

# Breakfast Recipes

## Porridge with Apple Compote & Chia Seeds

**Serves 1 - 1 Bite**

Stew an apple with a little water. Add a tsp of honey and a sprinkle of cinnamon. Make up to 60g porridge with skimmed milk. Stir in half the apple compote and top with the rest. Sprinkle with a tsp of chia seeds.



## Mushrooms & Eggs

**Serves 1 - Free Food**

Grill 2 large Portobello mushrooms and serve with 2 poached eggs, 2x30g slices wholemeal toast and some wilted spinach.



## Breakfast Bruschetta

**Serves 1 - 1.5 Bites**

Peel and slice  $\frac{1}{2}$  banana. Put in a bowl with 80g blueberries and 50g quark. Mix well. Toast 2x30g slices of wheaten or wholegrain bread. Spread with the blueberry mix and drizzle with 1tsp of honey.

## Raspberry & Apple Smoothie

**Serves 2 - Free Food**

Into a blender or smoothie maker put, 2 cored apples, 150g frozen raspberries, 150ml low fat natural yogurt, 30g porridge oats, juice of  $\frac{1}{2}$  lemon and 100ml low fat milk. Blitz until smooth, adding a little more milk or water if it's too thick.

# Breakfast Recipes

## Eggs & Avocado on Toast

**Serves 1 - Free Food**

Slice  $\frac{1}{2}$  an avocado and divide between 2x30g slices of wholemeal toast. Top each with a poached egg. Sprinkle with some freshly chopped parsley & serve with grilled tomatoes.



## Fibre Filler

**Serves 1 - Free Food**

Top 60g bran flakes with a pot of low-fat yogurt, mixed berries and  $\frac{1}{2}$  chopped banana.

## Apple & Cinnamon Pancakes

**Serves 2 - Free Food**

Blitz 40g oats until finely ground (like flour) Tip into a bowl with 40g grated apple, 50ml skimmed milk,  $\frac{1}{4}$  tsp cinnamon, 1tsp granulated sweetener and 2 beaten eggs. Spray a large pan with low cal oil and spoon 4 equal quantities of the batter in. Cook for 1-2 minutes on both sides and serve with sliced apple, berries, and low-fat natural yogurt.



# Lunch Recipes

## Ham Salad & Guac Rolls

**Serves 2 - 0.5 Bites 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.



## Cheesy Chicken Melt

**Serves 2 - 1 Bite per serving**

Chop a cooked chicken fillet & mix with ½ a bunch of chopped spring onions & 2 tbsp lighter than light mayo. Spread on 2 slices of granary bread. Top with 60g, grated low fat cheddar cheese & grill until the cheese is melted. Sprinkle with paprika & serve with a tbsp of Unislim relish and a side salad.



## 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.

## Turkey Pesto Toasty

**Serves 1 - 2 Bites per serving**

Spread 1 tbsp. reduced fat pesto over 2x30g slices of whole meal bread. Cover one slice with 30g low-fat mozzarella slices and then a layer of cooked turkey slices. Finish with a thinly sliced tomato, season lightly and top with the other slice of bread. Place the sandwich under a hot grill and cook until golden on both sides. Cut in half and serve immediately.

# Lunch Recipes

## Chicken & Roast Veg Wrap

**Serves 1 - Free Food**

Roughly chop 1 red onion, a handful of mushrooms, 1 yellow pepper and 2 tomatoes and put on a baking tray. Spray with low cal oil and sprinkle with 1 tsp mixed herbs. Roast in a hot oven until cooked and a little charred. Spread a wholemeal wrap with lighter than light mayo and fill with the veg. Top with cooked chicken, roll up and enjoy. (This is also a great way to use leftover chicken & veg from a roast dinner)



## Roasted Butternut Squash Soup

**Serves 4 - 0.5 Bites per serving**



Cut a peeled and deseeded butternut squash into large cubes. Put into a roasting tray, spray with low cal oil and roast for 30 minutes until golden and soft. While the squash is cooking spray a large pan with low cal oil and fry 2 diced onions, 1 thinly sliced garlic clove and a deseeded and finely chopped red chilli (optional) on a very low heat for 15-20 minutes until the onions are soft. Tip the squash into the pan with 850ml hot vegetable stock and 4 tbsps. reduced fat crème fraiche. Remove from the heat and blend until smooth. Gently reheat, then season to taste and serve with a 65g seeded brown roll.

## Monte Cristo Sandwich

**Serves 1 - 1 Bite per serving**

Grate 30g strong flavoured low-fat cheddar cheese and sprinkle half of it on a 30g slice wholemeal bread. Layer 2 slices of lean ham, ½ a thinly sliced spring onion, 1 thinly sliced cherry tomato and a few roughly chopped spinach leaves on top. Sprinkle with the remaining cheese & press a second slice of bread on top. Beat a small egg with a tsp of natural yogurt & ½ tsp Worcestershire sauce. Season with ¼ tsp mustard powder, salt & pepper. Dip the sandwich in the egg, soaking well on both sides. Spray a pan well with low cal oil and cook the sandwich on both sides until golden & the cheese has melted.

# 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 roasting tray with 8 unpeeled garlic cloves, season, and roast for 20 minutes. Meanwhile, slice 80g chorizo and season 8 slashed chicken thighs. Add chorizo to the tray, place chicken on top, sprinkle with ½ tsp oregano and ½ tsp smoked paprika. Roast for 20 minutes. Add a sliced green pepper, increase oven to 220°C/200°C fan/Gas 7, and roast for 20 minutes more. Squeeze garlic from skins when serving.



