

MONDAY

**BREAKFAST**

**Berries & Apple Weetabix**  
FREE SERVES 1  
Grate ½ an apple and serve with a handful of blueberries on top of 2 Weetabix with skimmed milk or low-fat natural yogurt.

**LUNCH**

**Leek & Potato Soup**  
1 BITE PER SERVING  
SERVES 4  
Melt 2 tsp low fat spread in a saucepan and add 1 large washed and sliced leek and a handful of fresh thyme sprigs. Cook for 5 minutes until soft. Stir in 400g floury potatoes, chopped into small chunks and season with salt and pepper. Pour in 800ml chicken or vegetable stock and simmer until the potatoes are soft. Stir in 90ml reduced fat Crème Fraiche and cook for another 2 mins. Remove from the heat and blitz until smooth. Ladle into bowls and scatter with chopped flat leaf parsley.

**DINNER**

**Stir-Fried Chicken with Broccoli & Brown Rice**  
1 BITES PER SERVING  
SERVES 2  
Boil 200g trimmed broccoli florets for about 4 minutes, drain and set aside, reserving the water. Spray a non-stick pan or wok with low cal spray oil. Stir-fry 15g shredded ginger, 2 shredded garlic cloves and 1 sliced red onion for 2 mins. Add 1 tsp mild chilli powder and stir briefly. Add 2 diced chicken fillets and stir until cooked through. Tip the broccoli into the wok with 1 tbsp reduced salt soy sauce, 1 tbsp honey, 1 roasted red pepper, from a jar, cut into cubes and 4 tbsps. of the broccoli water. Stir until heated through and serve garnished with chopped coriander with ¼ plate of brown rice.

TUESDAY

**BREAKFAST**

**Scrambled Eggs on Toast**  
FREE SERVES 1  
Scramble 2 eggs with skimmed milk and pile onto 2x30g slices wholemeal toast. Top with chopped flat leaf parsley and serve with grilled tomatoes.

**LUNCH**

**Calzone**  
1 BITE PER SERVING  
SERVES 1  
Preheat the oven to 190c. Spread a wholemeal tortilla with tomato puree and fill with slices of red onion, sliced red and yellow peppers and chopped lean ham. Top with 30g grated low fat cheddar and fold up, closing the top and bottom edges tightly. Place the wrap on a baking tray and bake in the oven for 5-10 minutes. Serve with a green salad.

**DINNER**

**Sweet Potato Shepherd's Pie**  
0.5 BITES PER SERVING  
SERVES 4  
Spray a large pan with low cal oil and fry 2 finely chopped onions until they soften and start to colour. Add 2 chopped garlic cloves, 2 finely diced carrots and 2 tbsp fresh thyme and cook for 4 more minutes. Stir in 400g extra lean mince and brown. Add 60g red lentils, 100g frozen peas, 300g diced turnip and 1 tbsp plain flour. Cook for a few minutes and then gradually add 100ml red wine and 550ml beef stock. Bring to the boil, cover and simmer for 35-40 minutes. Meanwhile, boil 600g sweet potatoes until tender. Drain and mash with 1tsp nutmeg, 100g low fat natural yogurt and black pepper. Spoon the mince and veg into a large ovenproof dish and spread the potato mixture on top. Pop in the oven for about 20 minutes until the top is golden brown and serve with steamed green veg.

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

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

WEDNESDAY

**BREAKFAST**

**Breakfast Bagel**  
FREE SERVES 1  
Toast a 60g wholemeal bagel and fill with a grilled bacon rasher, grilled sliced tomato & mushrooms and top with a dry fried egg. Serve with a tbsp no added sugar relish.

**LUNCH**

**Ham & Cheese Toasty**  
1 BITE PER SERVING  
SERVES 1  
Spread 2x30g slices of whole meal bread with a little mustard. Pile one slice with lean ham slices and 30g reduced fat cheddar cheese & top with the 2nd slice. Toast under a hot grill until the cheese is melted. Serve with Unislim coleslaw and a bowl of Unislim soup.

**DINNER**

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

THURSDAY

**BREAKFAST**

**Pancakes and Bacon**  
0.5 BITES PER SERVING  
SERVES 2  
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**

**Nutty Chicken Satay Strips**  
1.5 BITES PER SERVING  
SERVES 2  
Heat the oven to 200c/180c/ gas 4 and line a baking tray with non-stick paper. Mix 2tbsp no added sugar chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 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 and add to the mix. Stir well to coat the chicken, then arrange on the baking sheet, spaced apart, and bake for 8-10 minutes until cooked, but still juicy. Eat warm with a ¼ plate of couscous.

