



UNISEM

# Holiday Glow

30-day plan





# Holiday Glow

If someone gave you a *magic* wand, what would you wish for this Christmas? No limits, no hesitation – just one wish. Maybe you'd wish to feel lighter, more energised, or more confident in your own skin. Perhaps it's a wish to shake off lingering stress, wake up with a clear mind, or step into each day feeling incredible.

## ***Let's make the magic happen – together!***

Think of the next 30 days as a gift to yourself. This commitment is a chance to create your own holiday glow, one that comes from feeling healthy, strong, stress-free and confident.

## ***Get the Holiday Glow!***

- Enjoy nourishing foods in our meal plan
- Daily challenges in your Unislim app
- Festive Recipes and cooking demos
- Inspirational videos

All this and much more you can find on your Unislim app and your unique member area on Unislim.com

Let's make these next 30 days the start of a holiday season you'll remember for all the right reasons.

Wishing you a wonderful Christmas & New Year,

*Love Fiona x*



# Festive Recipes

## Smoked Salmon Pate

Serves 4 | 1 Bite per serving



Add 150g smoked salmon, 165g lightest cream cheese, tbsp of crème fraîche & the juice of half a lemon into a food processor, season generously with black pepper and pulse a few times if you want the paté chunky or blitz some more if you want the paté smooth and pink. Stir in a small bunch of chopped dill or chives and then spoon into a large or four smaller bowls and serve with warm wholemeal toast as a starter.



## Easy Christmas Ham

Serves 10 - 12 | Allow 1 Bite per serving

Soak a 3kg ham fillet for an hour in a bowl. Then transfer into a pot, cover with water and bring to the boil. Simmer for 2 hours, then cool in the liquid. Remove the ham from the liquid, score the fat in a diamond pattern, and stud with cloves. Place on a baking tray, brush with 3 tbsp melted no added sugar marmalade, and sprinkle with 75g dark brown sugar. Cover loosely with tinfoil and bake at 150°C for 1 hour. Remove foil, increase the heat, and bake 20 minutes more until crispy and caramelised. Rest for 30 minutes before slicing.



## Mulled wine baked fruit

Serves 4 | 1 Bite per serving



Preheat the oven to 180C/160C Fan/Gas 4. Place apples, pears, 5cm orange peel with 3 cloves, a cinnamon stick, ½ split vanilla pod, 1 tbsp sweetener, 375ml red wine, 250g frozen black cherries in an ovenproof dish. Bake for 45 minutes, stirring occasionally, until the fruit is poached and deep purple. Serve warm with a dollop of natural yogurt.



# Get Your Holiday Glow Here!

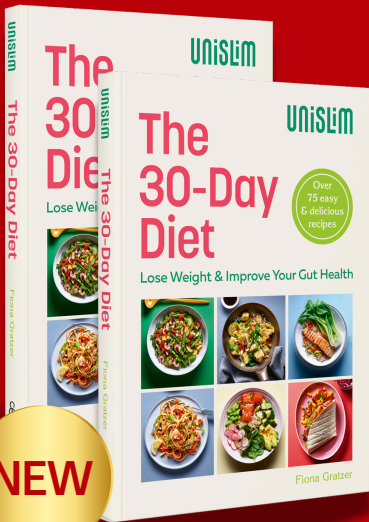
## Scan to access:

- Festive recipes & cooking demos
- Weekly inspirational videos
- Daily Challenges in our App
- Nourishing meal plans
- Festive Tips and lots more.....

SCAN ME



This QR code will bring you straight to your online content



## PRE ORDER NOW

Get ready to glow even more! Introducing our brand new cookbook, The 30-Day Diet. Enjoy 75 delicious recipes all naturally good for your gut.

Pre order NOW from your leader for your exclusive members discount.