

Breakfast Recipes

Blueberry Pancakes

Serves 2- 1 Bite per serving

Beat a large egg and add to 120g wholemeal flour and 1tsp baking powder. Whisk until smooth. Fold in 200g blueberries. Pour small portions into a hot pan, sprayed with low cal oil. Cook until golden on both sides and serve with a dollop of low-fat natural yogurt



Sausage Roll

Serves 1 - 2 Bites per serving

Grill 2x40g low fat sausages and serve in a 60g wholemeal roll. Top with 1tbsp reduced sugar tomato ketchup.



Banana Porridge with Pomegranate Seeds & Cinnamon

Serves 1 - Free Food

Make up to 60g porridge with skimmed milk and top with ½ sliced banana and 1 tbs pomegranate seeds. Sprinkle with cinnamon.

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

Berry & Apple Shredded Wheat

Serves 1 - Free Food

Top 2 Shredded Wheat with skimmed milk or low-fat yogurt, ½ a grated apple and a handful of blueberries.

Breakfast Super Shake

Serves 1 - 2 Bite per serving

Combine 100ml skimmed milk, 2tbsp natural yogurt, 1 banana, 150g frozen fruits of the forest, 50g blueberries, 1tbsp chia seeds, 1 tsp mixed seeds and 1 tsp honey. Blitz until smooth and enjoy



Breakfast Gril

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

Cauliflower Cheese Soup

Serves 4- 2 bite per serving

Spray a large pan with low cal oil and fry, 1 chopped onion, 2 sticks chopped celery and 2 crushed garlic cloves until tender but not browned. Stir in 1 large diced potato and a medium cauliflower, cut into florets and cook for 1 minute. Add 1 litre hot vegetable stock and a bay leaf and simmer gently for 25-30 minutes until the veg are tender. Remove the bay leaf, blitz the soup in batches until smooth and return to the pan. Stir in 100ml reduced- fat crème fraiche, 2 tsp wholegrain mustard and 90g grated reduced fat cheddar cheese. Stir gently over a low heat until the cheese has melted. Serve sprinkled with grated reduced fat cheddar (30g in total) and chopped chives



Tuna Pitta Pocket

Serves 1 - Free Food

Mix a tin of tuna in brine with a squeeze of lighter than light mayo, a spoonful of sweetcorn and some sliced scallions. Fill a toasted wholemeal pitta with the mixture and serve with a bowl of Unislim soup.

Creamy Garlic Mushrooms on Toast

Serves 2- 0.5 Bite per serving

Spray a pan with low cal oil and place over a medium heat. Add 250g thickly sliced chestnut mushrooms and cook gently for a couple of minutes until they start to soften. Add 2 thinly sliced garlic cloves and cook for another 3-4 minutes until the mushrooms are tender and the garlic is soft. Add 30g light Philadelphia cheese and mix it thoroughly over a low heat. Add a tbsp freshly chopped basil and season with salt and pepper. Divide the mixture between 2 thick slices of granary toast and serve.

Lunch Recipes

Goats Cheese & Spinach Pasta

Serves 4 - 1.5 Bites per serving

Cook 240g, dried weight, fusilli as per packet instructions. Drain and cover to keep warm. Meanwhile, spray a pan with low cal oil. Add 2, finely chopped, garlic cloves and a deseeded and finely chopped red chili. Cook for 1 minute and add 130g baby spinach. Cook for a few minutes until the spinach wilts. Add the pasta, tossing to coat well and cook for 2 minutes. Stir in a large handful of basil leaves. To serve, divide the pasta between 4 bowls and crumble 30g of goats' cheese on each



Cheesy Chicken Melt

Serves 2 - 1 Bite per serving

Chop a cooked chicken fillet & mix with $\frac{1}{2}$ 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 Salad & Guac Rolls

Serves 2- 0.5 Bite 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.

Lunch Recipes

Parma Ham & Veggie Omelette

Serves 1- 1 Bite per serving

Spritz a pan with low cal oil & set over a medium heat. Cook 2 slices of Parma ham for 1-2 minutes each side until crispy. Make an omelette using 2 eggs, 30g reduced fat cheddar cheese, chopped parsley, a handful of sliced mushrooms & some sliced red and yellow peppers. Serve the omelette with the Parma ham crumbled on top and a 60g wholemeal crusty roll.



Dinner Recipes



Pork Noodle Stir Fry

Serves 4 - 1 Bite per serving

Spray a wok or frying pan with low cal oil and add 400g lean pork mince. Fry over a high heat for about 8 minutes until browned. While the meat cooks, boil a kettle and pour the hot water over 240g egg noodles. Set aside for 5-10 minutes to soften. Add a thumb sized piece of ginger, peeled and chopped, 3 crushed garlic cloves and 320g stir fry veg to the pan and stir fry for 2-3 minutes. Mix 1 tbsp soy sauce with 2 tsp cornflour to make a paste. Add a further 3 tbsp of soy sauce, 4 tbsp sweet chilli sauce and 2 tbsp water. Drain the noodles and add to the pan with the sauce. Cook until the sauce coats the noodles, adding a splash of water if needed, then serve.

