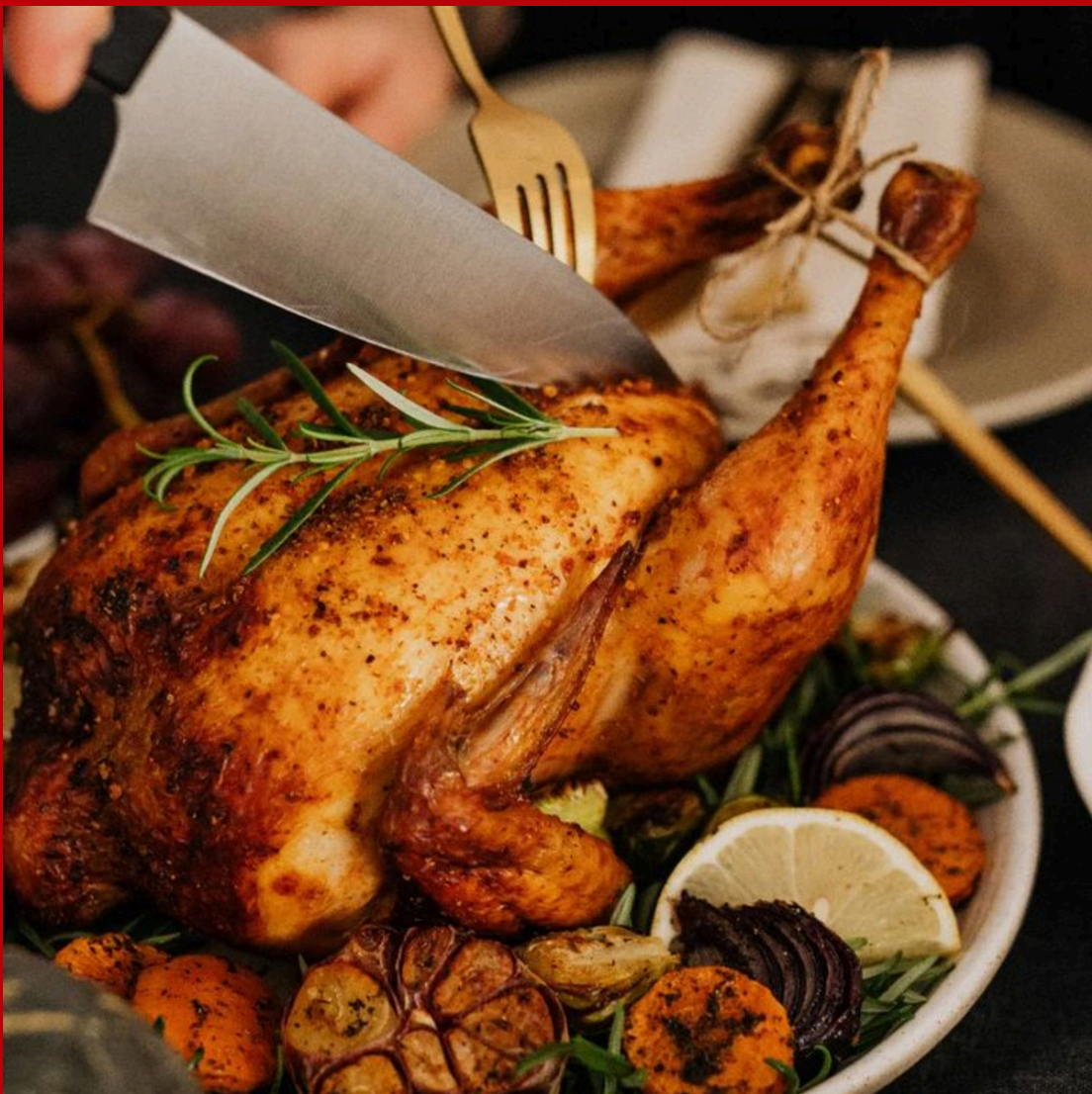


Holiday Glow

Meal Plan Week 3



UNISLIM

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BREAKFAST



Bacon Bap
serves 1 | FF

Grill 2 slices of lean bacon and fill a 60g wholemeal roll. Top with a sliced tomato and a tbsp. no added sugar ketchup or relish.

Berry, Yogurt & Muesli
Serves 1 | FF

In bowl add 60g no added sugar Muesli with a handful of blueberries & top with low fat yogurt sprinkled with cinnamon



Energising Green Smoothie
Serves 1 | FF

Blitz ½ avocado, ½ banana, a piece of root ginger, peeled and chopped, ½ chopped cucumber, 2 handfuls of spinach, the juice of a lime and 230ml coconut water in a blender until smooth. Pour into a tall glass and serve immediately. Enjoy with 2 boiled eggs & 60g wholemeal toast.





