

MONDAY

**BREAKFAST**

**Scrambled Eggs on Sourdough**  
FREE FOOD SERVES 1  
Scramble 2 eggs with skimmed milk. Top with chopped parsley & serve on 60g wholemeal sourdough with grilled mushrooms & tomatoes.

**LUNCH**

**Classic Club Sandwich**  
FREE FOOD SERVES 1  
Spread 2x30g slices of wholemeal bread with lighter than light mayo. Pile 1 slice with lettuce, diced tomato & diced red onion. Top with a grilled bacon medallion & sliced, cooked chicken breast. Top with the second slice of bread, cut in two & serve with any Unislim soup.

**DINNER**

**Chili Lime Steak Fajitas**  
1 BITE PER SERVING  
SERVES 4  
Make a marinade by whisking together 2 tbsp olive oil, 1/3 cup freshly squeezed lime juice, 2 tbsp chopped coriander, 2 crushed garlic cloves, 1 tsp brown sugar, ¼ tsp red chilli flakes, ½ tsp cumin & 1 tsp salt. Pour half the marinade into a shallow dish & marinade 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.

TUESDAY

**BREAKFAST**

**Nut Butter Bagel & Smoothie**  
1 BITE PER SERVING  
SERVES 1  
Blend 2 handfuls of spinach, 50g blueberries, 1 banana & 150mls skimmed milk. Serve in a tall glass & a toasted 60g wholemeal bagel spread with 2tsp NAS nut butter.

**LUNCH**

**Summer Omelette with Mushroom, Mozzarella & Asparagus**  
1.5 BITES PER SERVING  
SERVES 1  
Spray a pan with low cal oil & fry 4 asparagus spears, quartered, 5 button mushrooms, halved & 1 chopped spring onion for 3-4 mins until soft. Whisk together 2 eggs & 50ml skimmed milk, season & stir in the cooked veg. Pour the mixture back into the pan & cook over a medium heat for a few mins, lifting the edges with a spatula to allow the uncooked egg to flow to the centre. When almost cooked, scatter 30g torn Mozzarella on top, allow to melt a little, then fold the omelette in half, slide onto a plate & serve with a green salad & a 65g wholegrain seeded roll.

**DINNER**

**Chorizo, Orzo & Sweetcorn Summer Stew**  
1.5 BITES PER SERVING  
SERVES 2  
Spray a pan with low cal oil & fry the white parts of a sliced spring onion, 1 red pepper, cut into cubes & 40g chorizo, cut into cubes for about 8 mins, until the peppers are soft & the chorizo is golden. Stir in 1 crushed garlic clove, 75g orzo, ½ tsp smoked paprika, a 200g can sweetcorn, drained, & a large, chopped tomato. Fry for 2-3 mins more & then pour in 350ml chicken or veg stock. Bring to a simmer & cook for 8-10 mins, stirring often until the orzo is tender. Before serving stir in ½ small bunch of chopped parsley, the green parts of the spring onions &

WEDNESDAY

**BREAKFAST**

**Fruity Buddha Bowl**  
0.5 BITE PER SERVING  
SERVES 1  
Spray a pan with low cal spray oil & heat. Add, up to 60g porridge oats to the pan & cook for 1-2 mins. Mix ½ tsp pure vanilla extract with a pinch of cinnamon & stir into the oats. Cook for another 1-2 mins until the oats are toasted. Put the oats into a bowl & stir in a pot of 0% Greek yogurt. Top with a small sliced banana, a few sliced strawberries & a tbsp of pomegranate seeds. Sprinkle with 1tbsp chia seeds.

**LUNCH**

**Tuna & Sweetcorn Pasta Salad**  
FREE FOOD SERVES 2  
Cook 120g (dried weight) pasta according to pack instructions. Add a small head of broccoli, cut into florets for the final 2 mins of cooking. Drain the pasta & broccoli & rinse under running water until cold. Drain well & tip into a mixing bowl. Add a tin of sweetcorn (drained) & 10 halved cherry tomatoes. Add 2-3 tbsp lighter than light mayo, season with black pepper & combine everything. Flake a tin of tuna into the salad using a fork & toss lightly. Serve the salad on a bed of Little Gem lettuce.

**DINNER**

**Roasted Ratatouille**  
0.5 BITE PER SERVING  
SERVES 4  
Spray a large pan with low cal oil & fry 1 finely chopped onion until soft. Add 1 chopped yellow pepper & 1 chopped red pepper & sauté. Toss in 2 cubed aubergines & cook for another few mins, then add 1 sliced courgette, 3 crushed garlic cloves, 1 bay leaf & 1.5 tsp oregano. Season & cook for another few mins. Add a tin of chopped tomatoes & allow to simmer for 30 mins, uncovered. Transfer to an ovenproof dish, sprinkle with 60g grated Parmesan & roast in the oven until the cheese melts. Serve with ¼ plate wholewheat spiral pasta.

THURSDAY

**BREAKFAST**

**Mexican Eggs**  
FREE FOOD SERVES 1  
Warm a wholemeal wrap in a pan & transfer onto a plate. Spray the pan with low cal spray oil & cook 1 diced tomato & 2 chopped spring onions until soft. Season & spread over the wrap. Dry fry or poach 2 eggs & place on top of the wrap. Sprinkle with 1tsp chilli sauce, fold the wrap & serve.