Cajun Chicken Burgers

Serves 4 - 1 Bite per serving

Heat a grill to medium high and line a baking tray with foil. Mix 2tbsps Cajun seasoning with 2 tsps. olive oil. Flatten 4 chicken fillets and spread with the oil and spices mix. Grill for 10 minutes, turning halfway through. Top each fillet with 30g reduced fat cheddar and return to the grill until the cheese has melted. Serve on a toasted wholemeal burger bap with lighter than light mayo, red onion, tomato, and lettuce.



Dinner Recipes

Zesty Haddock with Crushed Potatoes & Peas

Serves 4- 1 Bite per serving

Boil 800g floury potatoes, cut into chunks until tender, adding 140g frozen peas for the final minute of cooking. Drain and roughly crush together adding plenty of seasoning and 1 tbsp. olive oil. Keep warm. Meanwhile make a dressing by mixing 1 tbsp. olive oil with the juice and zest of ½ lemon, 1tbsp finely chopped capers, 2 tbsp. snipped chives and some seasoning. Dust 4 haddock fillets in 2 tbsp. plain flour, tap off the excess and season. Spray a pan with low cal oil and fry the fish for 2-3 minutes on each side until cooked, then add the dressing and warm through. Serve with the crushed potatoes and steamed broccoli.



Beef Tagine

Serves 6 - Free Food

Create a spice blend by mixing, 1 tsp ground cumin, 1 tsp ground coriander, 1tsp paprika, ½ tsp cinnamon and ½ tsp chilli flakes. Rub half the blend into 800g of lean beef pieces, cover the beef with clingfilm and place in the fridge to marinate, preferably overnight, or at least for a few hours. When you're ready to cook, spray a large pan with low cal oil and fry 1 large chopped onion and 3 sliced garlic cloves until soft. Remove from the pan and set aside. Brown the beef in the pan, add the remaining spice blend and stir through. Return the onion and garlic mix to the pan and stir well. Add a tin of drained chickpeas and 500g passata. Bring to the boil, cover and cook on a low heat for 1½ hours. (This can also be done in a slow cooker, 8hrs on low heat) 20 minutes before serving add the zest of an orange and 18 chopped dates. Serve with ¼ plate basmati rice sprinkled with chopped coriander.

Dinner Recipes

Steak & Baked Potato

Serves 2 - Free Food

Cook 2 lean sirloin or fillet steaks to your liking and serve with sautéed mushrooms and onions (using low cal spray oil) and a 200g baked potato.

Air fryer Paprika Chicken

Serves 4 - Free Food

Coat 4 chicken breasts in $\frac{1}{2}$ tbsp rapeseed oil and set aside. In a bowl, combine 1tsp salt, $1\frac{1}{2}$ tsp garlic granules, 1tsp smoked sweet paprika and 2tsp mixed herbs with a good grinding of black pepper, then scatter onto a plate. Roll each oiled chicken breast in the seasoning and put in your air fryer basket. Cook at 180C for 18-20 mins, turning after 10 mins. Serve with $\frac{1}{4}$ plate of baby boiled potatoes and steamed greens such as broccoli or green beans.

Butter Bean & Spinach Stew with Toasted Pine Nuts

Serves 4 - 1.5 Bite per serving

Spray a large saucepan or casserole with low cal oil and, once hot, add 30g pine nuts. Stir for about 3 minutes until golden brown, then scoop onto a plate using a slotted spoon. Add 2 tbsp olive oil to the pan and fry a chopped onion until soft and browned. Add 4, peeled and minced, garlic cloves, $1\frac{1}{2}$ tsp ground allspice and 1 tsp ground coriander. Cook for another 5 minutes, turning down the heat so it doesn't catch, then add 2x400g tins butterbeans, drained, and 500ml veg stock. Bring to the boil, add 400g baby leaf spinach and, when it has wilted, add $\frac{3}{4}$ tsp sea salt, stir and cook on a low heat for about 10 minutes. Stir through the juice of $\frac{1}{2}$ a large lemon, sprinkle with the pine nuts, and serve with $\frac{1}{4}$ plate brown or basmati rice.





If you Bite it, Write it!

DATE: / /				BREAKFAST	LUNCH	DINNER	
B BITES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flexi fast	<input type="checkbox"/>	Free Oil	<input type="checkbox"/>				SNACK.....
Water	<input type="checkbox"/>						SNACK.....
DATE: / /				BREAKFAST	LUNCH	DINNER	
B BITES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flexi fast	<input type="checkbox"/>	Free Oil	<input type="checkbox"/>				SNACK.....
Water	<input type="checkbox"/>						SNACK.....
DATE: / /				BREAKFAST	LUNCH	DINNER	
B BITES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flexi fast	<input type="checkbox"/>	Free Oil	<input type="checkbox"/>				SNACK.....
Water	<input type="checkbox"/>						SNACK.....
DATE: / /				BREAKFAST	LUNCH	DINNER	
B BITES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flexi fast	<input type="checkbox"/>	Free Oil	<input type="checkbox"/>				SNACK.....
Water	<input type="checkbox"/>						SNACK.....
DATE: / /				BREAKFAST	LUNCH	DINNER	
B BITES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flexi fast	<input type="checkbox"/>	Free Oil	<input type="checkbox"/>				SNACK.....
Water	<input type="checkbox"/>						SNACK.....
DATE: / /				BREAKFAST	LUNCH	DINNER	
B BITES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flexi fast	<input type="checkbox"/>	Free Oil	<input type="checkbox"/>				SNACK.....
Water	<input type="checkbox"/>						SNACK.....