

Holiday Glow

Meal Plan



UNISLIM

EASY & Delicious

This meal plan is designed to help you use food as a powerful tool to support your body's natural rhythms and guide you toward a healthier, more balanced life.



Packed with AAAA -friendly recipes, this plan focuses on nourishing your body with the right nutrients--- improve your overall well-being.

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BREAKFAST



Cinnamon Porridge & Banana
serves 1 | 1/2 Bite

60g porridge in a small saucepan, with 1 tsp cinnamon, skimline milk. Bring to the boil, stirring occasionally. Turn down the heat and cook for 4-5 mins, stirring all the time. Serve with sliced banana, tsp of honey & a sprinkle of cinnamon on top

Scrambled Eggs on Toast
Serves 1 | FF Food

Scramble 2 eggs with skimmed milk. Serve on 2x30g slices of wholemeal toast, garnished with chopped parsley and grilled tomatoes.



Nut Butter Bagel with Banana
Serves 1 | 1 Bite

Toast a wholegrain bagel. Spread with 2 tsp of no added sugar peanut butter and top with a mashed banana. Sprinkle with cinnamon and serve with a low-fat yogurt.





Pancakes and Bacon Serves 2 | 0.5 Bites

In a bowl, beat 1 egg with 230ml skimmed milk and 120g wholegrain flour. Whisk until smooth. Spray a hot pan with low-cal oil and cook small portions of batter for 1-2 minutes per side until golden. Serve pancakes with grilled lean bacon and berries.

Shredded Wheat & Apple Serves 1 | FF Food

Serve 2 shredded wheat biscuits with skimmed milk and top with ½ a grated apple.

Breakfast Banana Split Serves 2 | 1 Bite per Serving

Peel and slice 2 bananas lengthwise. Arrange in an "X" shape on plates. Mix 200g 0% Greek yogurt, 1 tbsp sweetener, and ½ tsp vanilla extract. Add 10 sliced blueberries and 4 sliced strawberries to the yogurt. Spoon the yogurt mixture onto the bananas. Sprinkle with 25g flaked almonds and decorate with strawberry halves.

Eggs Florentine Serves 2 | FF

For hollandaise, whisk 15g of lighter than light mayonnaise, 1 egg yolk, and a squeeze of lemon. Microwave for 20 seconds, stirring at 5-10 second intervals. Sauté a handful of spinach for 2 minutes. Squeeze out the excess moisture and season. Toast 2 wholemeal muffins, top each with spinach, 2 poached eggs, and the hollandaise sauce.





LUNCH



Leek and potato soup - Serves 4 | FF

Spray a large pot with oil and add 1 diced onion, 4 sliced leeks, and 3 cubed potatoes. Cook on low heat for 20 minutes until soft. Add 1 litre of vegetable stock, season with salt & pepper, then bring to a boil and simmer for 10 minutes.

Blitz some or all of the soup for a smoother texture. Garnish with fresh parsley and chives before serving.

Mushroom Omelette Serves 1 | 1 Bite

Fry 50g sliced mushrooms in low-cal oil until golden. Mix with 30g reduced-fat grated cheddar and chopped chives. Pour 2 beaten eggs into the pan; cook until almost set, spoon mushroom mix over half, fold, cook briefly. Serve with a green salad and 60g wholemeal sourdough.



Coronation Chicken Sandwich Serves 2 | FF

In a bowl, combine 1 tbsp curry powder, 2 tbsp lighter-than-light mayo, and 2 tsp 0% Greek yoghurt. Mix in shredded chicken from 2 cooked breasts. Let the mixture sit for 30 minutes to develop flavours. Spread on 4 slices of wholemeal sourdough bread, layering with salad leaves, sliced cucumber, and tomato before topping with another slice of bread.





Mexican Eggs

Serves 1 | FF

Warm a wholemeal wrap, cook a diced tomato and 2 chopped spring onions in low-cal oil, spread on the wrap. Add 2 poached eggs, drizzle with 1 tsp chili sauce, fold, and serve.

Spicy Tuna Baked Potato

Serves 1 | FF

Mix drained tuna with sliced spring onion, cherry tomatoes, ½ red chili, and coriander. for a creamier consistency, feel free to add 0% yoghurt. Fill a split baked potato with the mix and serve with a green salad.