Stewed Apple Porridge Serves 1 | 2 Bite

Add up to 60g uncooked oats, 1 medium, peeled and sliced apple and a pinch of cinnamon to a saucepan with 200ml water / skimmed milk. Bring to the boil and simmer until the oats are cooked and apple is soft. If it's too thick add a little more milk/water. Top with a spoonful of 0% Greek yogurt, 15g crushed walnuts and drizzle with a tsp honey.

Granola & Yogurt Serves 1 | 1.5 Bites

Top up to 60g no added sugar granola with a handful of chopped berries and ½ sliced banana. Serve with 0% Greek yogurt.

Weetabix & Apple Serves 1 | FF

Serve 2 Weetabix with skimmed milk and top with ½ a grated apple

Scrambled Eggs on Sourdough Serves 1 | FF

Scramble 2 eggs with skimmed milk. Top with chopped parsley and serve on 60g wholemeal sourdough with grilled mushrooms and tomatoes





LUNCH



Parma Ham & Veggie Omelette Serves 1 | 1 Bite

Spritz a pan with low cal oil & set over a medium heat. Dry fry 2 slices of Parma ham for 1-2 minutes each side until crispy. Beat 2 eggs in a bowl, add 30g reduced fat cheddar cheese, chopped parsley, a handful of sliced mushrooms & some sliced red and yellow peppers. Pour in to the pan and cook to your liking. Serve with a 60g wholemeal crusty roll.

Baked Potato with Cottage Cheese & Bacon Serves 1 | FF

Mix 4 tbsp cottage cheese with 2 rashers of grilled & chopped lean back bacon & pile onto a 200g baked potato. Serve with a green salad.





Paprika Chicken Bagel Serves 1 | FF

Lay a chicken fillet between 2 sheets of cling film and bash with a rolling pin until about 1cm thick. Squeeze some lemon juice over the chicken and dust with paprika. Spray a griddle pan with low cal oil and cook the chicken on both sides until charred and cooked through. Cut into slices. Mix 2 tbsp lighter than light mayo with a crushed garlic clove and spread on a toasted bagel. Top with lettuce, tomato slices & the chicken and serve with a tbsp of Unislim coleslaw.

Egg, Onion & Mayo Sandwich Serves 1 | FF

Mix 1 egg, boiled and chopped, with 1 tomato, finely chopped, 2 spring onions, finely chopped and 1 tbsp lighter than light mayo. Season with salt and pepper and make a sandwich using 2x30g slices wholemeal bread. Serve with a Unislim soup. Checkout unislim.com for loads of great recipes!





Roasted Red Pepper & Quinoa Soup

Serves 4 | 0.5 Bites

Chop 1 onion and 2 red peppers and put in a baking tray with 2 cloves of crushed garlic. Sprinkle with some fresh basil and fresh rosemary, spritz with low cal oil and roast at 200c for 30 mins. Add the veg to a large pot with 1 litre of vegetable stock and blitz with a hand blender until smooth. Leave on a medium heat for 15 mins. Cook 120g quinoa as per packet instructions and add to the soup. Swirl each bowl with 1 tbsp reduced fat Crème Fraiche before serving.

Cheesy Beans on Toast

Serves 1 | 1 Bite

Heat a tin of sugar free baked beans and serve with 2x30g slices granary toast. Top with 30g reduced fat cheddar.

Tuna Roll

Serves 1 | 1 Bite

Drain and mix a small tin of tuna in brine with lighter than light mayo and 2 chopped scallions. Fill a 60g wholemeal roll with the mix. Add some salad leaves & a tbsp reduced fat coleslaw. Serve with any Unislim soup



DINNER



Rosemary Roast Chicken Serves 4 | 0.5 Bites

Preheat the oven to 200c/180c. In a large roasting tin, toss together 1 sliced aubergine, 2 sliced courgettes, 250g cherry tomatoes, halved, 3 chopped mixed peppers. Add the chopped leaves of 3 rosemary sprigs, a crushed garlic clove, 2 tsp oil and some seasoning. Spread the vegetables in an even layer. In a small bowl mix the chopped leaves of 3 rosemary sprigs with a crushed garlic clove and 2 tsp olive oil. Slash 4 chicken fillets a few times with a sharp knife and brush with the flavoured oil. Season and chill for 15 mins. Make spaces in the roasting dish and nestle the chicken fillets amongst the vegetables. Place a rosemary sprig on top of each fillet. Roast in the oven for about 20mins until the chicken is cooked and the vegetables are beginning to char. Serve with a 200g baked potato.

