

Holiday Glow

Meal Plan week 4



UNISLIM



BREAKFAST



Breakfast Grill
serves 1 | FF

Dry fry or poach 2 eggs and serve with 2 grilled bacon medallions, sugar free beans, grilled mushrooms and tomatoes and 2x30g slices of wholemeal toast

Breakfast Berry Parfait
Serves 1 | FF Food

In a large glass, layer 1tbsp Low fat natural yogurt with a layer of berries, then another layer of yogurt, then a layer of no added sugar muesli (60g in total) and so on until you've filled the glass or used all your ingredients. Garnish with mint leaves.



Banana Porridge with Pomegranate Seeds & Cinnamon Serves 1 | FF

Make up to 60g porridge with skimmed milk and top with ½ sliced banana and 1 tbs pomegranate seeds. Sprinkle with cinnamon





Nut Butter Bagel with Banana Serves 1 | 1 Bite

Spread a toasted wholegrain bagel with 2 tsp no added sugar peanut butter and top with a banana. Sprinkle with cinnamon and follow with a low-fat yogurt

Cinnamon Muesli Serves 1 | FF Food

Top 60g no added sugar muesli with 5 chopped prunes, a handful of pomegranate seeds and 3 tbsp 0% Greek yogurt. Sprinkle with a tsp cinnamon.

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.

Pancakes and Bacon Serves 2 | 0.5 Bite

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



Calzone Serves 1 | 1 Bite

Preheat the oven to 190c. Spread a wholemeal tortilla with tomato puree and fill with slices of red onion, 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 side salad

Bean & Avocado Salad Serves 2 | 0.5 Bite

Toss a tin of rinsed and drained cannellini beans with 1 large, thickly sliced avocado, 100g quartered cherry tomatoes, 20g roughly chopped fresh basil and ¼ red onion, thinly sliced. Stir the juice of ½ a lemon with 2 tsps. olive oil, season and drizzle over the salad just before serving. If you wish, add cooked chicken or a hardboiled egg for extra protein



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.





Ham & Cheese Wrap Serves 1 | 1 Bite

Fill a warmed wholemeal wrap with 2 slices lean ham, 30g grated low fat cheddar cheese, rocket leaves and sliced red onion. Top with a tbsp no added sugar relish, roll up, cut in two and serve.

Honey & Lime Prawn Salad Serves 1 | 1.5 Bites

Mix a handful of chopped spinach, 4 cherry tomatoes & 2 spring onions. Add 4 chopped apricots, 6 chopped almonds & 150g cooked prawns. Cook up to 60g (uncooked weight) wild or basmati rice as per pack instructions. Allow the rice to cool & add to mixture. In a small bowl, mix the juice of ½ lime & 1 tsp honey. Drizzle over the dish just before serving



Goats Cheese & Spinach Pasta Serves 4 | 1.5 Bites

Cook 240g, fusilli pasta as per packet instructions. Drain and cover to keep warm. Meanwhile, spray a pan with low cal oil. Add 2, finely chopped, garlic cloves and a deseeded and finely chopped red chili. Cook for 1 minute and add 130g baby spinach. Cook for a few minutes until the spinach wilts. Add the pasta, tossing to coat well and cook for 2 minutes. Stir in a large handful of spinach leaves. To serve, divide the pasta between 4 bowls and crumble 30g of goats' cheese on each



Tomato Orzo

Serves 2 | FF

Cook 120g (uncooked weight) orzo pasta until al dente, drain and set aside. Spray a saucepan with low cal spray oil and fry $\frac{1}{2}$ chopped onion, 1 finely chopped small carrot and 1 finely chopped celery stick until tender but not too brown. Add 100ml passata and a 400g can chopped tomatoes or 4 large ripe tomatoes. Bring to the boil, add 200ml of vegetable or chicken stock and a pinch of sugar. Season and simmer for 20 minutes. Taste the soup, adjust the seasoning and add more water if you need to. Stir in the cooked pasta and serve sprinkled with chopped basil and 1 tbsp reduced fat pesto (optional, 1 Bite)



DINNER



Vegan 3-Bean Chilli with Baked Potatoes

Serves 2 | FF

Bake 2x200g potatoes at 200°C/gas 6 for 1 hour until tender. Spray a non-stick pan with low-cal oil, fry a chopped yellow/orange pepper and 2 grated garlic cloves. Add 1 tsp cumin seeds, ½ tsp chili flakes, 1 tsp each of smoked paprika, ground coriander, and dried oregano. Mix in a 400g can of chopped tomatoes, 2 tsps vegetable bouillon powder, and a 400g can of three-bean salad. Simmer, covered, for 15 mins until thickened. Stir in chopped coriander. Slice baked potatoes in half, top with chili, mashed avocado, lime juice, and coriander leaves. Serve with extra lime wedges.

