

Breakfast Recipes

Fresh Fruit Compote with Egg & Toast

Serves 1 - 0.5 Bites per serving

Chop or slice 1 apple, 1 kiwi, 10 grapes, 5 strawberries and 1 pear. Drizzle over 1 tsp honey and heat for 30 secs in microwave. Follow with a boiled egg and up to 60g wholemeal toast



Fruity Buddha Bowl

Serves 1 - 0.5 Bites

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 ½ 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 seed and serve.

Fruity French Toast

Serves 1 - Free Food

Whisk 1 egg with a dash of skimmed milk, 1 tsp vanilla essence and ½ tsp of cinnamon in a shallow dish. Dip 1x30g slice of wholemeal bread in the mixture for about 10 seconds 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, fresh berries and ½ sliced banana



Breakfast Recipes

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 and 15g of crushed walnuts and drizzle with a tsp honey.



Bacon & Beans

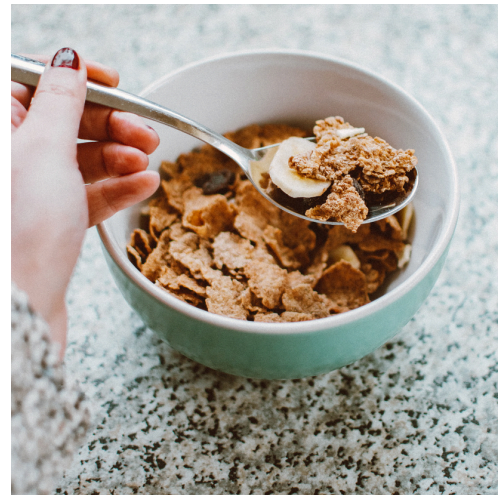
Serves 1 - Free Food

Grill 2 turkey rashers and serve with reduced sugar beans, grilled tomato and 60g wholemeal toast.

Apple Bran

Serves 1 - Free Food

Top 60g All Bran or Bran flakes with skimmed milk and top with ½ grated apple.



Breakfast Banana Split

Serves 2 - 1 Bite per serving

Peel 2 bananas and slice them lengthwise. Arrange in an X on 2 plates. Mix 200g 0% Greek yoghurt, 1 tbsp granulated sweetener and ½ tsp vanilla extract. Thinly slice 10 blueberries and 4 strawberries and stir into the yogurt. Spoon the yogurt into the middle of the bananas. Sprinkle with 25g flaked almonds and decorate with strawberry halves.

Lunch Recipes

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 of no added sugar relish.



Lime Prawn Cocktail

Pitta Salad

Serves 2 - Free Food

Heat the oven to 200c/gas 6. Slice a wholemeal pitta into triangles, put on a baking sheet and spray with a little oil. Bake for 10-15 minutes until golden. Mix together 1tsp Tabasco, 1tsp reduced sugar ketchup, 1tbsp lighter than light mayo, 1tbsp fat free natural yogurt and the juice and zest of ½ lime. Gently stir 60g cooked king prawns into the dressing. Layer lettuce, sliced cucumber, sliced tomatoes and the dressed prawns into a lunchbox or jar. Just before serving, season and top with the pitta chips and serve with lime wedges.

Baked Sweet Potato with Feta

Serves 1 - 1.5 Bites

Spritz a 200g sweet potato with spray oil and sprinkle with sea salt. Rub the oil and salt well into the skin & bake in a preheated oven until cooked through. Allow to cool for a few minutes then cut in half and scoop out the flesh. Crumble 30g Feta cheese with the potato flesh and refill the skins. Place back in the oven to reheat. Top with chopped parsley and serve with a green salad.

Lunch Recipes

Tuna Roll

Serves 1 - 1 Bite

Drain and mix a small tin of tuna in brine or spring water 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.



