoon the yogurt into the middle of the bananas. Sprinkle with 25g flaked almonds and decorate with strawberry halves.

LUNCH

Hummus & Red Pepper Wrap

SERVES 1

0.5 BITES

Spread a wholemeal wrap with 25g reduced fat hummus. Top with a handful of salad leaves, a chopped roasted red pepper (from a jar), ¼ red onion, finely sliced, and some turkey or chicken slices, if you want extra protein. Roll the wrap and serve with any Unislim soup.

DINNER

Pork & Cider Casserole

SERVES 4

1 BITE PER SERVING

Preheat the oven to 170°C/gas 3. Lightly spray a flameproof casserole dish with oil and cook 500g cubed lean pork over medium-high heat until browned. Remove the pork and set aside. In the same dish, cook 1 chopped onion, 2 crushed garlic cloves, 2 diced celery stalks, 2 chunked carrots, 3 wedged parsnips, and 800g cubed potatoes for 6–8 minutes until slightly softened. Add the pork, 330ml dry cider, and 400ml chicken stock. Bring to a boil, then stir in 1tbsp Dijon mustard, 2 bay leaves, chopped sage leaves, and a strip of orange rind. Cover and cook in the oven for 1½ hours until everything is cooked and the liquid reduced. Blend 2tbsp cornflour with water, add to the casserole, and heat on the hob until the sauce thickens. Stir in 4tbsp low-fat crème fraîche, season, and serve with parsley and green vegetables.

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