## Beef Stroganoff

**Serves 4 - 1 Bite per serving**



Season 400g thinly sliced steak with salt and pepper. Heat a sprayed pan, seal the steak on all sides, then remove. Deglaze the pan with 1 tsp white wine vinegar and 2 tsp Worcestershire sauce, scraping browned bits. Spray the pan again and sauté 1 sliced onion and 250g sliced mushrooms until browned. Stir in 1 tsp Dijon mustard, cook briefly, then add 500ml beef stock made with 1 rich beef cube and 1 stock pot. Reduce by half, stir in 200g Philadelphia Lightest until smooth. Return steak, simmer 5-10 minutes, thinning sauce if needed. Garnish with parsley and serve with baked potato or rice.

# Dinner Recipes

## Roasted Cauliflower Tagine

**Serves 4 - 1 Bite per serving**



Pre-heat the oven to 220c/200c/gas 7. Break a cauliflower into florets and toss with ½ tbs olive oil and ½ tbs ras el hanout or harissa seasoning in a baking dish, then roast for 20-25 minutes. Meanwhile spray a large, lidded saucepan with low cal spray oil and cook 2, thickly sliced red onions, 1 sliced carrot and 3, finely sliced garlic cloves for 5 minutes, then stir in ½ tbs of ras el hanout and cook for another minute. Add a 400g tin of chopped tomatoes, a 400g tin of chickpeas, rinsed and drained, 80g pitted green olives, halved and 200ml boiling water. Reduce the heat, cover and simmer for 15-20 minutes until the veg is cooked and the sauce has thickened. Remove from the heat and stir in the cauliflower. Serve the tagine with ¼ plate couscous and top each plate with 30ml 0% Greek yogurt and roughly chopped parsley.

## Ras El Hanout Cod

**Serves 4 - 1 Bite per serving**

Preheat the oven to 200c. Place a large cauliflower, cut into florets, a sliced red onion, and a 400g tin of drained and rinsed chickpeas into a roasting tin. Top with 4 cod fillets. Add a drizzle of olive oil, a pinch of sea salt and 2 tbsp ras el hanout spice. Place in the oven for 25 minutes. Make a dressing by mixing 2 tbsp olive oil with the zest and juice of a lemon and 1 tsp sea salt and set aside. Once cooked, remove the cod from the oven, pour over the dressing and scatter with pomegranate seeds and chopped mint. Serve with ¼ plate baby boiled potatoes and steamed green beans.



# Dinner Recipes

## Spicy Pork Chops with Sweet Potato & Spinach Mash

**Serves 2 - 1 Bite per serving**

Make a marinade with 2 tbsp soy sauce, 1 tbsp grated root ginger, 1 red chilli, deseeded and finely chopped, 2 tsp honey and 2 tsp olive oil. Place 4 lean pork chops in the marinade and leave for 30 minutes. Meanwhile steam 400g sweet potato, cut into large chunks. For the last few minutes of steaming add 200g baby spinach and let it wilt. Grill the chops for 3-5 minutes on each side depending on your taste. Mash the sweet potato, stir in the spinach and serve the chops on the mash.



## Satay Sweet Potato Curry

**Serves 4 - 2 Bites per serving**

Spray a saucepan with low cal oil and soften 1 chopped onion for 5 minutes. Add 2 grated garlic cloves and a thumb sized piece of grated ginger. Cook for a minute, until fragrant. Stir in 3tbsp Thai red curry paste, 1 tbsp, no added sugar smooth peanut butter and 500g sweet potato, peeled and cut into chunks. Add a 400ml can, reduced fat, coconut milk and 200ml of water. Bring to the boil, reduce the heat and simmer for 25-30 minutes until the sweet potato is soft. Stir through a 200g bag of spinach and the juice of a lime and season well before serving.



## Turkey Burger & Sweet Potato Wedges

**Serves 2 - Free Food**

In a bowl, mix 260g lean turkey breast meat, 1 small diced red onion, 1 grated garlic clove, 1 peeled and grated apple and 1 large beaten egg. Mix the ingredients well with your hands and add a good pinch of salt and pepper, 2 tsp dried oregano and 1 tsp paprika. Shape the mixture into 2 burgers and place on a baking tray in the oven for 15 - 20 mins until cooked through. Serve the burgers with 100g Unislim Gorge Us Sweet Potato Wedges and veg of your choice.



# If you Bite it, Write it!

DATE: / / BREAKFAST LUNCH DINNER

**B** BITES ○○○○○○  
○○○○○○

Flexi fast  Free Oil   
Water

SNACK.....  
SNACK.....

DATE: / / BREAKFAST LUNCH DINNER

**B** BITES ○○○○○○  
○○○○○○

Flexi fast  Free Oil   
Water

SNACK.....  
SNACK.....

DATE: / / BREAKFAST LUNCH DINNER

**B** BITES ○○○○○○  
○○○○○○

Flexi fast  Free Oil   
Water

SNACK.....  
SNACK.....

DATE: / / BREAKFAST LUNCH DINNER

**B** BITES ○○○○○○  
○○○○○○

Flexi fast  Free Oil   
Water

SNACK.....  
SNACK.....

DATE: / / BREAKFAST LUNCH DINNER

**B** BITES ○○○○○○  
○○○○○○

Flexi fast  Free Oil   
Water

SNACK.....  
SNACK.....

DATE: / / BREAKFAST LUNCH DINNER

**B** BITES ○○○○○○  
○○○○○○

Flexi fast  Free Oil   
Water

SNACK.....  
SNACK.....

DATE: / / BREAKFAST LUNCH DINNER

**B** BITES ○○○○○○  
○○○○○○

Flexi fast  Free Oil   
Water

SNACK.....  
SNACK.....