

Breakfast Recipes

Scrambled Eggs on Toast

Serves 1 - Free Food

Scramble 2 eggs with skimmed milk and pile onto 2x30g slices wholemeal toast. Top with chopped parsley and serve with grilled tomatoes



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



Cinnamon & Berry Overnight Oats

Serves 1 - 0.5 Bites

Mix 60g of oats with 80mls skimmed milk, cover and leave in the fridge overnight. Serve topped with a handful of berries, pinch of cinnamon and 1tsp sunflower seeds

Breakfast Banana Split

Serves 2 - 1 Bite per serving

Peel 2 bananas and slice them lengthwise. Arrange in an X on 2 plates. Mix 200g 0% Greek yoghurt, 1 tbsp granulated sweetener and ½ tsp vanilla extract. Thinly slice 10 blueberries and 4 strawberries and stir into the yogurt. Spoon the yogurt into the middle of the bananas. Sprinkle with 25g flaked almonds and decorate with strawberry halves.

Breakfast Recipes

Eggs Florentine

Serves 2 - Free Food

Make a hollandaise sauce by placing 4tbsp 0% Greek yogurt, ½ tsp mustard powder, the juice of a lemon, a pinch of cayenne pepper, salt and pepper into a pan on a low heat. Whisk continuously for 5 minutes. In a hot pan, sauté a handful of spinach for 2 minutes and drain. Toast 2 wholemeal muffins and top each one with the spinach, 2 poached eggs and hollandaise sauce.



Apple Bran

Serves 1 - Free Food

Top 60g All Bran or Bran flakes with skimmed milk and top with ½ grated apple

Boiled Eggs & Soldiers

Serves 1 - Free Food

Serve 2 boiled eggs with a toasted whole meal pitta cut into thick slices. Follow with a low-fat yogurt



Lunch Recipes

Minestrone Soup

Serves 4 - Free Food

Spray a pan with low cal oil and fry 1 chopped onion & 2 chopped garlic cloves for 3-4 minutes. Add 2 sliced carrots, 2 sliced courgettes, 2 sliced celery stalks, 2 handfuls of green beans, a tin of chopped tomatoes & a litre of vegetable stock. Bring to the boil and simmer for 10 mins. Add 240g wholegrain pasta & cook for another 10 minutes. Season to taste, remove from the heat & stir in 1 tbsp reduced fat pesto just before serving.



Open Beef & Rocket Sandwich

Serves 1 - Free Food

Mix 1 tsp lighter than light mayo, a squeeze of mustard or horseradish and slices of roast beef, cut into strips. Top 2 x 30g slices of granary bread with rocket leaves and pile the beef mix on top.

Cheesy Sweet Potato with Chorizo

Serves 2 - 2 Bites per serving

Preheat the oven to 190°C, gas 5. Prick 2x200g sweet potatoes, spray with low-cal oil, and bake for about 45 mins until soft. Meanwhile, fry 40g sliced chorizo until crisp, then stir in 4 chopped spring onions, 80g quartered baby plum tomatoes, and 50g shredded kale. Cook for 2-3 minutes and season. Halve the baked potatoes, scoop out some flesh, and mix it with the chorizo mixture. Fill the skins, top with 30g reduced-fat cheddar, and bake until the cheese melts. Serve with a green salad.



Mushroom Omelette

Serves 1 - 1 Bite per serving

Spray a non-stick pan with low-cal oil and fry 50g sliced mushrooms until golden. Mix the mushrooms with 30g reduced-fat grated cheddar and chopped chives in a bowl. In the same pan, pour in 2 beaten eggs and cook until nearly set. Add the mushroom mixture to one half, fold the other half over, and cook briefly. Serve with a green salad and 60g wholemeal sourdough.

Lunch Recipes

Tofu Scramble

Serves 2 - Free Food

Spray a deep frying pan with low-cal oil and sauté 1 finely chopped garlic clove for 10 seconds. Add 1 small chopped onion and 100g sliced mushrooms, cooking for 3-4 minutes until translucent. Crumble 200g firm organic tofu into the pan and cook for 5 minutes, breaking it up to resemble scrambled eggs. Mix 1 tbsp nutritional yeast with 1 tbsp water to form a paste, then stir it into the pan with a handful of spinach, 1 tsp each of turmeric, chilli flakes, cumin, lemon juice, and soy sauce. Cook until warmed through and serve with 60g wholemeal or granary toast.



Tuna & Sweetcorn Pasta Salad

Serves 2 - Free Food



Cook 120g (dried weight) pasta according to pack instructions. Add a small head of broccoli, cut into florets for the final 2 minutes of cooking. Drain the pasta and broccoli and rinse under running water until cold. Drain well and tip into a mixing bowl. Add a tin of sweetcorn (drained) and 10 halved cherry tomatoes. Add 2-3 tbsp lighter than light mayo, season with black pepper and combine everything. Flake a tin of tuna into the salad using a fork and toss lightly. Serve the salad on a bed of Little Gem lettuce

Mexican Eggs

Serves 1 - Free Food

Warm a wholemeal wrap in a pan and transfer onto a plate. Spray the pan with low cal spray oil and cook 1 diced tomato and 2 chopped spring onions until soft. Season and spread over the wrap. Dry fry or poach 2 eggs and place on top of the wrap. Sprinkle with 1tsp chilli sauce, fold the wrap and serve.

