



If you Bite it, Write it!

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Breakfast Recipes

Salted Caramel Oaty Waffles

Serves 1 - Free Food

Mix 60g of porridge oats with 70ml low fat plain yogurt, ½ tsp salted caramel flavouring, ¾ tsp baking powder & an egg. Pour into a waffle iron & cook until golden. Top with your favourite berries.



Mini Fry Up

Serves 1 - Free Food

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



Raspberry & Banana Porridge

Serves 1 - 1 Bite

Make up to 60g porridge with skimmed milk. Top with ½ sliced banana, a handful of raspberries and 15g chia seeds.

Fruity Weetabix

Serves 1 - Free Food

Top 2 Weetabix with skimmed milk or low-fat yogurt, a handful of mixed berries and a sliced kiwi.

Breakfast Recipes

Scrambled Eggs on Sourdough

Serves 1 - Free Food

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



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 wholegrain bread. Spread with the blueberry mix and drizzle with 1 tsp honey.

Easy Crepes

Serves 2 - 1 Bite per serving

Put, 1 cup skimmed milk, tsp sweetener, 2 tsp vanilla extract & 1 cup wholegrain flour into a blender. Crack 2 medium eggs into the blender & blend to a smooth consistency.

For best results let the batter sit in the fridge for 30-60 minutes. Warm a small non-stick pan over medium heat and spray with low cal oil. Pour in $\frac{1}{4}$ cup of batter. After the crepe has slightly bubbled and started to come away from the pan flip and let the other side cook for 20-30 seconds.

Remove and keep warm while you cook the remaining crepes. Serve with fresh berries and Low-fat vanilla yogurt.



Lunch Recipes

Cheesy Baked Potato with Chorizo

Serves 2 - 2 Bites per serving

Preheat the oven to 190c, gas 5. Prick 2x200g potatoes with a fork, spray with low cal oil and bake until soft, about 45 mins. Meanwhile, fry 40g thinly sliced chorizo over a medium heat for a few minutes until it crisps up and releases its oil. Stir in 4 chopped spring onions, 80g, quartered baby plum tomatoes and 50g washed and shredded kale. Cook for 2-3 minutes and season to taste. Split the baked potatoes in half and scoop out a little of the insides. Mix with the chorizo mix, pile back into the skins and sprinkle with 30g reduced fat grated cheddar cheese. Pop back in the oven until the cheese melts. Serve with a green salad.



Spicy Chicken & Salad Open Sandwich

Serves 1 - Free Food

Mix a tablespoon of low-fat natural yogurt with $\frac{1}{4}$ tsp of mild curry powder and add 85g cooked, chopped chicken. Top 2x30g slices of wholemeal bread with lettuce, grated carrot and sliced cucumber. Pile the spicy chicken on top and serve.

Bean & Avocado Salad

Serves 2 - 0.5 Bites per serving

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 $\frac{1}{4}$ red onion, thinly sliced. Mix the juice of $\frac{1}{2}$ a lemon with 2 tps. olive oil, season and drizzle over the salad just before serving. If you wish, add a hardboiled egg for extra protein



Lunch Recipes

Roasted Red Pepper & Quinoa Soup

Serves 4 - 0.5 Bites per serving

Chop 1 onion, 2 red peppers, and 2 crushed garlic cloves; place in a baking tray with fresh basil and rosemary, spritz with low-cal oil, and roast at 200°C for 30 mins. Transfer to a pot with 1 litre of vegetable stock, blend until smooth, and simmer for 15 mins. Add 120g cooked quinoa, and swirl each bowl with 1 tbsp reduced-fat crème fraîche before serving.



Vegetable Frittata

Serves 2 - 1.5 Bites per serving

Spray a large pan with low-cal oil, fry 1 chopped red onion for 2 mins, then add a sliced yellow pepper, 8 button mushrooms, 2 crushed garlic cloves, 2 tsp Herbs de Provence, and ¼ tsp chili flakes. Fry until soft, then stir in 50g frozen petit pois. Beat 4 eggs, pour into the pan, season, and top with 60g crumbled feta and 8 halved cherry tomatoes. Cook until the eggs begin to set, then grill to finish. Serve with a green salad.



