

Breakfast Recipes

Cinnamon French Toast

Serves 1 - Free Food

Whisk 1 egg with a dash of skimmed milk and ½ tsp of cinnamon in a shallow dish. Place 1, 30g slice of whole meal bread in the mixture to soak up the egg. Repeat with a second slice of bread. Spritz a pan with low cal spray oil and cook the bread gently until browned on both sides. Serve with low fat natural yogurt and fresh berries.



Sausage Roll

Serves 1 - 2 Bites

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



Berries & Apple Weetabix

Serves 1 - Free Food

Grate ½ an apple and serve with a handful of blueberries on top of 2 Weetabix with skimmed milk or low-fat natural yogurt

Poached Eggs & Relish

Serves 1 - Free Food

Spread 2x30g slices wholemeal toast with 1 tbsp no added sugar tomato relish. Slice a large tomato and layer onto the toast. Top with 2 poached eggs.

Breakfast Recipes

Banana Bran

Serves 1 - Free Food

Top 60g All- Bran or Bran Flakes with a sliced banana and serve with skimmed milk or low-fat yogurt



Fruity Yogurt & Eggs

Serves 1 - Free Food

Serve 2 boiled eggs with up to 60g wholemeal toast and follow with a chopped pear topped with low fat yogurt, sprinkled with cinnamon

Berry Porridge with Chia Seeds

Serves 1 - 1 Bite

Berry Porridge with Chia Seeds Serves 1 1 Bite
Make up to 60g porridge with skimmed milk. Top with a handful of berries and 15g chia seeds.



Lunch Recipes

Tuna Roll

Serves 1 - 1 Bite

Drain and mix a small tin of tuna in brine with lighter than light mayo and 2 chopped scallions. Fill a 60g wholemeal roll with the mix. Add some salad leaves & a tbsp reduced fat coleslaw. Serve with any Unislim soup



Salmon Pasta Salad

Serves 2 - Free Food

Cook 120g (uncooked weight) wholewheat penne pasta according to pack instructions. Spray a pan with low cal oil and fry 1 chopped red pepper until soft. Add 2, skinless salmon fillets, cover and cook gently for 8-10 minutes. Mix the zest and juice of a lemon with 2 chopped garlic cloves, a finely chopped shallot and 2 tbsp capers. Add the cooked salmon & pepper and the drained pasta. Season with black pepper and toss everything gently, breaking up the salmon as you go. Serve on a bed of rocket.



Leek & Potato Soup

Serves 4 - 1 Bite

Melt 2 tsp low fat spread in a saucepan and add 1 large washed and sliced leek and a handful of fresh thyme sprigs. Cook for 5 minutes until soft. Stir in 400g floury potatoes, chopped into small chunks and season with salt and pepper. Pour in 800ml chicken or vegetable stock and simmer until the potatoes are soft. Stir in 90ml reduced fat Crème Fraiche and cook for another 2 mins. Remove from the heat and blitz until smooth. Ladle into bowls and scatter with chopped flat leaf parsley

Egg, Onion & May Sandwich

Serves 1 - Free Food

Mix 1 egg, boiled and chopped, with 1 tomato, finely chopped, 2 spring onions, finely chopped and 1 tbsp lighter than light mayo. Season with salt and pepper and make a sandwich using 2x30g slices wholemeal bread. Serve with any Unislim soup

Lunch Recipes

Vegetable Frittata

Serves 2 - 1.5 Bites per serving

Spray a large pan with low cal oil and fry 1 finely chopped medium red onion for 2 minutes. Add a finely sliced yellow pepper, 8 button mushrooms and 2 crushed garlic cloves along with 2tsp Herbs de Provence and ¼ tsp chilli flakes. Fry until soft and stir through 50g frozen petit pois. Beat 4 large eggs and pour into the pan. Season, then scatter with 60g crumbled feta cheese and 8, halved, cherry tomatoes. Cook for a few minutes until the eggs are starting to set and then put under a hot grill to finish. Serve with a leafy green salad



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 2x30g slices of granary bread with rocket leaves and pile the beef mix on top.

Baked Potato with Cottage Cheese & Bacon

Serves 1 - Free Food

Mix 4 tbsp cottage cheese with 2 rashers of grilled & chopped lean back bacon & pile onto a 200g baked potato. Serve with a green salad.

Dinner Recipes

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 with the back of a spoon or a fork. Create a few peaks, which will crisp up when baked. Cook for 20-30 minutes in a hot oven until golden and bubbling – grill for the last few minutes if you want a little more colour on top. Leave to stand for 10 minutes before serving with peas or greens.

