



If you Bite it, Write it!

DATE: / / BREAKFAST LUNCH DINNER

B BITES

Flexi fast Free Oil
Water

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Breakfast Recipes

Berries & Apple Weetabix

Serves 1 - Free Food

Grate $\frac{1}{2}$ an apple and serve with a handful of blueberries on top of 2 Weetabix with skimmed milk or low-fat natural yogurt



Porridge with Pecans & Prunes

Serves 1 - 1 Bite

Make up to 60g of porridge with skimmed milk and top with 5 chopped prunes and 10g pecans



Mushrooms on Toast

Serves 2 - Free Food

Spritz a pan with low cal oil & fry 180g sliced mushrooms with a chopped garlic clove. Stir through some chopped flatleaf parsley & 1 tsp of lemon juice. Divide the mushrooms between 4x30g slices of wholemeal toast, sprinkle with a little more parsley and serve.

Nut Butter Toast with Banana.

Serves 1 - 1 Bite

Spread 2x30g slices of wholegrain toast with 2 tsp no added sugar peanut butter and top with a mashed banana. Sprinkle with cinnamon

Breakfast Recipes

Berry & Banana Overnight Oats

Serves 1 - 0.5 Bites

Mix 60g oats with 25ml skimmed milk and 1 pot of low-fat natural yogurt. Cover, and leave in the fridge overnight. In the morning, top with $\frac{1}{2}$ a chopped banana, a handful of sliced strawberries and 1 tsp runny honey.



Muesli & Fruit

Serves 1 - Free Food

Top 60g no-added sugar muesli with 0% Greek yogurt, $\frac{1}{2}$ grated apple and a sliced banana.

Eggs & Avocado on Toast

Serves 1 - Free Food

Slice $\frac{1}{2}$ 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.



Lunch Recipes

Ham & Tomato Omelette

Serves 1 - Free Food

Whisk 2 eggs and season. Add 2 slices of chopped ham, a diced tomato, a chopped scallion, and a few sliced mushrooms and mix gently. Spray a non-stick pan with low cal oil and heat. Add the egg mix and swirl around the pan. When it's almost set, finish under a hot grill. Serve with a green salad and a 60g wholemeal bagel



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.



Paprika Chicken Bagel

Serves 1 - Free Food

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.

BLT

Serves 1 - Free Food

Spread 2x30g slices granary bread with lighter than light mayo. Pile one of the slices with little gem lettuce leaves & sliced tomato. Top with 2 slices grilled lean bacon cut into pieces. Cover with the second slice of bread. Cut in half and serve

Lunch Recipes

Cheese & Bacon Baked Potato

Serves 1 - 1 Bite

Prick a 200g potato with a fork, spray with low cal oil and sprinkle with salt. Bake at 200c until soft. Cut a cross in the top and scoop out the flesh. Mix the flesh with a diced spring onion, a crumbled rasher of grilled bacon and 30g grated low fat cheddar cheese. Fill the potato shell with the mix and pop under a hot grill until the cheese melts. Serve with a green salad.



Scotch Broth

Serves 6 - 1 Bite per serving

In a large saucepan, add 250g peeled and diced carrots, 250g diced turnips, 2 diced onions, 1 diced celery stalk, 1 sliced leek, 120g pearl barley, and 125g dried peas (soaked for 4-5 hours and drained). Pour in 2.3 litres of lamb stock, season well with salt and pepper, and bring to a boil. Reduce heat and let it simmer for 2-3 hours until the peas and barley are tender. Stir in 85g of chopped kale and cook for another 10 minutes until the kale softens. Adjust seasoning to taste. Serve with a 60g seeded roll.

For a slow cooker, place all ingredients in the pot, set on high, and cook for 6-8 hours until the barley is tender.



Ham Salad & Guac Rolls

Serves 2 - 0.5 Bites per serving

Ham Salad & Guac Rolls Serves 2 .5 Bite per serving
Split 2 x 60g wholemeal rolls in half and thickly spread the base of each with up to 30g guacamole. Top with a few rocket leaves, sliced red onion and sliced tomato. Season with salt and pepper and finish with slices of lean ham. Spread the remaining halves of the rolls with lighter than light mayo and place on top. Serve with a bowl of Unislim soup.

Dinner Recipes

Spanish Style Chicken Bake

Serves 4 - 1.5 bites per serving

Preheat oven to 200°C/180°C fan/gas 6. Halve 600g baby potatoes, cut 1 brown and 1 red onion into wedges, and quarter 8 tomatoes. Place in a large roasting tray with 8 unpeeled garlic cloves, season with salt and pepper, and roast for 20 minutes. Meanwhile, skin and slice 80g chorizo, and slash 8, boneless, skinless, chicken thighs with a sharp knife and season.

