

Several triangular slices of watermelon with red flesh, black seeds, and green rinds are scattered around the text. Each slice has a white outline, giving it a sticker-like appearance.

Let's Get
SUMMER
Ready

UNiSLiM

LET'S GET SUMMER READY!

Summer's knocking - so let's get ready to embrace it with style, energy, and a whole lot of confidence! Whether you're brand new to Unislim or eager to revamp your routine, this guide is your ultimate companion to feeling fabulous all season long.

Inside, you'll find:

Wellness hacks to boost your mindset and ignite your motivation with clever, feel-good tips to nurture your well-being from the inside out.

Seasonal Food Swaps: effortlessly swap out old habits for fresh, tasty alternatives that'll keep your goals on track and your taste buds happy.

Delicious, Easy-to-Make salads and summertime dishes bursting with flavour, nutrients, and slimming power. Healthy eating never tasted this good!

Remember every small step adds up to big, beautiful results. Let's dive in together, embrace change and celebrate your progress each week!

Fiona x



TIPS FOR GETTING STARTED



Starting fresh can feel exciting - and a little overwhelming! Set yourself up for success with these simple, practical steps:

- 1** *Take a "Before" Photo*
Snap a picture of yourself today! Progress isn't just about the scales - it's about feeling stronger, healthier, and more confident.
- 2** *Measure Yourself*
Grab a tape measure and note your waist, hips, thighs, and arms. Sometimes the biggest changes happen where the scales don't show!
- 3** *Plan Your Meals & Snacks*
A little preparation goes a long way! Make a simple meal plan for the week, stock up on nutritious foods, and have healthy snacks ready to grab when hunger strikes.
- 4** *Set Small, Clear Goals*
Instead of saying, "I want to be healthier," try "I'll drink 2L of water a day" or "I'll move my body for 30 minutes daily." Small wins lead to big results!
- 5** *Make Time for Movement & Joy*
Prioritise activities that make you feel good, whether it's a morning walk, dancing in the kitchen, or a relaxing stretch before bed. Movement should be something you love, not a chore!

5 SIMPLE HACKS FOR MORE TIME, ENERGY AND HAPPINESS

The long, bright days mean there's no better time to refresh your routine and set yourself up for success. With just a few small changes, you'll feel lighter & more energised so Let's Get Summer Ready!

PLAN ONE MEAL

If planning every meal feels overwhelming, start small with just one! Pick a meal a week to plan in advance - something balanced and packed with goodness (check out all the recipes in this plan). This simple habit can make healthy eating effortless. Bonus: It saves time, money, and decision fatigue!

Try This: Choose a “go-to” meal that you love and make it a weekly staple. An omelette, a nourishing sandwich or a simple salad bowl.

SCHEDULE ONE WORKOUT

Exercise doesn't have to be an all or nothing approach. Instead of thinking about having a full workout routine, just schedule one movement session for the week. Think of it as an appointment with yourself!

Try This: Whether it's a brisk 30-minute walk, or a beginner-friendly home workout, movement in any form counts. Once you start, you'll notice yourself wanting more!



MAKE TIME TO REST

With busier schedules and brighter evenings, it's easy to forget about rest - but recharging is just as important as eating well and staying active. Prioritising downtime prevents burnout and helps you feel your best.

Try This: Set a “wind-down” time each evening, this could mean swapping screens for a book, doing some gentle stretches, or practicing deep breathing before bed. Even just 10 minutes of mindful relaxation can help you feel refreshed and ready for the next day.

BOOST YOUR GUT HEALTH

Your gut plays a key role in digestion, energy levels, immunity, and even mood. The best way to support it? Feed it well! Adding gut-friendly foods to your diet helps improve digestion, reduce bloating, and keep you feeling great.



Try This: Creamy chicken Caesar salad on page 11. Want to learn more about gut health? Get your copy of Fiona Gratzers '30-Day Diet' Cookbook for expert tips and gut-friendly meal ideas on [unislim.com](https://www.unislim.com)!

