

# Breakfast Recipes

## Scrambled Eggs on Sourdough

**Serves 1 - Free Food**

Scramble 2 eggs with skimmed milk. Top with chopped parsley and serve on 60g wholemeal sourdough with grilled mushrooms and 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.



## Fruity Buddha Bowl

**Serves 1 - 0.5 Bites per serving**

Spray a pan with low cal spray oil and heat. Add, up to 60g porridge oats to the pan and cook for 1-2 minutes. Mix  $\frac{1}{2}$  tsp pure vanilla extract with a pinch of cinnamon and stir into the oats. Cook for another 1-2 minutes until the oats are toasted. Put the oats into a bowl and stir in a pot of 0% Greek yogurt. Top with a small sliced banana, a few sliced strawberries and a tbsp of pomegranate seeds. Sprinkle with 1 tbsp chia seeds.

# Breakfast Recipes

## Raspberry Porridge with Honey and Chia Seeds

**Serves 1 - 1.5 Bites per serving**

Make up to 60g porridge with skimmed milk. Top with a handful of raspberries, 15g chia seeds and 1tsp honey.



## 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 wholegrain bread. Spread with the blueberry mix and drizzle with 1 tsp honey.

## Fibre Filler

**Serves 1 - Free Food**

Top 60g bran flakes with a pot of low-fat yogurt, mixed berries and ½ chopped banana.



## Easy Crepes

**Serves 2 - 1 Bite per serving**

Put, ½ cup skimmed milk, ½ cup water, 1 tsp sweetener, 2 tsp vanilla extract & 1 cup wholegrain flour into a blender. Crack 2 medium eggs into a bowl and add to the blender. Blend to a smooth consistency. For best results let the batter sit in the fridge for 30–60 minutes. Warm a small non-stick pan over medium heat and spray with low cal oil. Pour in ¼ cup of batter. After the crepe has slightly bubbled and started to come away from the pan flip and let the other side cook for 20–30 seconds. Remove and keep warm while you cook the remaining crepes. Serve with fresh berries and Low-fat vanilla yogurt.

# Lunch Recipes

## BLT

### Serves 1 - Free Food

Spread 2x30g slices granary bread with lighter than light mayo. Pile one of the slices with little gem lettuce leaves & sliced tomato. Top with 2 slices grilled lean bacon cut into pieces. Cover with the second slice of bread. Cut in half and serve.



## Honey & Lime Prawn Salad

### Serves 1 - 1.5 Bites per serving

Mix a handful of chopped spinach, 4 cherry tomatoes & 2 spring onions. Add 4 chopped apricots, 6 chopped almonds & 150g cooked prawns. Cook up to 60g (uncooked weight) wild or basmati rice as per pack instructions. Allow the rice to cool & add to mixture. In a small bowl, mix the juice of  $\frac{1}{2}$  lime & 1 tsp honey. Drizzle over the dish just before serving

## Cheesy Beans on Toast

### Serves 1 - 1 Bite per serving

Warm a tin of reduced sugar beans and serve with 2x30g slices of wholemeal toast. Top with 30g grated reduced fat cheddar

## Hummus & Red Pepper Wrap

### Serves 1 - 0.5 Bites per serving

Spread a wholemeal wrap with 25g reduced fat hummus. Top with a handful of salad leaves, a chopped roasted red pepper (from a jar),  $\frac{1}{4}$  red onion, finely sliced, and some turkey or chicken slices, if you want extra protein. Roll the wrap and serve with any Unislim soup.

# 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.



## Spinach & Tuna Pancakes

**Serves 2 - 0.5 Bites per serving**

Spray a non-stick pan with low cal spray oil and briefly fry 2 chopped garlic cloves. Stir in 250g baby spinach to wilt, then mix in 1 tbsp tomato puree, a 120g can of tuna steak in spring water, drained, and 200g cottage cheese. Set aside. Beat 2 large eggs with 4tbsp wholemeal flour and 2 tbsp water. Spray a non-stick pan with oil, add half the batter & swirl around to coat the base. Cook briefly until set, then flip over to cook the other side. Repeat with the remaining batter. Put the pancakes on plates, spoon the tuna filling down one side and roll up. Serve with a side salad



## Smokey Beans & Baked Eggs

**Serves 3 - Free Food**

Spritz a wide shallow pan with low cal spray oil and cook 1chopped onion until softened. Add a sliced red pepper and cook for another 5 minutes until softened. Stir in 3 crushed garlic cloves, 2tsp smoked paprika and 1tbsp reduced sugar tomato ketchup, then tip in a 400g can chopped tomatoes. Cover and simmer for 10 minutes then remove the lid and cook for a few more minutes to thicken. Add 2x400g cans of black or pinto beans. Use a spoon to make spaces in the mixture for 6 eggs. Crack the eggs one by one into a cup and gently drop into each space. Cover the pan, reduce the heat, and cook for another 3-5 minutes until the eggs are cooked. Scatter with chopped coriander before serving