After 20 minutes, add chorizo to the tray and place chicken on top. Sprinkle with ½ tsp each of oregano and smoked paprika. Roast for another 20 minutes. Add a sliced green pepper, increase oven to 220°C/200°C fan/gas 7, and roast for 20 more minutes until chicken is golden and peppers are soft. Squeeze garlic out of skins to serve.



Smoky Tofu Chilli

Serves 4 - Free Food



Drain & pat dry 2x396g packs of firm tofu, then wrap in kitchen paper and put on a flat surface. Sit a chopping board on top & weigh it down with a heavy object. Set aside for 30 minutes. Spray a deep non-stick pan with low cal oil and fry 2, large, finely diced onions, 2, finely diced, celery sticks & 3, diced red peppers with 3 tbsps. water for 6-8 mins until softened. Add 4, sliced, garlic cloves along with 1 tsp chilli powder, 2tsp. smoked paprika, 1tbsp cumin, 1tsp cinnamon and 1 tsp dried oregano. Cook for 2 minutes. Add 500ml vegetable stock, 1 tbsp tomato puree and 2x400g tins chopped tomatoes. Season, bring to the boil and simmer for 45 minutes, stirring occasionally.

Meanwhile, unwrap the tofu and cut into 1.5cm cubes. Put into a bowl with ½ tsp hot chilli powder and toss to coat. Spray a large non-stick pan with oil and fry the tofu in batches for 8-10 minutes. Set aside. Drain and rinse 2x400g tins black beans and add to the chilli. Cook uncovered for 15 minutes before adding the cooked tofu. Simmer for another 10 mins, season and serve.

Dinner Recipes



Roast Chicken & Steamed Greens

Serves 4 - Free Food

Heat the oven to 200c. Place a full chicken on a roasting tray, spray with low cal oil and season. Squeeze the juice from ½ a lemon over the chicken and place the other half in the cavity along with a few sprigs of rosemary. Place in the oven for at least an hour, making sure it's fully cooked before serving.

While the chicken is cooking place 800g parboiled potatoes onto a baking tray, spray with low cal oil and roast in the oven. Serve with steamed green veg.

Crispy Baked Hake with Yogurt Tartar Sauce

Serves 1 - 2 Bites per serving

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 & 1tbsp chopped parsley. Serve the fish & Tartar sauce with tender stem broccoli & ¼ plate baby boiled potatoes.



Dinner Recipes



Roasted Cauliflower Tagine

Serves 4 - 1 Bite per serving

Preheat oven to 220°C/200°C fan/gas 7. Break a cauliflower into florets, toss with ½ tbsp olive oil and ½ tbsp ras el hanout or harissa in a baking dish, and roast for 20–25 minutes. Meanwhile, spray a large saucepan with oil and cook 2 sliced red onions, 1 sliced carrot, and 3 sliced garlic cloves for 5 minutes. Stir in ½ tbsp ras el hanout and cook for 1 minute. Add a 400g tin of chopped tomatoes, a 400g tin of drained chickpeas, 80g halved green olives, and 200ml boiling water. Cover and simmer for 15–20 minutes until thickened. Stir in the cauliflower and serve with couscous, Greek yogurt, and parsley.

Beef with Butterbeans

Serves 4 - 1 Bite per serving

In a large casserole dish mix together 500g lean stewing beef, cut into chunks, 2 chopped onions, 2 tins chopped tomatoes, 1 tsp each of sweet paprika, ground cumin & mild chilli powder, 2tbsps white wine vinegar and 2 tbsps. caster sugar. Cover and bake at 160c/140c/ gas 3 for 2½ hours. Stir in a tin of rinsed and drained butter beans and bake for 30 mins more until the beef is tender. (Leave the lid off if it's a little wet) Serve with a 200g baked potato and veg of your choice.



Spaghetti Puttanesca

Serves 4 - 0.5 Bites per serving

Spray a non-stick pan with low cal oil and fry a finely chopped onion until soft. Add 2 large crushed garlic cloves and ½ tsp chilli flakes and cook for another minute. Stir in a can of chopped tomatoes, 5 chopped anchovies, 24 pitted black olives and 2 tbsp drained capers.

Bring to a gentle simmer and cook, uncovered, for 15 mins. Season to taste.

Meanwhile cook 240g dried spaghetti, according to packet instructions, then drain and toss with the sauce. Garnish with chopped parsley and serve.