SOAK UP THE SUNSHINE

After months of shorter days, it's time to get outside! Fresh air and natural light boosts your mood, regulates sleep, and provides that much-needed vitamin D to help you feel energised.

Try This: Set a goal to spend at least 10-15 minutes outside each day-whether it's a morning coffee in the garden, a quick lunchtime walk, or an outdoor workout. Every little bit counts!

DAILY CHECK IN



TODAY I AM FEELING...

TODAY I AM GOING TO...

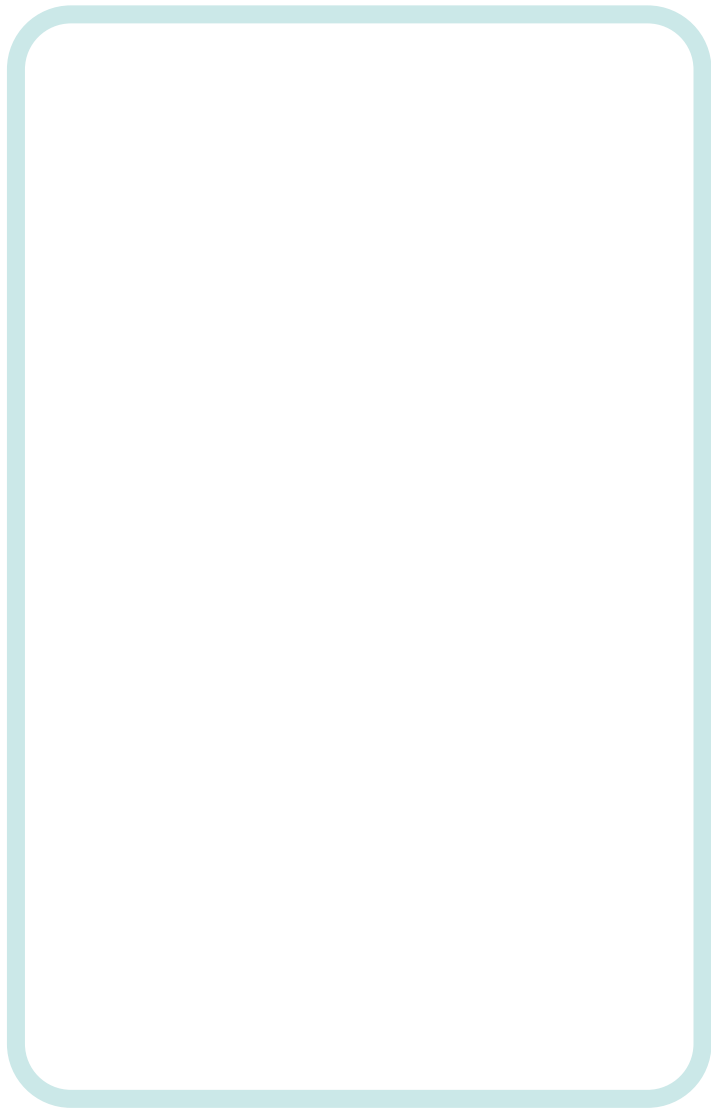
TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATION TODAY

WORDS TO INSPIRE THE DAY




SOMETHING I'M PROUD OF



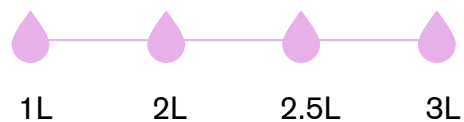
WHAT MOVEMENT I'VE DONE TODAY



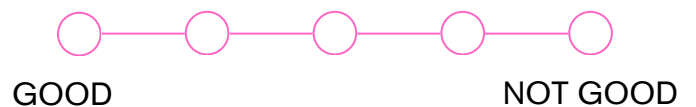
TOMORROW I LOOK FORWARD TO



WATER INTAKE



HOW HAVE I FELT TODAY



SEASONAL SWAPS



Nothing beats the taste of fresh, in-season produce, particularly coming into the summer months with fresh berries, juicy tomatoes & crisp salad leaves.