Creamy Cheese Stuffed Chicken

Serves 4 - 1 Bite per serving

Preheat the oven to 180c/gas 4. Cut along the side of 4 chicken fillets to form a pocket. Mix 120g Philadelphia light cheese with 1 tbsp chopped chives and fill each pocket. Secure with wooden cocktail sticks. Spray a pan with low cal oil and sear the chicken on both sides over a high heat until golden. Put the chicken in an ovenproof dish and bake for 25 minutes until cooked through. In the meantime, fry 2 large, thinly sliced leeks in the juices left on the pan for 8-10 minutes. Add 400g small mushrooms, thinly sliced and cook for 3-4 mins. Add 120ml chicken stock and bring to the boil. Reduce the heat and allow to thicken. Stir in 120ml reduced fat crème fraiche and gently heat for 2-3 minutes. Serve the chicken fillets, with the sauce spooned on top, a 200g baked potato and green vegetables.



Dinner Recipes

Aubergine, Tomato & Parmesan Bake

Serves 4- 1.5 Bites per serving

Spray a pan with low cal oil and cook 2 crushed garlic cloves for 3 mins. Tip in a tin of tomatoes, simmer for 8 minutes and add 2tbsp tomato puree. Meantime, cut 2 aubergines into long thick slices and brush with a little oil. Heat a griddle pan until very hot, then cook the aubergine slices in batches until browned & a little charred. Lay some of the aubergine in an oven proof dish and top with some of the sauce. Sprinkle with 30g grated parmesan & some chopped basil. Repeat these layers finishing with a layer of cheese. (Use 90g cheese in total) Bake in the oven for 20 mins and serve with a leafy salad and a 65g seeded brown roll.



Meatballs and Spaghetti

Serves 4 - 1 Bite per serving

Spray a large pan with low cal oil and gently fry 3 finely chopped garlic cloves for 2-3 minutes. Add 2x 400g tins of plum tomatoes and simmer for 15 mins, breaking up the tomatoes as the mixture cooks. Meanwhile, add 500g extra lean mince, 1 finely chopped red onion, and 1 tsp chilli powder into a bowl and season with salt and pepper. Using your hands, mix everything together then form 15-20 small balls and put on a plate. Spray a non-stick pan with low cal oil and cook the meatballs gently until they are browned. Add the meatballs to the sauce and simmer for a further 20 minutes. Cook 240g (uncooked weight) spaghetti according to packet instructions. Serve the meatballs and sauce with the spaghetti. Sprinkle each dish with chopped basil and 15g grated parmesan

Dinner Recipes

Pork & Cider Casserole

Serves 4 - 1 Bite per serving

Pre-heat the oven to 170c/gas 3. Lightly spray a flameproof casserole dish with oil and cook 500g lean pork steaks or leg meat, cubed, over a medium high heat until browned. Remove the pork and set aside. Add 1 large chopped onion, 2 crushed garlic cloves, 2 diced celery stalks, 2 large carrots, cut into chunks, 3 parsnips, cut into wedges, and 800g peeled and cubed potatoes to the pan. Cook for 6-8 minutes, until slightly softened. Add the pork, 1x330ml bottle of dry cider and 400ml chicken stock. Bring to the boil, then stir in 1 tbsp Dijon mustard, 2 bay leaves, a few chopped sage leaves and a strip of orange rind. Cover the casserole with a lid and cook in the oven for at least 1 ½ hours until the pork and vegetables are cooked and the liquid has reduced. Blend 2 tbsp cornflour with a little water to make a smooth paste and add to the casserole. Put it on the hob over a low heat and stir with a wooden spoon until the sauce thickens. Stir in 4 tbsp low fat crème fraiche and season to taste. Serve sprinkled with parsley, with green vegetables

Cod in Orange Sauce

Serves 4 -Free Food

Pre heat the oven to 180c. Line an ovenproof baking dish (with a lid) with baking paper. Spray paper with low cal oil and lay 4 cod fillets on top. Pour over the juice of an orange and sprinkle with 1tsp Herbs de Provence, a crushed garlic clove and the zest of the orange. Season, cover and bake for 20 mins until the cod is just cooked. Serve the fish, drizzled with a spoonful of the sauce with ¼ plate baby boiled potatoes, steamed broccoli and carrots.

Sizzling Beef in Black Bean Sauce

Serves 2- Free Food

In a bowl, mix 1 diced red pepper, a finely sliced thumb sized piece of root ginger, a handful of green beans, 2 crushed garlic cloves, ½ finely sliced red chilli, 2 sliced spring onions, sliced stalks of ½ bunch coriander (keep the leaves for later) and 200g lean beef cut into thin slices. Spray a wok with low cal oil and when very hot add the vegetables and beef. Stir fry for 3-4 minutes, moving constantly so it doesn't burn. Add 2tbsp black bean sauce, 1tbsp soy sauce and the juice of a lime. Keep stirring until the beef is cooked through, then serve immediately, garnished with coriander leaves and lime wedges, with ¼ plate noodles or basmati rice





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