Lime Prawn Cocktail Pitta Salad

Serves 2 | FF

Heat oven to 200°C/gas 6. Slice a wholemeal pitta into triangles, place on a baking sheet, and spray with oil. Bake for 10-15 minutes until golden. Mix 1 tsp Tabasco, 1 tsp reduced-sugar ketchup, 1 tbsp lighter-than-light mayo, 1 tbsp 0% yogurt, and juice and zest of ½ lime. Toss 60g cooked king prawns in the dressing. Layer lettuce, sliced cucumber, and tomatoes with dressed prawns in a jar or lunchbox. Season, top with pitta chips, and serve with lime wedges.



Minestrone Soup

Serves 4 | FF

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



DINNER



Slow Cooker Goulash Serves 4 | FF

Coat 500g lean stewing steak with 3 tbsp smoked sweet paprika. Brown meat, then add to a slow cooker with 1 large onion, 1 yellow pepper, 1 red pepper, 2 medium carrots, 175g potatoes (all chopped), $\frac{3}{4}$ tsp garlic granules, 1 tin chopped tomatoes, 2 tbsp tomato puree, and 500ml beef stock. Cook on high for 4.5 hours or low for 6-7 hours. Serve with steamed red cabbage

Tikka Salmon with Jewelled Rice Serves 3 | 1 Bite

Mix 1 tbsp tikka curry paste with 2 tbsp low-fat yogurt. Season 3 salmon fillets and coat with yogurt mixture. Set aside. In a pan, cook 1 chopped red onion until soft, then add 2 tbsp tikka curry paste, 1 tsp turmeric, 50g chopped dried apricots, and 180g brown basmati rice. Add 800ml boiling water, bring to a boil, then reduce heat and simmer 15 mins. Place salmon on top, cover, and cook on low for 15-20 minutes. Garnish with 100g pomegranate seeds and coriander leaves. Serve with low-fat yogurt.



Roasted Vegetable & Pasta Bake

Serves 4 | 1.5 Bites

Chop 1 red pepper, 1 courgette, 1 leek, ½ onion, a handful of mushrooms, and 1 clove garlic. Place on a baking tray, spray with low-cal oil, season, and sprinkle with 1 tbsp dried herbs. Roast until tender. Meanwhile, cook 240g pasta. Toss roasted veggies with pasta, 1 tin chopped tomatoes, a handful of peas, and 60g torn low-fat mozzarella. Transfer to an ovenproof dish, sprinkle with 60g grated parmesan, and bake until golden. Serve with salad or extra veggies.



Garlic & Lemon Roast Chicken

Serves 4 | FF

Mix juice of ½ lemon, 1 tsp olive oil, 1 tsp dried thyme, and 2 minced garlic cloves. Rub over a whole chicken, sprinkle with salt and pepper, place squeezed lemon and 2 garlic cloves inside. Roast for approx. 80 mins at 180°C, depending on weight. Serve with roasted potatoes and steamed cauliflower and carrots.

Turkey Burger & Sweet Potato Wedges

Serves 2 | FF

Mix 260g lean turkey breast, 1 small diced red onion, 1 grated garlic clove, 1 grated apple, and 1 beaten egg. Season with salt, pepper, 2 tsp oregano, and 1 tsp paprika. Shape into 2 burgers and bake for 15-20 minutes. Serve with 100g sweet potato wedges and veg.





Pork & Cider Casserole

Serves 4 | 1 Bite

Preheat oven to 170°C/gas 3. Brown 500g cubed lean pork in a casserole dish. Set aside. Add 1 chopped onion, 2 crushed garlic cloves, 2 diced celery stalks, 2 chopped carrots, and cook until soft. Stir in 1 tbsp wholegrain mustard and 1 tbsp flour. Pour in 150ml dry cider and 500ml vegetable stock, bring to a boil. Return pork to the dish, cover, and bake 1.5-2 hours. Garnish with chopped parsley and serve with greens

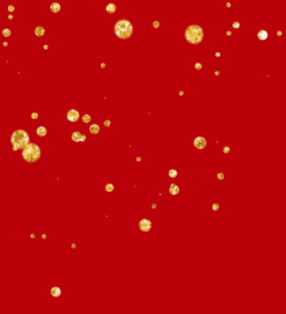
Parmesan Crusted Cod & Chips

Serves 2 | 1.5 Bite

Preheat the oven to gas 7 (220°C). On a baking tray, place 2 cod fillets. In a bowl, mix 30g breadcrumbs, zest of 1 lemon, 15g grated Parmesan, 2 tbsp chopped flat-leaf parsley, and 1 tbsp olive oil. Season and press the mixture onto the cod fillets.

Bake the cod for 15-18 minutes until golden. Cook 200g Unislim Rustic Cut Oven Chips on a separate tray until golden. Serve the fish and chips with a side salad.





merry
CHRISTMAS