Seasonal food isn't just more flavourful; it's also packed with nutrients since it's harvested at its peak. Eating with the seasons also keeps your diet exciting, bringing variety to your meals and ensuring you get a diverse range of nutrients throughout the year. Best of all, it's a win-win for your health, your gut, your wallet, and the planet!

Here's how to make some seasonal food swaps coming into the summer months.

Summer brings an abundance of fresh, local produce and lighter, refreshing meal options.

SWAP:

HEARTY SOUPS



**LIGHTER SOUP LIKE
PEA & MINT**

POTATOES



**NEW BABY POTATOES -
SMALLER, SWEETER, AND
PERFECT FOR SUMMER SALADS**

SWAP:

**ROASTED CARROTS
& PARSNIPS**



**FRESH IRISH SALAD
LEAVES, TOMATO &
CUCUMBER**

HEAVY MEATS



**GRILLED FRESH FISH,
PACKED WITH OMEGA-3S
AND CHICKEN**

**STEW &
CASSEROLES**



**LIGHTER, REFRESHING
SUMMER DISHES.
CHECK OUT OUR SALAD
RECIPES ON PAGE 11**

**ONE POT
WONDERS**



BBQ OR GRILLED DISHES

SHEPHERD'S PIE



**GRILLED VEGETABLE AND
GRAIN BOWLS – SEASONAL
COURGETTES, TOMATOES,
AND COUSCOUS.**

PORRIDGE



**OVERNIGHT OATS WITH
SUMMER BERRIES OR
SMOOTHIE BOWL**

SALADS AREN'T BORING!

With layers of **colour**, **crunch** and **flavour**, salads are anything **BUT** boring. Salad jars are the perfect grab-and-go lunch - fresh, filling, and fuss-free. Start with your dressing at the bottom, stack in sturdy veggies next, then grains, leafy green and finish with protein on top. Or, if you'd rather skip the jar, just toss it all in a bowl.



Garnish with protein

Nuts, cheese, chicken - these are best added last (just before you serve)



Greens

This creates a barrier that stops your other ingredients from getting soggy.



SOFT VEGGIES & GRAINS

Pack this layer in tightly, less air will keep the ingredients fresh



NON-ABSORBENT VEGGIES

You want ingredients that won't soak up the dressing



SALAD DRESSING

A small amount goes a long way

EMPTY INTO A BOWL & YOU'RE READY TO ENJOY!

A BOWL LOTTA LOVE



CREAMY CHICKEN CAESAR SALAD

3 BITES PER SERVING | SERVES 2

60g slices of stale wholemeal bread, cut into cubes.

Spray oil

2 large chicken breasts

1 head cos lettuce, shredded

60g fresh kale, stems removed, shredded

1 tbsp grated parmesan cheese

FOR THE DRESSING

1 garlic clove crushed

½ tsp Dijon mustard

1 anchovy fillet, rinsed and drained

40g parmesan cheese, grated

2 tbsp lemon juice

2 tsps olive oil

3 tbsp 0% Greek yogurt

A few drops of worcestershire sauce

Preheat the oven to 150°C. Spread the bread cubes on a baking tray. Lightly spray with oil, bake in the oven for 10min until you have crisp croutons. Meanwhile, lightly spray a non stick griddle pan with oil and set over a medium heat. When the pan is hot, add the chicken and cook, turning occasionally, for 8-10mins until cooked through. Cut into cubes. To make the dressing, blitz the ingredients, taste and add more Worcestershire sauce if you wish. Add the lettuce, kale and croutons to a large bowl. Pour over the dressing and toss, divide between two serving plates. Scatter the warm chicken over the top and sprinkle with grated Parmesan to serve.