Dinner Recipes

Slow Cooker Goulash

Serves 4 - Free Food

Cut 500g lean stewing steak into bite sized pieces and toss in 3 tbsp smoked sweet paprika until well coated. Spray a pan with low cal spray oil and brown the meat on all sides. Place the meat in the slow cooker with 1 large onion, 1 yellow pepper, 1 red pepper, 2 medium carrots and 175g potatoes all cut into chunks. Add $\frac{3}{4}$ tsp garlic granules, 1 tin chopped tomatoes, 2 tbsp tomato puree and 500ml beef stock. Stir well, cover and cook on high for 4 $\frac{1}{2}$ hours or low for 6-7 hours. Serve with steamed red cabbage



Sesame & Ginger Beef Stir-fry

Serves 1 - 1.5 Bites



Make a marinade by mixing 1 tbsp soy sauce, 1 tsp ginger root, peeled and grated, $\frac{1}{2}$ minced garlic clove, 1tsp honey and 1 tsp dried chilli flakes. Toss 100g lean beef strips in the marinade and chill for about 30 minutes. Spray a wok or large pan with low cal oil and add a thinly sliced carrot and some broccoli florets, sliced if they're too thick. Add the beef to the pan and cook until the beef is browned and the vegetables have softened but still have some bite. Serve with $\frac{1}{4}$ plate basmati rice, garnished with chopped coriander and sprinkled with 2tsp sesame seeds

Dinner Recipes



Tikka Salmon with Jewelled Rice

Serves 3 - 1 Bite per serving

Combine 1 tbsp tikka curry paste with 2 tbsp low fat natural yogurt. Season 3 salmon fillets, smear the yogurt paste all over and set aside. Spray a large pan with low cal oil and cook a large chopped red onion until soft. Stir in 2 tbsp tikka curry paste and cook for another minute. Add 1 tsp turmeric, 50g soft dried apricots, chopped and 180g brown basmati rice. Season well and give everything a stir. Pour in 800ml boiled water, bring back to the boil and reduce the heat for 15 mins. Cover with a lid, lower the heat to a gentle simmer and cook for 15 minutes more. Uncover and give the rice a good stir before putting the salmon fillets on top and re-covering the pan. Turn the heat to its lowest setting and leave undisturbed for 15-20 minutes until the salmon and rice are perfectly cooked. Scatter with 100g pomegranate seeds and coriander leaves. Serve with low fat natural yogurt.

Sweet Potato Shepherd's Pie

Serves 4 - 0.5 Bites per serving

Spray a large pan with low cal oil and fry 2 finely chopped onions until they soften and start to colour. Add 2 chopped garlic cloves, 2 finely diced carrots and 2 tbsp fresh thyme and cook for 4 more minutes. Stir in 400g extra lean mince and brown. Add 60g red lentils, 100g frozen peas, 300g diced turnip and 1 tbsp plain flour. Cook for a few minutes and then gradually add 100ml red wine and 550ml beef stock. Bring to the boil, cover and simmer for 35-40 minutes. Meanwhile, boil 600g sweet potatoes until tender. Drain and mash with 1tsp nutmeg, 100g low fat natural yogurt and black pepper. Spoon the mince and veg into a large ovenproof dish and spread the potato mixture on top. Pop in the oven for about 20 minutes until the top is golden brown and serve with steamed green veg.



Dinner Recipes

Roasted Vegetable & Pasta Bake

Serves 4 - 1.5 Bite per serving

Chop a red pepper, 1 courgette, 1 leek, ½ onion, a handful of mushrooms and a clove of garlic. Place on a baking tray, spritz with low cal oil, season and sprinkle with a tbsp of dried herbs. Toss together and roast until the veg is tender and beginning to char. Meanwhile, cook 240g pasta according to packet instructions. In a large bowl toss the roasted veg with the cooked pasta, a tin chopped tomatoes, a handful of frozen peas & 60g, torn, low fat mozzarella. Pour the mix into an ovenproof dish, sprinkle with 60g grated parmesan and bake until golden brown. Serve with salad or extra veg



Chicken & Bean Enchiladas

Serves 4 - 1.5 Bites per serving

Spray a pan with low cal oil and fry 4 diced chicken breasts until cooked. For the final few minutes add in 1 large sliced onion and 1 chopped red pepper. Stir in a tin of red kidney beans, a tin of chopped tomatoes & a thinly sliced fresh red chilli & bring to the boil. Simmer for 15 mins. Spread the mixture down the centre of 4 wholemeal tortillas. Roll up and sprinkle with 120g reduced fat cheddar cheese before popping in the oven until the cheese melts. Top each tortilla with a tbsp. of reduced fat crème fraiche and serve with a green salad



Garlic & Lemon Roast Chicken

Serves 4 - Free Food

Mix the juice of ½ a lemon, 1tsp olive oil, 1tsp dried thyme, and 2 minced garlic cloves. Rub the mixture all over a medium chicken then sprinkle with salt and pepper. Place the squeezed lemon and 2 whole garlic cloves inside the cavity. Roast the chicken in a pre-heated oven for approx. 80 mins, depending on weight. Serve with ¼ plate of potatoes, roasted using spray oil, and steamed cauliflower and carrots.



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