Chicken & Hummus Wraps

Serves 2 - 1 Bite per serving

Spray a griddle pan with low cal oil and cook 200g chicken fillets, cut into thin strips & a sliced red pepper until the chicken is cooked through. Add 2 crushed garlic cloves and a small diced red chilli. Cook for 1 minute. Spread 2 wholemeal wraps with 100g low fat hummus and top with the chicken and pepper mix. Season to taste, sprinkle with lemon juice and chopped coriander, roll up and eat while still warm

Tuna Pitta Pocket

Serves 1 - Free Food

Drain a tin of tuna in brine and combine with a squeeze of lighter than light mayo, a spoonful of sweetcorn and some sliced scallions. Fill a toasted wholemeal pitta with the mixture and serve with a bowl of Unislim soup.

Dinner Recipes

Beef Tagine

Serves 6 - Free Food

Mix 1 tsp each of ground cumin, coriander, and paprika with ½ tsp cinnamon and chili flakes. Rub half the blend on 800g lean beef pieces, marinate for a few hours or overnight. Fry 1 chopped onion and 3 sliced garlic cloves in a large pan with low-cal oil until soft, then set aside. Brown the beef, add remaining spices, then return the onion and garlic. Add 1 tin of drained chickpeas and 500g passata. Boil, cover, and simmer for 1½ hours (or 8 hours in a slow cooker on low). Twenty minutes before serving, add orange zest and 18 chopped dates. Serve with basmati rice and chopped coriander.



Roasted Vegetable & Pasta Bake

Serves 4 - 1.5 Bites per serving

Chop a red pepper, courgette, leek, ½ onion, mushrooms, and garlic. Place on a baking tray, spritz with low-cal oil, season, and sprinkle with 1 tbsp dried herbs. Roast until tender and slightly charred. Cook 240g pasta. In a large bowl, mix roasted veg, pasta, a tin of chopped tomatoes, a handful of frozen 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 veg.

Grilled Steak & Rosemary Potatoes

Serves 1 - Free Food

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



Dinner Recipes

Tomato Basil Salmon

Serves 2 - 1 Bite per serving

Preheat oven to 190°C. Line a baking sheet with foil and spray with low-cal oil. Place 2 salmon fillets on the foil, sprinkle with 1 tbsp dried basil, top with a sliced tomato and 30g grated parmesan. Bake until salmon is opaque and cheese melted. Serve with 1/4 plate of baby potatoes and steamed green veg.



Cajun Chicken Burgers

Serves 4 - 1 Bite per serving

Preheat grill to medium-high and line a baking tray with foil. Mix 2 tbsp Cajun seasoning with 2 tsp olive oil, coat 4 flattened chicken fillets, and grill for 10 minutes, turning halfway. Top each with 30g reduced-fat cheddar, grill until melted. Serve on toasted wholemeal buns with light mayo, red onion, tomato, and lettuce.

Broccoli, Chilli & King Prawn Stir-fry

Serves 4 -Free Food

Heat a wok on high, spray with low-cal oil, and stir-fry 2 sliced garlic cloves, 1 inch sliced ginger, and 1 sliced red chilli for 2 minutes. Add 200g tenderstem and 300g broccoli florets with 3 tbsp water, cooking for 5 minutes. Add 2 tbsp soy sauce, 1 tsp sweetener, ½ tsp Chinese 5 spice, and 350g cooked prawns. Season, cook for 5 more minutes, and serve as is or with noodles.



Creamy Pumpkin Pasta

Serves 4 - 1 Bite per serving

Spray a large pan with low-cal oil, fry a chopped onion until soft, add 2 crushed garlic cloves, and cook for another minute. Peel and cube 500g pumpkin, cook until tender, then blend with 50ml full-fat milk and onions until smooth. Add 2 tbsp tomato puree, 2 tbsp mascarpone, and bring to a simmer. Cook 240g penne, reserving some water. Toss pasta with the sauce and 30g parmesan, adding water as needed. Serve with extra parmesan if desired.