WATERMELON & FETA SALAD

1 BITE PER SERVING | SERVES 2

1/3 watermelon - cut into bite sized cubes

1/2 cucumber, deseeded and sliced

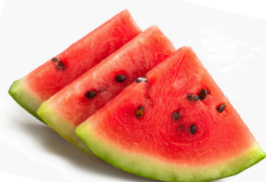
Small bunch of mint, chopped

40g feta, crumbled

Pinch of sea salt

Spray oil olive oil

Drizzle of balsamic



Toss the ingredients together and enjoy

MIGHTY MANGO SALAD

FREE FOOD | SERVES 2

Handful of cherry tomatoes, halved

Bunch of coriander, chopped

Zest & juice of a lime

1 small red onion, finely diced

1/2 tin of black beans

1 ripe Mango, sliced

1 ripe avocado, sliced

180g prawns, cooked



Toss the ingredients together and enjoy

TOP IT OFF WITH...

HONEY AND MUSTARD

DRESSING 1 BITE | SERVES 4

2 tsp of wholegrain or Dijon Mustard
2 tsp honey
1 tbsp of Extra Light Mayo
Juice of one lemon

CAESAR DRESSING

FREE | SERVES 4

2 tbsp of Extra Light Mayo
1 tbsp Worcestershire sauce
1/2 tsp dijon mustard
squeeze of lemon

BLUE CHEESE DRESSING

1.5 BITES | SERVES 4

30g Blue cheese - mash this in or blitz
Juice of one lemon
2 tbsp of Extra light Mayo

TERIYAKI DRESSING

1.5 BITES | SERVES 4

2 tbsp of Extra light Mayo
2 tbsp of soy sauce
2 tbsp rice wine vinegar
2 tsp of honey
1 tsp sesame oil
1/2 teaspoon garlic powder

BALSAMIC VINAIGRETTE

3 BITES | SERVES 4

4 tbsp Balsamic vinegar
4 tsp extra virgin olive oil
2 tbsp water
2 tsp honey
1 tsp dijon mustard
1/2 tsp garlic powder

SATAY DRESSING

4 BITES | SERVES 4

2 tbsp of Extra light Mayo
4 tsp of peanut butter
2 Tbsp soy sauce
Juice of 1/2 lime
Squeeze of sriracha or chilli flakes
1/2 tsp lazy ginger
1/2 tsp lazy garlic



With all these dressings, please use additional water or milk to get the desired consistency. An easy way to mix is to pop ingredients into a jam jar and shake vigourously. Otherwise blitz in a food processor. Season with salt and pepper to your taste

SAMPLE MEAL PLAN

Mix and match for our delicious recipes to make a meal plan that suits your needs!

	BREAKFAST	LUNCH	DINNER
MONDAY	Overnight weatabix cheesecake	Prawn, Avocado & Rice Salad	Moroccan Spiced Beef stuffed Aubergines
TUESDAY	Greek yogurt & berries	Turkey & Avocado Toastie	Steak & unislim Skinny Chips
WEDNESDAY	Porridge with peanut butter & banana	Airfried Baked Potato	Fish Pie
THURSDAY	Bacon & Egg Bagel	Pesto Vegetable Soup	Buffalo chicken Rice Bowls
FRIDAY	Scrambled Egg & sourdough toast	Chopped Salmon & Cream Cheese bagel	Velvet Chicken Korma
SATURDAY	Smoked salmon & avocado on toast	Chicken Salad Wrap	Garlic & Herb Pork with summer ratatouille
SUNDAY	Bircher Muesli	Ham Omelette	Hazelnut & Parmesan Crusted Cod

BREAKFASTS

OVERNIGHT WEETABIX CHEESECAKE

FREE FOOD | SERVES 1

Crush two Weetabix into a small dish and press down with 50ml of skimmed milk. Top with 150ml fat-free Greek yogurt and swirl through 1 tbsp of no-added-sugar strawberry jam for a marbled effect. Finish with fresh sliced strawberries, cover, and chill for at least 4 hours. A creamy, fruity delight ready to grab and go!



