

Breakfast Recipes

Cinnamon Muesli

Serves 1 - Free Food

Top 60g no added sugar muesli with 5 chopped prunes, a handful of pomegranate seeds and 3 tbsp 0% Greek yogurt. Sprinkle with a tsp cinnamon.



Energising Green Smoothie

Serves 1 - Free Food

Blitz the flesh of ½ avocado, ½ banana, a piece of root ginger, peeled and chopped, ½ chopped cucumber, 2 handfuls of spinach, the juice of a lime and 230ml coconut water in a blender until smooth. Pour into a tall glass and serve immediately.



Nutty Cinnamon Porridge & Banana

Serves 1 - 1 Bite per Serving

Make up to 60g porridge with skimmed milk. Top with ½ sliced banana and 12g almonds and sprinkle with cinnamon.

Breakfast Recipes

Fresh Fruit Compote with Egg & Toast

Serves 1 - 0.5 Bite per serving

Chop or slice 1 apple, 1 kiwi, 10 grapes, 5 strawberries and 1 pear. Drizzle over 1 tsp honey and heat for 30 secs in microwave. Follow on the side with a boiled egg and up to 60g wholemeal toast

Nut Butter Toast with Banana

Serves 1 - 1 Bite per serving

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

Cinnamon Bagel with Raspberries

Serves 1 - 1 Bite per serving

Mix 30g light cream cheese with a handful of fresh raspberries and spread on a toasted wholemeal bagel. Sprinkle with cinnamon and serve with a 150ml glass of fresh orange juice



Bacon & Beans

Serves 1 - Free Food

Grill 2 turkey rashers and serve with reduced sugar beans, grilled tomato and 2x30g slices wholemeal toast.

Lunch Recipes

Hawaiian Pizza

Serves 1- 1 bite per serving

Top a wholewheat tortilla with 1 tbsp of tomato puree, 30g low fat mozzarella, 1 sliced tomato, 1 clove grated garlic, 1 sliced pineapple ring and 1 slice of cooked ham, torn. Sprinkle with oregano and place under a hot grill for a few minutes until the cheese melts. Serve with a leafy salad.



Prawn & Chive Omelette

Serves 1 - Free Food

Beat 3 eggs in a bowl, season and stir in 1 tbsp snipped chives. Spray a small pan with low cal oil and when heated pour in the eggs. As they begin to set use a wooden spoon to draw the cooked egg towards the centre. Scatter 100g cooked prawns over the omelette and cook for another few minutes until the egg is set. Carefully fold the omelette over and slide onto a warmed plate and serve with a green salad and up a granary roll.



Prawn, Avocado & Rice Salad

Serves 2 - 0.5 Bites per serving

Cook 120g (uncooked weight) brown basmati rice as per packet instructions and allow to cool. Combine the cooled rice with 300g cooked prawns, 1 diced avocado, 2 chopped spring onions, 8 cherry tomatoes and a handful of chopped coriander. Mix the juice of a lime with 2 tsp honey and gently fold into the salad just before serving

Calzone

Serves 1- 1 Bite per serving

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.

Lunch Recipes

Super-Salad Wrap

Serves 1 - 1.5 Bites per serving

Spread a wholemeal tortilla with 30g low fat hummus and pile the centre with shredded lettuce, ¼ carrot, grated, 4 cucumber sticks and 2 avocado slices. Top with 1 tbsp fresh tomato salsa and 30g low fat, grated cheddar. Roll the wrap and slice in 2. Serve with any Unislim soup



Smoked Salmon Open Sandwich

Serves 2 - Free Food

Spread 4x30g of rye or whole grain bread with 100g quark. Top with 100g smoked salmon slices and a squeeze of lemon juice. Sprinkle with chives and black pepper before serving

Roasted Butternut Squash Soup

Serves 4 - 0.5 Bite 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

Dinner Recipes



Chicken & Bean Enchiladas

Serves 4 - 1.5 Bite 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

Tomato Basil Salmon

Serves 2 -1 Bite per serving

Preheat the oven to 190c. Line a baking sheet with foil and spray with low cal spray oil. Place 2 salmon fillets onto the foil, sprinkle with 1 tbsp dried basil, top with a thinly sliced tomato and 30g grated parmesan. Bake in the oven until the salmon is opaque and the cheese has melted. Serve with $\frac{1}{4}$ plate baby boiled potatoes and steamed green veg



Dinner Recipes

Peri Peri Chicken

Serves 4- 0.5 Bites per serving

Mix 2 tbsp hot chilli sauce, zest and juice of a lemon, and 3 minced garlic cloves in a bowl. Add 4 chicken breasts and stir until they are coated. Lightly spray a griddle pan with oil and cook the chicken over a medium heat until browned and cooked through. Serve immediately with a baked potato, green salad and Unislim free coleslaw (find recipe at www.unislim.com)



Creamy Mushroom Tagliatelle

Serves 4 - 1 Bite per serving

Spritz a large frying pan with low cal oil and cook a finely chopped onion, a thinly sliced leek and 2 crushed garlic cloves until soft. Add 400g, sliced chestnut mushrooms and cook for 5 minutes. Add 100ml vegetable stock or white wine and cook for about 5 minutes until it reduces. Stir in 60ml low fat crème fraiche and the zest of a lemon. Cook 240g tagliatelle according to packet instructions. When the pasta is just tender, drain and return to the hot pan in which it was cooked. Stir in 400g baby spinach leaves and when it wilts gently stir in the creamy mushroom mix. Divide between 4 plates and serve immediately sprinkled with 30g grated parmesan

Dinner Recipes

Herb Roast Pork with Roasted Veg

Serves 6 - Free Food

Heat the oven to 180c/160c/gas 4. Cut the rind and fat off a 1.25 kg pork leg roasting joint. Spread the joint with 1 tbsp wholegrain mustard, scatter with chopped herbs (2 tbsp parsley, 2 tbsp thyme, 1 tsp sage) and season with black pepper. Place 80g Prosciutto slices on top of the pork to protect the meat where the fat has been removed. Spray a large roasting tin with low cal oil and place the pork in the centre. Surround it with 3 carrots, peeled & halved lengthways, 2 red onions, cut into wedges, 12 garlic cloves, 1 small celeriac, peeled and cut into wedges and a few thyme sprigs. Spray with oil, cover with foil, and roast for an hour. Turn the heat up to 220c/200c/gas 7, uncover, spray again and roast for 20 minutes more. Remove the meat from the oven and allow to rest. Spray the veg with a little more oil and continue to cook until golden and tender. Serve the pork with the roasted vegetables and a 200g baked potato

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 & 1 tsp salt. Pour half the marinade into a shallow dish and marinate 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

Popcorn Chicken & Chips

Serves 2 - 1 Bite per serving

Preheat the oven to 170c/150c/gas 3. Line a baking tray with greaseproof paper. Blitz 4x30g slices of wholemeal bread into fine crumbs and put in a shallow dish with 1/2 tsp garlic granules, 1/4 tsp chilli powder and 1/2 tsp sea salt. Dice 300g chicken fillet into bite sized pieces. Beat an egg in a bowl and add the chicken, stirring to coat. Dip the chicken in the breadcrumbs a few pieces at a time and then place on the baking tray. Spray the chicken with low cal oil and pop in the oven for 20-25 minutes until cooked through. Serve with 100g Unislim chips and veg of your choice.





If you Bite it, Write it!

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