

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.



Breakfast Bruschetta

Serves 1 - 0.5 Bites per serving

Peel and slice ½ 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 1 tsp of honey.



Stewed Apple Porridge

Serves 1 - 2 Bites per Serving

Add up to 60g uncooked oats, 1 medium, peeled and sliced apple, and a pinch of cinnamon to a saucepan with 200ml water /skimmed milk. Bring to the boil and simmer until the oats are cooked and apple is soft. If it's too thick add a little more milk/water. Top with a spoonful of 0%Greek yogurt, 15g crushed walnuts and drizzle with a tsp honey.

Breakfast Recipes

Granola & Yogurt

Serves 1 - 1.5 Bite per serving

Top 45g no added sugar granola with a handful of chopped berries and ½ sliced banana. Serve with 0% Greek yogurt.



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, 1/4 tsp cinnamon, 1 tsp 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

Shredded Wheat & Apple

Serves 1 - Free Food

Top 2 Shredded Wheat with ½ a grated apple and skimmed milk. Serve with a 150ml glass of orange juice

Breakfast Grill

Serves 1 - Free Food

Dry fry or poach 2 eggs and serve with 2 grilled bacon medallions, sugar free beans, grilled mushrooms and tomatoes and 2x30g slices of wholemeal toast.



Lunch Recipes

Classic Club Sandwich

Serves 1 - Free Food

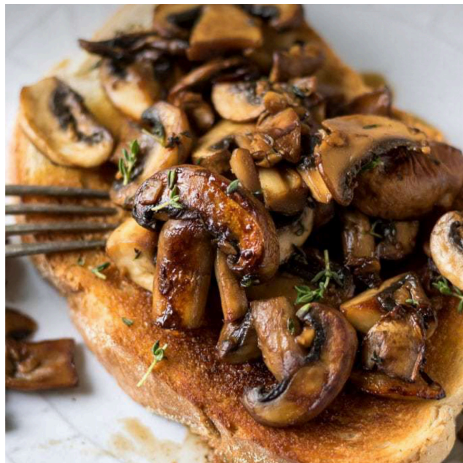
Spread 2x30g slices of wholemeal bread with lighter than light mayo. Pile 1 slice with lettuce, diced tomato & diced red onion. Top with a grilled bacon medallion and sliced, cooked, chicken breast. Top with the second slice of bread, cut in two and serve with any Unislim soup



Roasted Red Pepper & Quinoa Soup

Serves 4 - 0.5 Bites per serving

Chop 1 onion and 2 red peppers and put in a baking tray with 2 cloves of crushed garlic. Sprinkle with some fresh basil and fresh rosemary, spritz with low cal oil and roast at 200c for 30 mins. Add the veg to a large pot with 1litre of vegetable stock and blitz with a hand blender until smooth. Leave on a medium heat for 15 mins. Cook 120g quinoa as per packet instructions and add to the soup. Swirl each bowl with 1 tbsp reduced fat Crème Fraiche before serving.



Mushrooms on Toast

Serves 2 - Free Food

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

Tuna Bean Salad

Serves 2 - 0.5 Bites per serving

Chop 2 tomatoes into wedges, slice ¼ cucumber & 4 spring onions and add to a bowl along with some rocket, a tin of tuna in brine or water, drained, & 200g butter beans. Blend 1 tbsp. each balsamic vinegar and lemon juice and 2 tps. olive oil and pour over the mixture. Toss well and divide between 2 plates. Serve with 60g granary bread

Lunch Recipes

Veggie Omelette

Serves 1 - 1 Bites per serving

Fry 4 small asparagus spears quartered with 5 halved button mushrooms and 1 chopped spring onion using low cal spray oil. Meanwhile whisk 2 eggs with 50ml skimmed milk. Season and add in the sautéed veg. Pour the mixture back into the pan and cook gently allowing the uncooked egg to flow underneath. Sprinkle with 15g grated parmesan then fold the omelette in half and serve with a side salad and a 60g wholemeal roll.



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.

Tuna Melt Toasties

Serves 2 - 1 Bite per serving

Mash a tin of tuna in brine or water with 4 chopped spring onions and 2 tbsp lighter than light mayo. Toast 4x30g slices wholemeal bread and spread with the tuna mix. Sprinkle with 60g, grated, reduced fat cheddar and pop under a hot grill until the cheese has melted. Serve with a tbsp Unislim relish.

Dinner Recipes

Spicy Pork Chops with Sweet Potato & Spinach

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.

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

Spanish Style Chicken Bake

Serves 4- 1.5 Bites per serving

Preheat the oven to 200c/ 180c/ Gas 6. Halve 600g baby potatoes and cut 1 medium brown onion & 1 medium red onion into 8 wedges. Quarter 8 medium tomatoes. Put them all into a large roasting tray with 8 unpeeled garlic cloves. Season with sea salt and lots of black pepper, toss everything together and roast for 20 minutes. While the veg is roasting, skin 80g chorizo and slice thinly. Slash 8, boneless, skinless, chicken thighs with a sharp knife and season. Take the roasting tin out of the oven and scatter the chorizo through the veg. Place the chicken on top. Mix ½ tsp oregano with ½ teaspoon sweet smoked paprika and sprinkle over the chicken. Return to the oven for 20 minutes. Take the tin out of the oven and spoon any juices over the chicken. Tuck a green pepper, cut into strips, loosely around the chicken and veg. Turn the oven up to 220c/200c/ gas 7 and put the tin back in for another 20 minutes until the peppers are soft and the chicken is golden. As you eat, squeeze the garlic out of their skins.



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, ½ 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 ¼ plate basmati rice, garnished with chopped coriander and sprinkled with 2tsps sesame seeds.

Dinner Recipes

Sea bass with Spinach, Tomatoes and Butterbeans

Serves 1 - Free Food

Spray a non-stick pan with low cal oil and heat. Season a sea bass fillet and sear it, skin side down, cooking for 3 minutes until crisp. Turn the fish over, push to one side and cook for a couple more minutes. Add 5 halved cherry tomatoes, 1 crushed garlic clove, 125g baby spinach leaves and 200g can drained butter beans. Cook for a couple of minutes to wilt the spinach. Remove the fish, check the beans are warmed through and serve as a carb free meal or add a ¼ plate baby boiled potato.

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 tbsp 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

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.





If you Bite it, Write it!

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