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, 1/4 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 chips



Pork Skewers

Serves 4 | 0.5 Bites

Cut 400g lean pork shoulder into 2cm chunks and put in a large bowl with 1 tbsp. olive oil, ½ tbsp. dried oregano, the zest and juice of a lemon, ½ tsp hot paprika and a good pinch of salt. Toss everything to combine and leave to marinate for 10 minutes. Deseed and cut 2 red peppers into chunks. Combine 100ml fat free natural yogurt, 1 small grated garlic clove and ½ a grated cucumber in a bowl. Season with salt and set aside. Heat the grill to high and thread the pork and peppers onto 4 metal skewers. Place on a non-stick baking sheet and grill for 3-4 minutes on each side or until cooked through. Serve with little gem lettuce, yogurt mix and ¼ plate of couscous, cooked to packet instructions. Optional: Add a tbsp. of chilli sauce to each serving for 1 extra Bite



Linguine with Avocado, Tomato & Lime

Serves 4 | FF

Cook 120g (uncooked weight) linguine pasta according to pack instructions. Meanwhile put the zest and juice of a lime in a bowl with a peeled and chopped avocado, 2 large ripe, chopped tomatoes, ½ a pack fresh coriander, chopped, 1 finely chopped red onion and a deseeded and finely chopped red chilli. Mix well. Drain the pasta, toss into the bowl and mix well. Serve straight away while still warm. Add cooked chicken or salmon for extra protein if you wish.



Air fryer Paprika Chicken

Serves 4 | FF

Coat 4 chicken breasts in $\frac{1}{2}$ tbsp rapeseed oil and set aside. In a bowl, combine 1 tsp salt, $1\frac{1}{2}$ tsp garlic granules, 1 tsp smoked sweet paprika and 2 tsp mixed herbs with a good grinding of black pepper, then scatter onto a plate. Roll each oiled chicken breast in the seasoning and put in your air fryer basket. Cook at 180C for 18-20 mins, turning after 10 mins. Serve with $\frac{1}{4}$ plate of baby boiled potatoes and steamed greens such as broccoli or green beans.

Crispy Baked Hake with Yogurt Tartar Sauce

Serves 4 | 2 Bite

Melt 25g butter. Line a large baking tray with parchment paper & brush with a little of the melted butter. In a shallow dish place 75g stale wholemeal breadcrumbs, 15g, finely grated, reduced fat, cheddar cheese and 1 tbsp chopped parsley. Put 40g plain flour in a shallow dish & 1 beaten egg in a 2nd shallow dish. Season 4 hake fillets and dip them, one at a time, into the flour, egg and finally the breadcrumb mixture. Place on the baking tray, brush with the remaining butter and bake at 200c for 15 minutes or until cooked through. While the fish is cooking make the Tartar sauce by combining 150g 0% Greek Yogurt, 1 tsp Dijon style mustard, 1 tbsp chopped capers, 1 finely chopped gherkin & 1 tbsp chopped parsley. Serve the fish & tartar sauce with steamed cauliflower and carrots & $\frac{1}{4}$ plate baby boiled potatoes



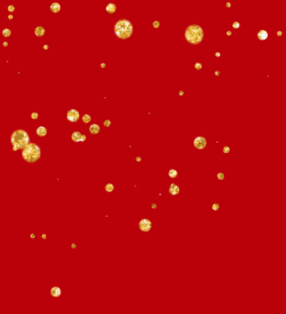


Butter Bean & Spinach Stew with Toasted Pine Nuts

Serves 4 | 1.5 Bite

Spray a large saucepan or casserole with low cal oil and, once hot, add 30g pine nuts. Stir for about 3 minutes until golden brown, then scoop onto a plate using a slotted spoon. Add 2 tbsp olive oil to the pan and fry a chopped onion until soft and browned. Add 4, peeled and minced, garlic cloves, 1½ tsps ground allspice and 1 tbsp ground coriander. Cook for another 5 minutes, turning down the heat so it doesn't catch, then add 2x400g tins butterbeans, drained, and 500ml veg stock. Bring to the boil, add 400g baby leaf spinach and, when it has wilted, add ¾ tsp sea salt, stir and cook on a low heat for about 10 minutes. Stir through the juice of ½ a large lemon, sprinkle with the pine nuts, and serve with ¼ plate brown or basmati rice.





Merry
CHRISTMAS