# 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 with a ¼ plate baby boiled potatoes.

## Chicken with Mushroom Sauce

**Serves 2 - 1 Bite per serving**

Mix ½ tsp garlic powder, 1/2 tsp paprika with a little salt and black pepper. Season both sides of 2 chicken breasts with the mix. Spritz a large frying pan with low cal oil and heat. Add the chicken breasts and fry for 3 minutes on each side until golden brown. Remove from the pan and set aside. Add 250g sliced mushrooms to the pan and cook for 4-5 minutes until softened. Stir in 2 minced garlic cloves and cook for a further 2 minutes. Pour in 200ml chicken stock and scrape any browned bits from the bottom of the pan. Simmer for 2-3 minutes to reduce slightly. Lower the heat and add 50g light cream and 1 tsp Dijon mustard. Mix until smooth and creamy. Season to your liking. Return the chicken breasts to the pan and spoon the sauce over them. Let everything heat through for another 5-10 minutes or until the chicken is cooked through. Sprinkle with chopped parsley and serve with steamed vegetables and 200g mashed potatoes.



# Dinner Recipes

## Pork & Apple Burgers with Chips

**Serves 4- 1.5 Bites per serving**

Mix 500g pork mince with a grated eating apple and season. Shape into 4 burgers and chill for 30 minutes before frying on a non-stick pan. Place in a 60g brown burger bap and top with rocket, cucumber and sliced red onion. Serve with 100g Unislim chips.



## Meatballs & Spaghetti

**Serves 4 - 1 Bite per serving**

Spray a pan with low cal oil and sauté 1 chopped onion, 1 chopped celery stick & 2 chopped garlic cloves until soft. Add 2 tbsp tomato puree & stir for a few minutes before adding 2x400g tins of chopped tomatoes, 1 cinnamon stick, 100mls red wine and 100mls chicken stock. Season, bring to the boil and simmer for an hour. If you prefer a smoother sauce, blitz using a hand blender once it's cooked. Meantime, spray a pan with low cal oil and sauté 1 chopped onion & 5 minced garlic cloves. Remove from the heat and allow to cool. In a bowl, put 450g extra lean minced pork or beef, 1 tbsp fresh basil, 1 tsp ground cinnamon and the cooked onion and garlic. Season and then roll small amounts of the mixture into 16 meatballs. Place the meatballs on a baking tray and oven bake at 180c until cooked through. Stir the cooked meatballs into the sauce and serve with ¼ plate whole wheat spaghetti. Sprinkle each plate with a tbsp parmesan cheese and scatter with fresh basil.

# Dinner Recipes

## Mixed Bean Chilli

**Serves 4 - Free Food**

Spray a pan with Low cal oil and gently fry 2 chopped onions and 2 crushed garlic cloves for 2 minutes. Add 2 diced red/green peppers, 2tsp cumin, 2tsp crushed chilli and 1tsp chilli powder. Sweat for 5 minutes and then add 300g sliced mushrooms and cook for 1 minute. Tip in a can of chopped tomatoes, 4 tbsp tomato puree and 2 cans of beans (mixed beans or a combination of your choice e.g. butterbeans, pinto, cannellini etc.). Crumble in a veg stock cube. Mix everything well, bring to the boil and simmer for 5-10 mins. Serve with sliced avocado, squeeze of lime, a spoonful of natural yogurt and ¼ plate basmati or brown rice.

## Honey Chilli Chicken

**Serves 4 - 1 Bite per serving**

Preheat the oven to 180c/160c/gas 4 and spray a baking dish with low cal oil. Mix 2 tbsp runny honey, a pinch of dried chilli flakes, 2 crumbled chicken stock cubes, 3 tbsp soy sauce and 1 ½ tsp garlic granules in a bowl. Place 600g skinless chicken thigh fillets in the dish and spread the mixture all over. Bake in the oven for 25-30 minutes and serve with a 200g baked potato, steamed broccoli and green beans.

## Slow Cooker Beef Goulash

**Serves 4 - 1 Bite per serving**

Set slow cooker on low and spray a large pan with low cal oil. Sear 1kg braising/ stewing steak, cut into chunks. Transfer to a plate and set aside. In the same pan, fry 1 large, chopped onion until golden. Add 2 chopped mixed peppers and 2 chopped garlic cloves. Fry for 5-10 minutes. Stir in 1 tbsp flour, 1 tsp caraway seeds and ½ tsp sweet smoked paprika. Cook for 2 mins and stir in 2 tbsp tomato puree, 2, large, chopped tomatoes and 200ml beef stock. Season, bring to a simmer and add to the slow cooker with the beef. Add more stock or water to cover completely. Cook for 6-7 hours until the beef is tender. Swirl in a tbsp sour cream and sprinkle with chopped parsley before serving with a 200g baked potato or ¼ plate baby boiled potatoes.





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