SMOKED SALMON & AVOCADO ON TOAST

FREE FOOD | SERVES 1

A simple yet indulgent breakfast! Mash half an avocado with the juice of $\frac{1}{2}$ a lime and season with salt and pepper. Spread over 2 x 30g slices of toasted wholemeal bread, then top with 75g of silky smoked salmon. Add a sprinkle of cayenne pepper if you like a little heat. Fresh, vibrant, and full of flavour!

BIRCHER MUESLI

1 BITE PER SERVING | SERVES 2

Soak 120g of porridge oats in 240ml of unsweetened apple juice and refrigerate for at least 30 minutes or overnight. When ready to eat, layer with finely chopped apple, 100g of defrosted mango chunks, and 100g of 0% Greek yogurt. Top with toasted sunflower seeds for a bit of crunch. A deliciously fruity breakfast with no morning prep needed!



GREEK YOGURT & BERRIES (CARB FREE)

½ BITE PER SERVING | SERVES 1

Spoon 150g of 0% Greek yogurt into a bowl and top with a handful of fresh, juicy berries and half a sliced banana. Drizzle with 1 tsp of honey for natural sweetness and sprinkle with seeds for a little crunch. Light, refreshing, and packed with goodness!



SCRAMBLED EGGS & SOURDOUGH TOAST

FREE FOOD | SERVES 1

Whisk two eggs with a splash of low-fat milk and cook gently, stirring for a soft, creamy texture. Serve on 2 x 30g slices of toasted sourdough with a side of fresh spinach and sweet, roasted cherry tomatoes. Simple, nourishing, and delicious!

PORRIDGE WITH PEANUT BUTTER & BANANA

½ BITE PER SERVING | SERVES 1

Cook 60g of porridge oats in low-fat milk until thick and creamy. Top with slices of ripe banana and swirl in 1 tsp of no-added-sugar peanut butter for a deliciously nutty finish. A hearty, satisfying way to fuel your morning!



BACON & EGG BAGEL

FREE FOOD | SERVES 1

Grill two bacon medallions until crispy and fry an egg to your liking. Toast a 60g wholemeal bagel and stack with the bacon and egg. Finish with 1 tsp of sugar free relish for a burst of flavour. Simple, satisfying, and delicious!

LUNCHES

PRAWN, AVOCADO & RICE SALAD

½ BITE PER SERVING | SERVES 2

Cook 120g (uncooked weight) brown basmati rice according to the packet instructions. Once cooked, combine the rice with 300g cooked prawns, 1 diced avocado, 2 chopped spring onions, 8 halved cherry tomatoes, a handful of chopped coriander, the juice of a lime, and 2 tsps honey. Mix well and serve in 2 bowls. Enjoy!



PESTO VEGETABLE SOUP

1 BITE PER SERVING | SERVES 4

Lightly spray a large saucepan with oil and set over low heat. Cook 1 finely chopped onion, 3 crushed garlic cloves, 3 chopped celery sticks, and 400g chopped carrots for 10 minutes until softened. Add 400g diced potatoes and cook for 5 more minutes. Pour in 1 litre hot vegetable stock, 1 tbsp tomato purée, 6 chopped tomatoes, and 1 x 400g can of rinsed kidney or cannellini beans. Simmer for 15 minutes, then stir in 2 chopped courgettes and cook for another 5 minutes. Season with salt and pepper, then serve in bowls with 4 tbsp reduced-fat green pesto.



TURKEY & AVOCADO TOASTIE

FREE FOOD | SERVES 1

Preheat a sandwich grill. Mash 1/2 avocado with 1 tbsp lighter than light mayo until fully mixed. Spread the mayo and avocado mixture on 2 x 30g slices of wholemeal bread. Add 2 thin turkey slices, a handful of spinach leaves, and 1 sliced tomato. Cover with the other slice of bread and place the sandwich into the grill. Cook until the outside is golden and crisp, about 5-8 minutes.



AIRFRIED BAKED POTATO

1 BITE PER SERVING | SERVES 1

Take 1 x 200g jacket potato and preheat your Air-fryer to 200°C. Place the potato in the air fryer and cook for 40 minutes. Once cooked, slice the potato in half, top with no added sugar free beans and 30g grated low fat mozzarella, then air fry for an additional 3 minutes. Enjoy!