**DINNER**

**Aubergine, Tomato & Parmesan Bake**  
1.5 BITES PER SERVING  
SERVES 4  
Spray a pan with low cal oil and cook 2 crushed garlic cloves for 3 mins. Tip in a tin of tomatoes, simmer for 8 minutes and add 2tbsp tomato puree. Meantime, cut 2 aubergines into long thick slices and brush with a little oil. Heat a griddle pan until very hot then cook the aubergine slices in batches until browned & a little charred. Lay some of the aubergine in an oven proof dish and top with some of the sauce. Sprinkle with 30g grated parmesan & some chopped basil. Repeat these layers finishing with a layer of cheese. (Use 90g cheese in total) Bake in the oven for 20 mins and serve with a leafy salad and a 65g seeded brown roll.

FRIDAY

**BREAKFAST**

**Mushrooms on Toast**  
FREE SERVES 2  
Spritz a pan with low cal oil & fry 180g sliced mushrooms with a chopped garlic clove. Stir through some chopped flatleaf parsley & 1 tsp of lemon juice. Divide the mushrooms between 4x30g slices of wholemeal toast, sprinkle with a little more parsley and serve.

**LUNCH**

**Prawn & Chive Omelette**  
FREE SERVES 1  
Beat 3 eggs in a bowl, season and stir in 1 tbsp snipped chives. Spray a small pan with low cal oil and 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 and cook for another few minutes until the egg is set. Carefully fold the omelette over and slide onto a warmed plate. Serve with 60g wholemeal sourdough.

**DINNER**

**Taco Wedges**  
1 BITE PER SERVING  
SERVES 4  
Cut 4x 200g potatoes into wedges, spray with low cal oil, sprinkle with cayenne pepper and bake in the oven until soft and golden. While the wedges are cooking, spray a pan with low cal oil and sauté 2 minced garlic cloves and 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 and a cup of beef stock. Add 1tsp each of chilli powder, cumin, and paprika & simmer for 5 mins. Divide the wedges between 4 plates, cover with the mince mixture, and 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 and 1 tsp. crushed garlic. Sprinkle each serving with 30g of grated low-fat cheddar.

SATURDAY

**BREAKFAST**

**Make- ahead Greek Yogurt Parfait**  
1 BITE PER SERVING  
SERVES 1  
Stir 1tsp vanilla extract through 300g 0% Greek Yogurt. Half fill 2 glasses or jars with any frozen fruit of your choice. Top each glass with half the yogurt and store in the fridge overnight. In the morning top each glass with 30g no added sugar granola before serving.

**LUNCH**

**Pesto, Cannellini Beans & Tuna Jackets**  
1.5 BITES PER SERVING  
SERVES 2  
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.

**DINNER**

**Asian-Style Salmon**  
1.5 BITES PER SERVING  
SERVES 2  
Make a marinade by mixing a crushed garlic clove, a 3cm piece of grated ginger, the zest of ½ a lime, 3 tsp low salt soy sauce, juice of half a lime, 1tbsp runny honey and 1tsp groundnut oil. Preheat a grill and line a baking tray with foil. Cut 2 salmon fillets into cubes, toss in the marinade and leave for 10 minutes. Thread the salmon cubes onto 2 skewers, place on the tray and grill for about 10 minutes, turning regularly and brushing with any remaining marinade. Toast 1tbsp of sesame seeds until golden, then tip onto a plate and leave to cool. Once the salmon is cooked, transfer the skewers to a plate and sprinkle with the seeds. Serve with ¼ plate of noodles with lime wedges for squeezing and steamed broccoli.

SUNDAY

**BREAKFAST**

**Apple Porridge**  
0.5 BITES PER SERVING  
SERVES 1  
Make up to 60g porridge with skimmed milk and top with ½ grated apple, 1tsp honey and a sprinkle of cinnamon.

**LUNCH**

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

**DINNER**

**Pork & Cider Casserole**  
1 BITE PER SERVING  
SERVES 4  
Pre-heat the oven to 170c/gas 3. Lightly spray a flameproof casserole dish with oil and cook 500g lean pork steaks or leg meat, cubed, over a medium high heat until browned. Remove the pork and set aside. Add 1 large chopped onion, 2 crushed garlic cloves, 2 diced celery stalks, 2 large carrots, cut into chunks, 3 parsnips, cut into wedges, and 800g peeled and cubed potatoes to the pan. Cook for 6-8 minutes, until slightly softened. Add the pork, 1x330ml bottle of dry cider and 400ml chicken stock. Bring to the boil, then stir in 1tbsp Dijon mustard, 2 bay leaves, a few chopped sage leaves and a strip of orange rind. Cover the casserole with a lid and cook in the oven for at least 1 ½ hours until the pork and vegetables are cooked and the liquid has reduced. Blend 2tbsp cornflour with a little water to make a smooth paste and add to the casserole. Put it on the hob over a low heat and stir with a wooden spoon until the sauce thickens. Stir in 4tbsp low fat crème fraiche and season to taste. Serve sprinkled with parsley, with green vegetables.

# 7 Day Meal Plan

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

DATE: / /

BREAKFAST

LUNCH

DINNER

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Bites Earned  Free Oil

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