

Breakfast Recipes

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.



Cinnamon & Berry Overnight Oats

Serves 1 - 0.5 Bites per serving

Mix 60g of oats with 80mls skimmed milk, cover and leave in the fridge overnight. Serve topped with a handful of berries, pinch of cinnamon and 1tsp sunflower seeds.



Mushrooms & Eggs

Serves 1 - Free Food

Grill a large Portobello mushroom and serve with 2 poached eggs, 2x30g slices wholemeal toast and some wilted spinach

Breakfast Recipes

Apple Porridge

Serves 1 - 0.5 Bites per serving

Make up to 60g porridge with skimmed milk and top with ½ grated apple & 1 tsp honey



Nut Butter Toast with Banana

Serves 1 - 1 Bites 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

Blueberry Bran flakes

Serves 1 - Free Food

Top up to 60g Bran flakes with skimmed milk and a handful of blueberries



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.

Lunch Recipes

Stuffed Moroccan Pitta

Serves 2 - 2 Bite per Serving

Toast 2 wholemeal pittas and spread the insides with 50g low fat hummus. Layer with 4, halved falafels, ½ a sliced red pepper and a handful of rocket leaves. Serve with a cup of Unislim soup



Mushroom Omelette

Serves 1 - 1 Bite per serving

Spray a small non-stick pan with low cal oil and fry 50g sliced mushrooms until golden. Transfer the mushrooms to a bowl and stir in 30g reduced fat grated cheddar cheese and a handful of chopped chives. Put the pan back on the heat and pour in 2 beaten eggs. Cook for a minute until the eggs are almost set. Spoon the mushroom mixture over one half of the omelette and then flip the other half over to cover the mushrooms. Cook for a little longer and then lift onto a plate. Serve with a green salad and 60g wholemeal sourdough

Pesto, Cannellini Beans & Tuna Jackets

Serves 2 - 1.5 Bites per serving

Bake 2x200g sweet potatoes until really soft. Mix ½ x 400g can cannellini beans with 2tbsp reduced fat pesto, 30g light cream cheese, 100g can tuna in water, drained, ½ finely chopped red onion and the zest of a lemon. Split the potatoes and stuff with the filling. Sprinkle with chopped basil before serving with a green salad.

Chicken & Roast Veg Wrap

Serves 1 - Free Food

Roughly chop 1 red onion, a handful of mushrooms, 1 yellow pepper and 2 tomatoes and put on a baking tray. Spray with low cal oil and sprinkle with 1 tsp mixed herbs. Roast in a hot oven until cooked and a little charred. Spread a wholemeal wrap with lighter than light mayo and fill with the veg. Top with cooked chicken, roll up and enjoy. (This is also a great way to use leftover chicken & veg from a roast dinner)

Lunch Recipes

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.



Tofu Scramble

Serves 2 - Free Food

Spray a deep sided frying pan with Low cal oil and sauté a finely chopped garlic clove for around 10 seconds. Just as the garlic begins to brown add a small, finely chopped onion and 100g sliced mushrooms. Continue to sauté for 3-4 minutes until the onion begins to become translucent. Break 200g of firm organic tofu into small pieces and add to the pan. Cook for around 5 minutes breaking the tofu up further until it resembles scrambled eggs in texture. Mix 1 tbsp of nutritional yeast flakes with 1 tbsp of water to create a paste and add to the pan with a handful of spinach leaves, 1tsp turmeric, 1tsp chilli flakes, 1tsp cumin, 1tsp lemon juice & 1 tsp soy sauce. Continue to cook until everything is mixed well and warmed through. Serve with up to 60g wholemeal /granary toast.

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 2 x 30g slices of granary bread with rocket leaves and pile the beef mix on top.

Dinner Recipes

Roast Chicken & Steamed Greens

Serves 4 - Free Food

Heat the oven to 200c. Place a full chicken on a roasting tray, spray with low cal oil and season. Squeeze the juice from ½ a lemon over the chicken and place the other half in the cavity along with a few sprigs of rosemary. Place in the oven for at least an hour, making sure it's fully cooked before serving. While the chicken is cooking place 800g parboiled potatoes onto a baking tray, spray with low cal oil and roast in the oven. Serve with steamed green veg.

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

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. Pop in the oven for about 20 minutes until the top is golden brown and serve with steamed green veg.



Aubergine, Tomato & Parmesan Bake

Serves 4 - 1.5 Bite 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

Dinner Recipes

Crispy Baked Hake with Yogurt Tartar Sauce

Serves 4 - 2 Bites per serving

Melt 25g butter. Line a large baking tray with parchment paper & brush with a little of the melted butter. In a shallow dish place 75g stale wholemeal breadcrumbs, 15g finely grated reduced fat cheddar cheese and 1 tbsp chopped parsley. Put 40g plain flour in a shallow dish & 1 beaten egg in a 2nd shallow dish. Season 4 hake fillets and dip them, one at a time, into the flour, egg, and finally the breadcrumb mixture. Place on the baking tray, brush with the remaining butter and bake at 200c for 15 minutes or until cooked through. While the fish is cooking make the Tartar sauce by combining 150g 0% Greek Yogurt, 1 tsp Dijon style mustard, 1 tbsp chopped capers, 1 finely chopped gherkin & 1tbsp chopped parsley. Serve the fish & Tartar sauce with tender stem broccoli & ¼ plate baby boiled potatoes.

Chargrilled Beef Fillet with Rosemary Potato Cubes & Caramelised Onions

Serves 4 - 1 Bite per serving

Preheat the oven to 220c, gas mark 7. Cut 4x 200g potatoes into cubes. Toss in a roasting tray with 1 tbsp olive oil and the roughly chopped leaves of 2 sprigs of rosemary. Season well and transfer to the oven for 30-40 minutes, stirring occasionally. Grind plenty of black pepper over a 500g piece of beef fillet and sear on all sides in a hot non-stick pan for 2-3 minutes until charred. Transfer to the oven and roast for 15-20 minutes for rare, 30 minutes for medium and 40 minutes for well done. Remove from the oven, cover and leave to relax for 10 minutes. In the meantime, heat 1 tbsp olive oil in a non-stick pan and gently fry 2 finely sliced onions. Keep the heat low and allow the onions to gently colour for about 20 minutes. Add 2 tsp balsamic vinegar and cook for a further 5 minutes until the mixture is sticky and a rich caramel colour. Carve the beef into 4 thick slices and serve with the potato cubes and the caramelised onions.

Dinner Recipes

Stir-Fried Chicken with Broccoli & Brown Rice

Serves 2 - 1 Bite per serving

Boil 200g trimmed broccoli florets for about 4 minutes, drain and set aside, reserving the water. Spray a non-stick pan or wok with low cal spray oil. Stir-fry 15g shredded ginger, 2 shredded garlic cloves and 1 sliced red onion in a wok or large frying pan for 2 mins. Add 1 tsp mild chilli powder and stir briefly. Add 2 diced chicken fillets and stir for another 2 minutes. Tip the broccoli into the wok with 1 tbsp reduced salt soy sauce, 1 tbsp honey, 1 roasted red pepper, from a jar, cut into cubes, and 4 tbsps. of the broccoli water and stir until everything is warm through and the chicken is cooked. Serve garnished with chopped coriander with $\frac{1}{4}$ plate of brown rice.





If you Bite it, Write it!

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