

# Breakfast Recipes

## Power Start Smoothie

**Serves 2 - 1 Bite**

Blitz 225g mango (fresh or frozen), 100g strawberries, a small banana, 2 tbsp. oat bran, 4 tbsp 0% Greek yogurt, 1 tbsp flaxseeds, 2 tsps. clear honey and 300ml unsweetened almond or skimmed milk until smooth. If it's too thick add a little water and blitz again. Pour into 2 glasses and garnish with mint leaves.



## Unislim Irish Full

**Serves 1 - Free Food**

Poach or dry fry 2 eggs and grill 2 lean bacon rashers. Serve with grilled tomatoes, mushrooms, sugar free beans & 2x30g slices wholemeal toast



## Spicy Scrambled Egg & Avocado Toast

**Serves 1 - Free Food**

Mash ½ an avocado with black pepper and a squeeze of lemon juice. Spread on 2x30g slices of wholemeal toast and top with 2 eggs, scrambled with a little milk. Sprinkle with chilli flakes for a little added heat.

## Fruity Buddha Bowl

**Serves 1 - 0.5 Bites**

Spray a pan with low cal spray oil and heat. Add, up to 60g porridge oats to the pan and cook for 1-2 minutes. Mix ½ tsp pure vanilla extract with a pinch of cinnamon and stir into the oats. Cook for another 1-2 minutes until the oats are toasted. Put the oats into a bowl and stir in a pot of 0% Greek yogurt. Top with a small sliced banana, a few sliced strawberries and a tbsp of pomegranate seeds. Sprinkle with 1 tbsp chia seed

# Breakfast Recipes

## Easy Crepes

**Serves 2 - 1 Bites**

Put, ½ cup skimmed milk, ½ cup water, 1 tsp sweetener, 2 tsp vanilla extract & 1 cup wholegrain flour into a blender. Crack 2 medium eggs into a bowl and add to 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 ¼ 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



## Fibre Filler

**Serves 1 - Free Food**

Serve 60g Bran flakes with skimmed milk and ½ a grated apple.

## Pecan Porridge

**Serves 1 - 1 Bite**

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



# Lunch Recipes

## 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



## Hummus & Red Pepper Wrap

**Serves 1 - 0.5 Bite**

Spread a wholemeal wrap with 25g reduced fat hummus. Top with a handful of salad leaves, a chopped roasted red pepper (from a jar),  $\frac{1}{4}$  red onion, finely sliced and some turkey or chicken slices, if you want extra protein. Roll the wrap and serve with any Unislim soup



## Honey Mustard Chicken Pasta

**Serves 4 - Free Food**

Cook 240g, uncooked weight, farfalle or other pasta according to pack instructions and cool under running water. Mix 3 tbsp lighter than light mayo with 1 heaped tsp of wholegrain mustard and 1 tsp clear honey. Loosen with a little water if the consistency is too thick. Add the pasta, 300g of leftover cooked chicken, torn into rough pieces, 4 thinly sliced spring onions, a small bunch of chopped basil and 4 chopped tomatoes. Mix gently together and season to taste.

## Spicy Tuna Baked Potato

**Serves 1 - Free Food**

Drained a can of tuna in water or brine and mix with a sliced spring onion, a handful of halved cherry tomatoes,  $\frac{1}{2}$  chopped red chilli and  $\frac{1}{2}$  a small bunch of chopped coriander. Split a 200g baked potato and fill with the tuna mix. Serve with a green salad

# Lunch Recipes

## Spicy Carrot & Lentil soup

**Serves 4 - 1 Bite**

Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 minute or until they start to jump around the pan and release their aromas. Scoop out about half and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1L hot vegetable stock and 125ml skim milk to the pan and bring to the boil. Simmer for 15 minutes until the lentils have swollen and softened. If you like it smooth whizz all or some of it with a blender. Season to taste and finish with a dollop of low-fat plain yogurt and a sprinkling of the reserved spices. Serve with a 65g wholemeal roll



## Stuffed Moroccan Pitta

**Serves 2 - 2 Bites per serving**

Toast 2 wholemeal pittas and spread the insides with 50g low fat hummus. Layer with 4, halved falafels, ½ a sliced red pepper and a handful of rocket leaves. Serve with a cup of Unislim soup

## Ham Salad Pitta

**Serves 1 - Free Food**

Pack a warmed whole meal pitta pocket with 2 slices lean ham, diced cherry tomatoes, diced cucumber and rocket leaves. Top with a tbsp lighter than light mayo and serve