**LUNCH**

**Nutty Chicken Satay Strips**  
1.5 BITES PER SERVING  
SERVES 2  
Heat the oven to 200c/180c/gas 4 & line a baking tray with non-stick paper. Mix 2tbsp NAS chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce & 2 tsp lime juice in a bowl. Add a dash of boiling water, if necessary, to get a coating consistency. Cut 2 chicken fillets into strips & add to the mix. Stir well to coat the chicken, then arrange on the baking sheet, spaced apart, & bake for 8-10 mins until cooked, but still juicy. Eat warm with a side salad.

**DINNER**

**Pork & Fennel Meatballs with Tagliatelle**  
FREE FOOD SERVES 4  
In a mixing bowl, combine 500g lean pork mince, 1 onion, 1 carrot & 1 celery stick, all finely chopped, 1tsp crushed chillies, 1 tsp crushed fennel seeds, 30g breadcrumbs & a beaten egg. Season well & roll heaped tps of the mixture into balls, then put on a baking sheet & chill for 10 mins. Spray a large lidded pan with low cal spray oil & fry the meatballs in batches until golden. Reduce the heat, stir in 2 x 500g cartons of passata, cover & simmer for 15 mins. Cook 240g tagliatelle according to pack instructions. Divide the pasta between 4 bowls & pile the meatballs on top. Scatter with chopped parsley.

FRIDAY

**BREAKFAST**

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

**LUNCH**

**Spicy Bacon & Beans with Baked Potato**  
1 BITE PER SERVING  
SERVES 2  
Prick 2x 200g potatoes with a fork, spray with low cal oil & sprinkle with salt. Bake at 200c until soft. In the meantime, spray a pan with low cal oil & fry 1 diced onion until soft. Add 2, chopped, lean bacon rashers to the pan & cook for 3 mins. Add a can of chopped tomatoes, a can of cannellini beans, ½ tsp chilli powder, 1 tsp balsamic vinegar & 1 tsp sugar. Simmer for about 20 mins until the sauce is thick & reduced. When the potatoes are cooked, slice them open & layer the bean mix on top. Sprinkle each potato with 30g low fat cheddar, grated, & some sliced spring onions.

**DINNER**

**Cajun Chicken Burgers**  
1 BITE PER SERVING  
SERVES 4  
Heat a grill to medium high & line a baking tray with foil. Mix 2tbsps Cajun seasoning with 2 tps. olive oil. Flatten 4 chicken fillets & spread with the oil & spices mix. Grill for 10 mins, turning halfway through. Top each fillet with 30g reduced fat cheddar & return to the grill until the cheese has melted. Serve on a toasted wholemeal burger bap with lighter than light mayo, red onion, tomato, & lettuce.

SATURDAY

**BREAKFAST**

**Baked Oats**  
FREE FOOD SERVES 1  
Mix 40g porridge oats with ¾ tsp sweetener, 2 medium eggs, beaten, 175g fat free natural yogurt, a tsp of vanilla extract, grated zest & juice of ½ a lemon & 50g blueberries. Pour into a small ovenproof dish, & bake at 200c/180c/gas 6 until browned. Top with a few more berries & serve with a dollop of yogurt.

**LUNCH**

**Griddled Peach Salad with Prosciutto & Blue Cheese**  
1.5 BITES PER SERVING  
SERVES 4  
Halve & stone 4 ripe peaches. Brush with a little olive oil, grind a little black pepper over & add to a really hot griddle pan, cooking for 2-3 mins until caramelised. Set aside. Divide a 100g bag of rocket between 4 plates & pile with an 85g pack prosciutto & 90g crumbled blue cheese. Top with the griddled peaches. Whisk 1tbsp olive oil with 1tbsp balsamic vinegar, drizzle over the salad & serve.

**DINNER**

**Honey Chilli Chicken**  
1 BITE PER SERVING  
SERVES 4  
Preheat the oven to 180c/160c/gas 4 & spray a baking dish with low cal oil. Mix 2tbsp runny honey, a pinch of dried chilli flakes, 2 crumbled chicken stock cubes, 3tbsp soy sauce & 1 ½ tsp garlic granules in a bowl. Place 600g skinless chicken thigh fillets in the dish & spread the mixture all over. Bake in the oven for 25-30 mins & serve with a 200g baked potato & roasted veg.

SUNDAY

**BREAKFAST**

**Weetabix & Kiwi**  
FREE FOOD SERVES 1  
Peel & slice a kiwi & serve on top of 2 Weetabix with skimmed milk or low-fat natural yogurt.

**LUNCH**

**Broccoli & Cauliflower Soup**  
FREE FOOD SERVES 4  
Preheat the oven to 200c/180c/gas 6. Put 200g cauliflower florets (approx. ½ a small cauliflower) on a baking tray. Sprinkle with ½ tsp cumin seeds & season. Spray with low cal oil & roast for 15mins until the florets are just starting to char. Spray a lidded saucepan with low cal oil & gently fry a chopped onion until soft. Add 2 minced garlic cloves to the pan & cook for a further min. Add the cooked cauliflower to the pan with any cumin seeds left on the tray. Add 1.2L vegetable stock & 400g broccoli florets (approx. 1 small head of broccoli, stem included), bring to the boil, then reduce to a gentle simmer for about 20 mins until the cauliflower & broccoli are both tender. Blitz the soup until smooth, check the seasoning & serve with a 65g seeded roll.

**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.

# Weekly Tracker

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BREAKFAST

LUNCH

DINNER

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