Balsamic Chickpea, Avocado & Feta Salad

Serves 4 - 0.5 Bites per serving

In a bowl, combine 4 cups of shredded lettuce, 1x400g tin of chickpeas, rinsed and drained, 400g halved cherry tomatoes, 2 chopped avocados and 80g cubed feta cheese. Season with salt & pepper. Whisk together 1 tbsp olive oil and 2 tbsps. balsamic vinegar and pour over the salad just before serving

Super-Salad Wrap

Serves 1 - 1.5 Bites per serving

Spread a wholemeal tortilla with 30g low fat hummus and pile the centre with shredded lettuce, grated carrot, sliced cucumber and a few slices of avocado. Top with 1 tbsp fresh tomato salsa and 30g low fat, grated cheddar. Roll the wrap, slice in 2 and serve immediately.



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 or until the pasta is cooked. Season to taste, remove from the heat & stir in 1 tbsp reduced fat pesto just before serving.

Dinner Recipes

Spicy Pork Chops with Sweet Potato & Spinach Mash

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.

Creamy Cheese Stuffed Chicken

Serves 4 - 2 Bites 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, 6 baby boiled potatoes and steamed green vegetables.

Fish Goujons & Chips

Serves 4 - Free Food

Mix 30g wholemeal bread crumbs with the zest of a lemon and 2 tbsp chopped flat leaf parsley. Season well. Slice 4 hake or cod fillets into goujon strips, dip into a whisked egg and then coat evenly with the breadcrumb mix. Bake in the oven at 180c for 10mins until golden. Serve with 100g Unislim chips and a dipping sauce made by combining 2tbsp lighter than light mayo with 1 tbsp no added sugar ketchup and a squeeze of lemon.

Chicken & Bean Enchiladas

Serves 4 - 1.5 Bites per serving

Spray a pan with low cal oil and fry 4 diced chicken breasts until cooked. For the final few minutes add in 1 large sliced onion and 1 chopped red pepper. Stir in a tin of red kidney beans, a tin of chopped tomatoes & a thinly sliced fresh red chilli & bring to the boil. Simmer for 15 mins. Spread the mixture down the centre of 4 wholemeal tortillas. Roll up and sprinkle with 120g reduced fat cheddar cheese before popping in the oven until the cheese melts. Top each tortilla with a tbsp. of reduced fat crème fraiche and serve with a green salad.

Dinner Recipes

Cauli/Broccoli Mac & Cheese

Serves 4 - 2 Bites per serving

Cook 240g macaroni (dry weight) according to packet instructions and keep warm. Cook 1 small cauliflower or 1 large head of broccoli, broken into florets, in a steamer until tender but not mushy. Meanwhile make a white sauce by heating 600ml of skimmed milk until it begins to boil. Reduce the heat and add 4 tbsp cornflour blended until smooth with a little milk. Stir with a wooden spoon for 2-3 minutes until the sauce is thick and smooth. Remove from the heat and stir in 100g of low fat fromage frais, 75g grated reduced fat cheddar and 2 tsp Dijon mustard. Season with salt and pepper. Put the broccoli or cauliflower into an ovenproof dish with the macaroni. Pour the sauce over the top and sprinkle with 30g grated low fat cheddar and 60g fresh wholemeal breadcrumbs. Bake in the oven for 20-25 minutes until bubbling and golden brown. Top with chopped basil before serving

Steak & Veg

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), steamed asparagus and a 200g baked potato



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 1 ½ 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.



If you Bite it, Write it!

DATE: / / BREAKFAST LUNCH DINNER

B BITES

Flexi fast Free Oil

Water

SNACK.....

SNACK.....

DATE: / / BREAKFAST LUNCH DINNER

B BITES

Flexi fast Free Oil

Water

SNACK.....

SNACK.....

DATE: / / BREAKFAST LUNCH DINNER

B BITES

Flexi fast Free Oil

Water

SNACK.....

SNACK.....

DATE: / / BREAKFAST LUNCH DINNER

B BITES

Flexi fast Free Oil

Water

SNACK.....

SNACK.....

DATE: / / BREAKFAST LUNCH DINNER

B BITES

Flexi fast Free Oil

Water

SNACK.....

SNACK.....

DATE: / / BREAKFAST LUNCH DINNER

B BITES

Flexi fast Free Oil

Water

SNACK.....

SNACK.....

DATE: / / BREAKFAST LUNCH DINNER

B BITES

Flexi fast Free Oil

Water

SNACK.....

SNACK.....