Rosemary & Caper Pork Loin Chops Serves 4 | FF

Spritz a large frying pan with low cal oil. Season 4 pork loin chops and fry on both sides until cooked through. Transfer to a serving plate and cover with tinfoil. Add 200ml of chicken stock to the pan and bring to the boil. Stir in 1½ tbsps. wholegrain mustard, 3 tbsps. rinsed capers and ¼ tsp of fresh rosemary leaves. Simmer until reduced by half. Spoon the sauce over the chops and serve with ¼ plate of baby boiled potatoes and vegetables of your choice



Grilled Steak & Rosemary Potatoes

Serves 1 | FF

Halve 6 baby potatoes, spritz with low cal oil and sprinkle with dried or fresh rosemary. Oven roast until golden. Meanwhile grill a lean sirloin or fillet steak to your liking. Serve the steak with the rosemary potatoes, sauteed mushrooms and onions (using low cal spray) and steamed broccoli

Firecracker Prawns

Serves 4 | 1 Bite

Spray a wok with low cal oil and stir-fry 2, sliced red peppers, 4, finely chopped spring onions, 1-2 deseeded and sliced chilies, 100g baby corn, and 100g mange tout for 2-3 minutes. Add 400g raw king prawns and cook for another 3-4 minutes until the prawns turn pink. Add 4tbsp oyster sauce, 4tbsp soy sauce, 2tsp tomato puree, juice of ½ lime and ½ tsp sugar. Stir well and cook for another minute until the sauce is thick. Serve with ¼ plate egg noodles.





Tuna Pasta Bake

Serves 4 | 1.5 Bites

Cook 240g pasta (uncooked weight) according to packet instructions. While the pasta is cooking, spray a pan with low cal oil and sauté 2 diced courgettes and 5 sliced spring onions for 5 minutes. Stir in $\frac{1}{2}$ tsp smoked sweet paprika and $\frac{1}{2}$ tsp garlic granules. Add 400ml vegetable stock, 100g frozen peas, 100g spinach and the juice of $\frac{1}{2}$ a lemon. Cook for 2-3 minutes until the spinach has wilted, then gently stir in 150g light cream cheese. Drain 2x160g tins tuna in brine and break up in a bowl. Drain the pasta and add to the pan with the tuna. Stir everything together & transfer to a large oven proof dish. Sprinkle 60g, grated, reduced fat cheddar on top and cook for 15 minutes. Serve with a green salad.

Taco Wedges

Serves 4 | 1 Bite

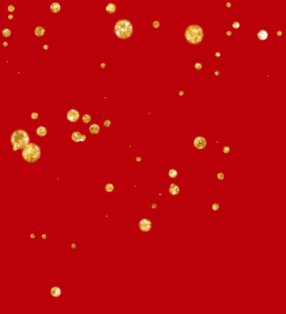
Cut 4x 200g potatoes into wedges, spray with low cal oil, sprinkle with cayenne pepper and bake in the oven until soft and golden. While the wedges are cooking, spray a pan with low cal oil and sauté 2 minced garlic cloves and 1 chopped onion. Add 400g extra lean mince & brown. Stir in a tin of chopped 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, $\frac{1}{2}$ tbsp chilli powder and 1 tbsp. crushed garlic. Sprinkle each serving with 30g of grated low-fat cheddar.

Slow-cooker Butter Chicken

Serves 4 | 1.5 Bites

Make a marinade by mixing the juice of a lemon with 2tsp ground cumin, 2tsp paprika, 1-2 tsp. hot chilli powder and 200g low fat natural yogurt. Cut 500g skinless, boneless chicken thighs into bite sized pieces, toss in the marinade, cover and chill for at least an hour. In a large heavy saucepan, heat 1 tbsp of butter and 1 tbsp vegetable oil. Add a large chopped onion, 3 crushed garlic cloves, 1 deseeded and finely chopped green chilli, a thumb sized piece of grated ginger, and some seasoning. Fry on a medium heat for 10 mins or until soft. Add 1 tsp garam masala, 2 tsp ground fenugreek and 3 tbsp tomato puree and cook until fragrant. Add 250ml chicken stock and the marinated chicken. Tip everything into the slow cooker and cook for 6-7 hours on low until the chicken is tender. Serve with $\frac{1}{4}$ plate basmati rice sprinkled with chopped coriander and 30g toasted, flaked almonds. Squeeze over some lime wedges if you like.





merry
CHRISTMAS