CHOPPED SALMON & CREAM CHEESE BAGEL

½ BITE PER SERVING | SERVES 1

Chop 2 slices of smoked salmon, 1 tomato, 1/4 red onion, handful of lettuce and combine with 30g lightest cream cheese & 1 tbsp capers. Toast 1 x 60g wholemeal bagel and top with the chopped mixture. Dive in and enjoy!

CHICKEN SALAD WRAP

FREE FOOD | SERVES 1

Spread 1 tbsp lighter than light mayo on a wholegrain wrap. Add 1 shredded chicken breast, a handful of lettuce leaves, 1/2 sliced cucumber, and halved cherry tomatoes. Roll up the wrap and enjoy!



HAM OMELETTE (CARB-FREE)

FREE FOOD | SERVES 1

Whisk the eggs and season, add the chopped ham, tomato, spring onion and mix well. Spray oil on a non-stick frying pan and heat, add the egg mix, and swirl around the pan. Leave the mix to set, once set place it under the grill to finish. Serve with a green salad.



DINNERS

MOROCCAN SPICED BEEF STUFFED AUBERGINES

2 BITES PER SERVING | SERVES 4



- 4 aubergines
- Low cal spray oil
- 1 onion, chopped
- 4 garlic cloves, finely chopped
- 1 large red pepper, seeds removed, chopped
- 1½ tsp freshly ground cumin seeds
- 1 tsp ground cinnamon
- ½ tsp freshly grated nutmeg
- 1 tsp paprika
- Large pinch of crushed dried chillies
- 500g 5% fat beef mince
- 2 tbsp no added sugar ketchup
- Large handful of parsley, chopped
- 60g manchego cheese (feta would be a good alternative)
- Fat free Greek yoghurt (optional)
- Sumac powder to garnish (optional)
- 4 tbsp pinenuts, toasted

Preheat oven to 200C/400F/Gas 6. Halve aubergines lengthways, score the flesh, and place on a baking tray. Drizzle with oil, season, and bake for 30-40 mins until tender. Meanwhile, heat oil in a pan, sauté onion, garlic, red pepper, and spices for 10 mins. Add mince, cook until browned, then stir in tomato sauce and simmer for 5 mins. Increase oven to 220C/425F/Gas 7. Scoop out most of the aubergine flesh, leaving a 1cm layer. Mix with beef, season, and fill shells. Top with cheese and bake for 8-10 mins until golden.

Serve with sumac, Greek yogurt, pine nuts, and coriander.

HAZELNUT & PARMESAN CRUSTED COD

1 ½ BITES PER SERVING | SERVES 2

- 2 Cod Fillets
- 15g Parmesan, grated
- 15g hazelnuts, chopped
- 60g wholemeal breadcrumbs
- zest of half a lemon
- 1 tbsp of Snipped chives or chopped parsley
- Salt and pepper to taste
- 12 baby potatoes



Boil your baby potatoes in a pan of hot water till tender. While they are boiling combine all the ingredients and press on top of cod. Spray with oil. Bake in a preheated oven for 12-15 mins at 200oc. Serve with baby potatoes and vegetables or salad.

STEAK & UNISLIM SKINNY CHIPS

1 BITE PER SERVING | SERVES 2

Pepper Sauce:

- 1 small onion or shallot, finely diced
- 1 garlic clove, minced
- 200ml chicken stock
- Spray oil
- 1 tbsp Worcestershire sauce
- 60g low-fat crème fraîche
- 1 tbsp crushed black peppercorns
- Salt & pepper

- 2 fillet steaks (200g each)
- Spray oil (olive oil preferred)
- Sea salt & freshly milled pepper
- 200g Unislim Skinny Fries

Preheat oven to 180°C, bake fries until crispy. Sauté onion/shallot and garlic in spray oil for 2-3 mins. Add peppercorns, Worcestershire sauce, and stock; simmer 5 mins. Stir in crème fraîche, season, and warm gently. Bring steaks to room temp (1 hour), pat dry, season. Heat a very hot pan, spray with oil, and cook:

- **Rare: 2 mins/side • Medium-rare: 3 mins/side • Medium: 4 mins/side**
- **Medium-well: 5 mins/side • Well-done: 6 mins/side**

Don't move steaks while cooking. Rest in foil for 5-10 mins, drizzle with juices or add to sauce. Serve with fries. Enjoy!



