

# Holiday Glow

Meal Plan Week 2



UNISLIM

THE TABLE OF

# Contents



- |   |   |    |
|---|---|----|
| 1 | <b>Breakfast</b><br>Nourishing quick breakfasts | 01 |
| 2 | <b>Lunch</b><br>Easy filling Lunch              | 03 |
| 3 | <b>Dinner</b><br>Wholesome, healthy dinners     | 06 |



**Copyright Unislim 2024**  
**All rights reserved**

No part of this plan may be copied, reproduced or transmitted in any form or by any means, electronic or mechanical, without the expressed written permission of Unislim.





# BREAKFAST



Mini Fry Up  
serves 1 | FF

Grill 2 turkey rashers and 2 vine tomatoes and serve with a dry fried egg & up to 60g wholemeal toast.

Fresh Fruit Compote  
Serves 1 | 0.5 Bite

Chop or slice 1 apple, 1 kiwi, 10 grapes, 5 strawberries and 1 pear. Drizzle over 1tsp honey and heat for 30 secs in microwave. On the side follow with a boiled egg and up to 60g wholemeal toast



Eggs & Avocado on Toast  
Serves 1 | FF

Slice ½ an avocado and divide between 2x 30g slices of wholemeal toast. Top each with a poached egg. Sprinkle with some freshly chopped parsley & serve with grilled tomatoes.





### Blueberry Pancakes Serves 2 | 1 Bite

Beat a large egg and add to 120g wholemeal flour and 1tsp baking powder. Whisk until smooth. Fold in 200g blueberries. Pour small portions into a hot pan, sprayed with low cal oil. Cook until golden on both sides and serve with a dollop of low-fat natural yogurt

### Breakfast Bruschetta Serves 1 | 0.5 Bites

Peel and slice  $\frac{1}{2}$  banana. Put in a bowl with 80g blueberries and 50g quark. Mix well. Toast 2x30g slices of wheaten or wholegrain bread. Spread with the blueberry mix and drizzle with 1 tsp of honey.

### Carb Free Grill Serves 1 | FF

Grill 2 rashers of lean bacon and a sliced tomato. Spray a pan with low cal oil and fry 8-10 sliced mushrooms. When the mushrooms are almost cooked add a handful of spinach to the pan & wilt. Dry fry 2 eggs. Serve with no added sugar beans.

### 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



## Fruity Curried Chicken Salad Serves 2 | 1 Bite

In a large bowl mix 2 tbsp 0% Greek yogurt, 1 tsp mild curry powder, 1 tbsp fresh lemon juice and a good pinch of sea salt and black pepper. Add 1 celery stick, thinly sliced, 6 raw broccoli florets, 1 red apple, cored and cut into ½ inch pieces, 15 red seedless grapes, halved, and 15g walnuts, halved. Toss to coat with the dressing. Cover and keep in the fridge until ready to serve (up to 12 hrs) Cover 2 plates or shallow bowls with some gem lettuce leaves. Divide the salad between the two and top with sliced cooked chicken

## Tuna Melt Toasties Serves 2 | 1 Bite

Mash a tin of tuna in brine or water with 4 chopped spring onions and 2 tbsp lighter than light mayo. Toast 4x30g slices wholemeal bread and spread with the tuna mix. Sprinkle with 60g, grated, reduced fat cheddar and pop under a hot grill until the cheese has melted. Serve with a tbsp no added sugar relish.





### Hawaiian Pizza Serves 1 | 1 Bite

Top a wholewheat tortilla with 1 tbsp of tomato puree, 30g low fat mozzarella, 1 sliced tomato, 1 clove grated garlic, 1 sliced pineapple ring and 1 slice of cooked ham, torn. Sprinkle with oregano and place under a hot grill for a few minutes until the cheese melts. Serve with a leafy salad.

### Baked Sweet Potato with Feta Serves 1 | 1.5 Bites

Spritz a 200g sweet potato with spray oil and sprinkle with sea salt. Rub the oil and salt well into the skin & bake in a preheated oven until cooked through. Allow to cool for a few minutes then cut in half and scoop out the flesh. Crumble 30g Feta cheese with the potato flesh and refill the skins. Place back in the oven to reheat. Top with chopped parsley and serve with a green salad



### Creamy Chicken Salad Pitta Serves 4 | FF

In a large bowl, combine 400g, shredded, cooked chicken, ½ a diced red onion, ½ a diced small apple, 100g grapes, halved, 160g 0% Greek yogurt, 2tbsp lemon juice, ½ tsp garlic powder, salt and pepper to taste. Mix until well combined. Fill 4 toasted whole meal pitta pockets with the mix and serve with a side salad





### **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),  $\frac{1}{4}$  red onion, finely sliced, and some turkey or chicken slices, if you want extra protein. Roll the wrap and serve with any Unislim soup

### **Curried Parsnip & Apple Soup** **Serves 4 | 0.5 Bites**

Peel and chop 700g parsnips and 1 onion and add to a large saucepan spritzed with low cal oil. Cook, stirring occasionally until the onion begins to brown. Add 2, thinly sliced garlic cloves and cook for about 45 seconds, until fragrant. Add 1 litre vegetable stock, 200g potatoes, peeled and chopped, 200g granny smith apples, peeled and chopped and 2 tbsp curry powder. Cover, reduce the heat, and simmer until the vegetables are tender. Remove from the heat and blend until smooth. Return to the pot and heat gently. Season to taste and add more curry powder if you like it a little spicier. Serve garnished with chopped coriander with a 65g seeded roll.