# Dinner Recipes

## Coq au Vin Serves

**Serves 4 - Free Food**



Preheat the oven to 160c/140c/gas 3. Place a large ovenproof casserole dish onto a high heat, spray with low cal oil and brown 8 small chicken thighs (skin and visible fat removed). Turn them after 3-4 minutes, add 4, thinly sliced, bacon medallions and cook for a further 3 minutes. Add 200g button mushrooms, 1 chopped red onion, 3 crushed garlic cloves, 1 beef stockpot, 2 red wine stockpots, 500ml boiling water, 2 tbsp tomato puree, 2tsp dried thyme and 1 tsp red wine vinegar. Stir well, cover and place in the oven for 1 hr and 20 minutes until the chicken is tender and the sauce has reduced. If the sauce is too thin, remove the lid and put it back in the oven for another 5 minutes to reduce further. Serve with a 200g baked potato and steamed green beans

## Chili Lime Steak Fajitas

**Serves 4 - 1 Bite per serving**

Make a marinade by whisking together 2 tbsp olive oil, 1/3 cup freshly squeezed lime juice, 2 tbsp chopped coriander, 2 crushed garlic cloves, 1 tsp brown sugar, 3/4 tsp red chilli flakes, 1/2 tsp cumin & 1tsp salt. Pour half the marinade into a shallow dish and marinade 500g lean steak, for at least 30 minutes. (Refrigerate the rest of the marinade for later) Remove the steak from the fridge about 30 minutes before cooking then remove the steak from the marinade and either grill or fry in a non-stick pan until cooked to your liking. Transfer to a warm plate and allow to rest for 5-7 minutes. Meantime, spray a pan with low cal oil and fry 3 sliced peppers and 1 sliced onion. Add half the reserved marinade, season, and continue cooking until tender. To serve, slice the steak into thin strips and pack into warmed wholemeal tortillas, with the cooked vegetables, extra coriander and sliced avocado. Drizzle with the remaining marinade



# Dinner Recipes

## Stir-Fried Chicken with Broccoli & Brown Rice

**Serves 2- 1 Bite per serving**

Boil 200g trimmed broccoli florets for about 4 minutes, drain and set aside, reserving the water. Spray a non-stick pan or wok with low cal spray oil. Stir-fry 15g shredded ginger, 2 shredded garlic cloves and 1 sliced red onion for 2 mins. Add 1 tsp mild chilli powder and stir briefly. Add 2 diced chicken fillets and stir for another 2 minutes. Tip the broccoli into the wok with 1 tbsp reduced salt soy sauce, 1 tbsp honey, 1 roasted red pepper, from a jar, cut into cubes and 4 tbsps. of the broccoli water. Cook until heated through and serve garnished with chopped coriander with  $\frac{1}{4}$  plate of brown rice.



## Pork & Fennel Meatballs with Tagliatelle

**Serves 4 - Free Food**

In a mixing bowl, combine 500g lean pork mince, 1 onion, 1 carrot and 1 celery stick, all grated or finely chopped, 1tsp crushed chillies, 1 tsp crushed fennel seeds, 30g breadcrumbs and a beaten egg. Season well and roll heaped tps. of the mixture into balls, then put on a baking sheet and chill for 10 minutes. Spray a large lidded pan with low cal spray oil and fry the meatballs in batches until golden. Reduce the heat, stir in 2x 500g cartons of passata, cover and simmer for 15 minutes. Cook 240g tagliatelle according to pack instructions. Divide the pasta between 4 bowls and pile the meatballs on top. Scatter with chopped parsley and, if you like, 1 tbsp grated Parmesan (add 1 Bite for this)



# Dinner Recipes

## Spaghetti Putanesca

**Serves 4 - 0.5 Bites**

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.



## Minced Turkey Ragu with Tagliatelle

**Serves 4 - 2 Bites per serving**

Spray a large pan with low cal oil and add 500g turkey mince, 1 chopped onion, 1 diced red pepper, 2 crushed garlic cloves and 2 tsp dried oregano. Fry for 2-3 minutes until browned. Add 75g sliced black olives, a 400g tin of chopped tomatoes, 3 tbsp sundried tomato puree and 300ml chicken stock and simmer, covered, for 20 minutes. Remove the lid and simmer for a further 5 minutes until the sauce has reduced a little. Meanwhile, cook 240g (uncooked weight) tagliatelle according to packet instructions and serve with the ragu.

## Prawn & Salmon Burgers

**with Spicy Mayo Serves 4 - Free Food**

Roughly chop 180g of peeled raw prawns and chop 4 skinless salmon fillets into small chunks. Briefly blitz half the prawns, half the salmon, 3 chopped spring onions, zest of a lemon and ½ a small pack of coriander until it forms a coarse paste. Tip into a bowl, stir in the rest of the prawns and salmon, season and shape into 4 burgers. Chill for 10 minutes. In a small bowl mix 60g lighter than light mayo or 0% Greek Yogurt with 1 tbsp chilli sauce, season, and add a squeeze of lemon juice. Spray a pan with low cal oil and fry the burgers for 3-4 minutes on each side until the fish is cooked through. Top with a dollop of the spicy mayo and serve with a 200g baked potato and steamed green beans or a green salad.



# If you Bite it, Write it!

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