VELVET CHICKEN KORMA

2 BITES PER SERVING | SERVES 6

- Spray oil
- 6 chicken breasts
- 1 tin of chickpeas, drained
- 3 tbsp Korma paste
- 1 onion, diced
- 3 garlic cloves, crushed
- 1 tin of low fat coconut milk
- 1 chicken stock cube
- 1 tbsp sweetener (optional)
- 30g of ground almonds
- 1 tbsp of cornflour, loosened with a little water (optional)
- Fresh coriander and flaked almonds to serve

Velvet chicken by tossing in baking soda for 15 mins, then rinse. Sauté korma paste, onions, and garlic in spray oil on low for 10 mins. Add coconut milk, sweetener, and stock cube; simmer. Add chicken, cook through, then stir in chickpeas and thicken with cornflour. Serve with basmati rice, steamed greens, coriander, and flaked almonds.



BUFFALO CHICKEN RICE BOWLS

1 BITE PER SERVING | SERVES 4

- 4 Chicken breasts, diced
- Spray oil
- 1 large onion, diced
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/4 teaspoon salt
- 1 tin of black beans or kidney beans, drained
- 125ml Franks buffalo sauce
- 240g brown rice (uncooked weight)
- 60g feta cheese, crumbled
- Handful of chopped cherry tomatoes
- Shredded lettuce of your choice
- 2 avocados, sliced.
- 2 chopped scallions
- Fresh coriander to garnish



Cook rice as per packet instructions. Heat oil in a pot over medium-low, cook onions until slightly caramelised (5 mins). Add beans, paprika, cumin, and salt; heat through (3-4 mins). In a hot, oiled pan, cook chicken until browned and cooked through (5 mins), flipping once. Toss with hot sauce and bean mixture. Add the rice and mix well. Serve with lettuce, tomatoes, avocado, and garnish with scallions and coriander.

FISH PIE

1 BITE PER SERVING | SERVES 4

- 1 leek, sliced
- 1 carrot, diced
- 1 celery stick, diced
- Handful of frozen peas & sweetcorn
- 500g seafood mix
- 100ml of white wine (or 100ml of water & white wine stock cube)
- Fish stock cube (optional)
- 300ml full fat milk
- 1 heaped tsp of cornflour, loosened with water
- Fresh dill, chopped (dried is fine too)
- Salt and pepper
- 60g wholemeal breadcrumbs or 800g mashed potatoes



Sauté leeks, carrot, and celery in oil on low for 10 mins. Add wine or water with a stock cube; cook until evaporated. Add milk, peas, and sweetcorn; simmer. Stir in cornflour mix to thicken, season, then fold in fish and cook for 5 mins. Mix in herbs, transfer to a baking dish, top with breadcrumbs or potatoes, and bake until golden and bubbling. Serve with green vegetables.

GARLIC & HERB PORK WITH SUMMER RATATOUILLE

FREE FOOD | SERVES 4

- Spray Oil
- 2 red onions, halved and sliced
- 1 red & 1 yellow pepper, diced
- 1 large aubergine diced
- 2 large courgettes halved and sliced
- 2 garlic cloves chopped
- 400g can chopped tomatoes
- 2 tsp vegetable stock cube
- 1 sprig of fresh thyme
- handful basil stalks chopped, leaves torn and kept separate
- 475g pork tenderloin, fat trimmed off, cut into 2 equal pieces
- 2 garlic cloves crushed
- 1 tbsp thyme leaves plus a few sprigs to decorate
- 1 tsp rapeseed oil
- 24 baby potatoes