# DINNER



## Teriyaki Salmon & Green Beans Serves 4 | 0.5 Bites

Heat the oven to 180c/160c. Place a sheet of baking parchment on tray and lay 4 salmon fillets diagonally across it. Cook 100g green beans, ends trimmed, in boiling water for 1 minute and drain. Arrange the beans around the salmon and add 1 lemon, cut into wedges to the baking tray. In a small bowl, mix 2tbsp soy sauce, 1 tbsp honey, 1tbsp mirin (rice wine) and 1 crushed garlic clove. Pour half over the salmon & cook for 15 mins. Pour the remaining sauce over and cook for a further 5 minutes, then remove from the oven and squeeze the lemon wedges over the salmon before serving with ¼ plate brown rice or noodles

## Burger & Chips Serves Serves 4 | 1.5 Bites

In a large bowl mix 450g lean mince, 1tbsp horseradish sauce, 1tsp garlic paste, 1tbsp, roughly chopped parsley and a dash of Worcestershire sauce. Divide the mixture into 4 burgers, pressing well together and chill for 10 mins. Grill until cooked through. Place each burger in a 65g wholemeal roll and top with sliced tomato and red onion. Serve with 100g Gorge Us chips and a side of Unislim salsa.





## Roasted Pepper Linguine with Crisp Crumbs

Serves 4 | 1.5 Bites

Heat the oven to 200c/180c. Put 4 sliced, mixed peppers in a roasting tray and spray with low cal oil. Season, spread in a single layer, and roast for 30minutes until tender. Spray a pan with low cal oil and tip in 2 finely sliced garlic cloves. Soften for 10 seconds and add in a pinch of chilli flakes and 90g fresh white breadcrumbs. Season and toast until golden brown and crisp. Tip onto a plate and set aside. Cook 240g linguine according to pack instructions, drain and reserve a few tbsp of cooking water. Toss the pasta with the roasted peppers, 18 green pitted olives, ½ small pack basil, torn, zest of half a lemon, the reserved cooking water and 3 tps. olive oil. Sprinkle with the crisp crumbs and extra basil leaves before serving.

## Popcorn Chicken & Chips

Serves 2 | 1 Bite

Preheat the oven to 170c/150c/gas 3. Line a baking tray with greaseproof paper. Blitz 4x30g slices of wholemeal bread into fine crumbs and put in a shallow dish with ½ tsp garlic granules, ¼ tsp chilli powder and ½ tsp sea salt. Dice 300g chicken fillet into bite sized pieces. Beat an egg in a bowl and add the chicken, stirring to coat. Dip the chicken in the breadcrumbs, a few pieces at a time and then place on the baking tray. Spray the chicken with low cal oil and pop in the oven for 20-25 minutes until cooked through. Serve with 100g Unislim Gorge Us chips and fresh or frozen peas



## Stir-fried Hoisin Pork & Greens Serves 4 | 1 Bite

Cook 240g egg noodles according to packet instructions. Cut 450g boned lean leg of pork or pork tenderloin into bite-sized chunks and mix in a bowl with 1tbsp dark soy sauce, 4 tbsp hoisin sauce and the juice of a lime until coated all over. Lightly spray a wok with low cal oil and, when the pan is really hot, add 2 thinly sliced garlic cloves, a bunch of sliced spring onions, a deseeded and sliced red chilli and 3 chopped celery sticks. Stir-fry for 2-3 minutes and then add the pork and marinade and stir-fry for 4-5 minutes until the meat is browned. Reduce the heat and add 200g shredded baby spinach or pak choi. Cook for 2-3 minutes until the spinach wilts. Grind some black pepper on top and fold in the noodles. Warm through and serve.

## Smoked Haddock Chowder Serves 4 | FF

Spray a pan with low-cal oil and fry a chopped onion until soft. Add 500g cubed potatoes, 325g drained sweetcorn, 700ml skimmed milk, and 200ml water. Season, boil, then simmer for 5 mins. Add 4 smoked haddock fillets and cook for 10 mins. Remove fish and 1/3 of the veg mix. Blitz remaining soup, return the veg, and gently reheat. Flake fish into soup and top with 2 tbsp chopped chives.



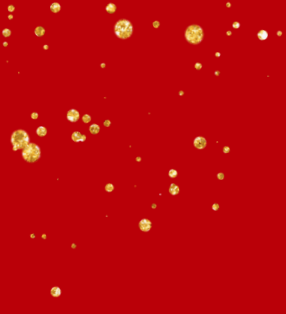


## Creamy Cheese Stuffed Chicken

Serves 4 | 2 Bites

Preheat oven to 180°C/gas 4. Slice 4 chicken fillets to form pockets and fill with 120g Philadelphia light cheese mixed with 1 tbsp chives. Secure with cocktail sticks. Sear in low-cal oil until golden, then bake in an ovenproof dish for 25 mins. Meanwhile, fry 2 sliced leeks in the pan juices for 8-10 mins, add 400g sliced mushrooms, cook 3-4 mins, then add 120ml chicken stock. Boil, reduce heat, and thicken. Stir in 120ml reduced-fat crème fraîche and heat for 2-3 mins. Serve chicken with sauce, baby potatoes, and greens.





*merry*  
CHRISTMAS