Place your potatoes in to a pan of boiling water and cook till tender. Spray the oil in a large non-stick pan and fry the onions for 5 mins until softened. Stir in the peppers, aubergine, courgettes and garlic, and cook, stirring, for a few mins. Add the tomatoes and 1 can of water, stir in the stock cube, thyme and basil stalks. Cover and simmer for 20 mins or until tender. Stir through the basil leaves. Meanwhile, rub the pork with the garlic, then scatter with the thyme and some black pepper, patting it so it sticks all over. Heat the oil in a non-stick frying pan and cook the pork for about 12 mins, turning frequently so it browns on all sides, until tender but still moist. Cover and rest for 5 mins. To serve, slice the pork and serve with the ratatouille, potatoes and some extra thyme.

MEAL PLAN INGREDIENTS

Breads

Wholegrain wraps
Wholemeal bagel
Wholemeal bread
Wholemeal breadcrumbs

Dairy

Blue cheese
Eggs
Extra light mayonnaise
Fat-free Greek yogurt
Feta cheese
Full-fat milk
Lightest cream cheese
Low fat Mozzarella
Low-fat crème fraîche
Manchego/Feta cheese
Parmesan cheese
Skimmed milk

Herbs & Spices

Black pepper
Cayenne pepper
Chilli flakes
Dijon mustard
Fresh basil
Fresh coriander
Fresh dill (or dried)
Fresh mint
Fresh parsley
Fresh thyme
Garlic (cloves/powder/lazy)
Grated nutmeg
Ground cinnamon
Lazy ginger
Paprika
Sea salt
Snipped chives
Sumac powder
Wholegrain mustard

Cereals

Porridge oats
Weetabix

Salad/Vegetables

Aubergines
Baby potatoes
Baby spinach
Baked potatoes
Carrots
Celery sticks
Cherry tomatoes
Courgettes
Cos lettuce
Cucumber
Kale
Leeks
Lettuce leaves
Onions
Potatoes
Red & yellow peppers
Red onions
Spring onions
Tomatoes

Fruit

Apple
Banana
Dates
Lemon
Lime
Mango
Mixed berries
Strawberries
Watermelon

Meat, Fish &

Poultry

5% fat beef mince
Anchovy fillet
Bacon medallions
Chicken breasts
Cod fillets
Cooked prawns
Fillet steaks
Ham slices
Pork tenderloin
Seafood mix
Smoked salmon
Turkey slices

Rice, Grains & Pasta

Brown basmati rice
Lentils

Store Cupboard

Apple cider vinegar
Baking soda
Balsamic vinegar
Cornflour
Extra virgin olive oil
Franks buffalo sauce
Honey
Kidney/Cannellini beans
Korma paste
Low cal spray oil
No added sugar beans
No added sugar ketchup
No added sugar peanut butter
No added sugar strawberry jam
Reduced fat green pesto
Relish
Sesame oil
Soy sauce
Sriracha
Sugar free relish
Sweetener
Tomato purée
Unsweetened apple sauce
Vegetable / chicken / fish stock cubes
White wine (or stock cube alternative)
Worcestershire sauce

Freezer

Defrosted mango chunks
Frozen peas
Frozen sweetcorn
Unislim Skinny Fries

Nuts & Seeds

Almonds
Cumin seeds
Hazelnuts
Pine nuts
Sunflower seeds

JOIN ME & HAVE THE CAREER OF YOUR DREAMS!

“Being a Unislim leader has been an amazing journey. I’ve helped hundreds of members change their lives! I absolutely love what I do & earn a healthy income doing it!”

Majella Duigan, Unislim Leader



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and start
changing
lives!*

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**We can't wait to
hear from you!**

Unislim

GOOD
FOOD
FAST

NEW
PACKAGING



NEW



Nourish your body with
every delicious bite

Lovingly made fresh to frozen

