

# Breakfast Recipes

## Apple & Pear Overnight Oats

**Serves 4 - 0.5 Bites per serving**

Place 240g rolled oats and a pinch of cinnamon in a lidded container. Pour over 500ml skimmed/ oat milk. Mix well, cover and pop in the fridge overnight. In the morning, grate 2 apples and 2 pears and stir most of it into the mixture. Transfer to bowls and top with the remaining fruit, a dollop of natural yogurt and a tsp of honey.



## 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.



## Salted Caramel Oaty Waffles

**Serves 1 - Free Food**

Mix 60g of porridge oats with 70ml low fat plain yogurt, ½ tsp salted caramel flavouring, ¾ tsp baking powder & an egg. Pour into a waffle iron & cook until golden. Top with your favourite berries.

## Apple Bran

**Serves 1 - Free Food**

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

# Breakfast Recipes

## Spinach and Egg Muffins

**Serves 6 - 1 Bite per serving**

Preheat the oven to 190c. Spritz a pan with low cal oil and sauté 12 mushrooms. Set the mushrooms aside, add a little water to the pan and wilt 300g spinach. Whisk 4 eggs in a large bowl. Drain the wilted spinach well and add to the eggs along with the cooked mushrooms and 180g low fat cheese. Mix well and then divide evenly between 12 muffin cups. Bake for about 20-25 mins or until they're well set and a knife inserted in the centre comes out clean.



## Bacon Bap

**Serves 1 - Free Food**

Grill 2 slices of lean bacon and fill a 60g wholemeal roll. Top with a sliced tomato and a tbsp. no added sugar ketchup or relish.

## Blueberry & Almond Smoothie

**Serves 2 - 1 Bite per serving**

Blend together a handful of blueberries, ½ frozen banana, 10g almonds, 15g flaxseeds, 2tbsps 0% Greek yogurt and 150ml skimmed or unsweetened almond milk. Add a little more milk if it's too thick and serve in a tall glass.



# Lunch Recipes

## Salmon & Lemon Zest Bagel

**Serves 1 - 1 Bite**

Mix 30g light cream cheese with 1 dsp low fat natural yogurt, zest of ½ lemon and some black pepper. Spread onto a toasted wholemeal bagel and top with smoked salmon.



## Cheesy Beans on Toast

**Serves 1 - 1 Bite**

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



## Ham, Tomato and Mozzarella Toastie

**Serves 1 - 2 Bites**

Spread 2x30g slices wholemeal bread with passata or tomato puree. Scatter 1 slice with 30g, torn, low fat mozzarella and a few torn basil leaves. Add some shredded ham and any other vegetables you have such as sliced tomatoes, roast peppers or onions. Top with the second slice of bread and butter the outsides of the sandwich with 2 tsps low fat butter. Cook in a sandwich toaster or in a heavy pan, weighed down by another heavy pan, until the cheese is melted and the outside is crisp. Serve with a side salad.

## Spicy Tuna Baked Potato

**Serves 1 - Free Food**

Drain a can of tuna in water or brine and mix with a sliced spring onion, a handful of halved cherry tomatoes, ½ chopped red chilli and ½ a small bunch of chopped coriander. Split a 200g baked potato and fill with the tuna mix. Serve with a green salad.



# Lunch Recipes

## Scotch Broth

**Serves 6 - 1 Bites per serving**

Scotch Broth Serves 6 1 Bite per serving  
In a large saucepan put 250g, peeled and diced carrots, 250g diced turnips, 2 diced onions, 1 diced celery stalk, 1 sliced leek, 120g pearl barley, 125g dried peas, (soaked in water for 4-5 hours & drained) and 2.3 litres of lamb stock. Season well and bring to the boil. Reduce the heat and simmer for 2-3 hours until the peas and barley are soft. Stir in 85g chopped kale and cook for a further 10 minutes until the kale is tender. Check for seasoning before serving with a 60g seeded roll. This recipe is also perfect for the slow cooker – simply tip all the ingredients in and cook on high for 6-8 hours (or until the barley is soft)



## Chicken & Avocado Salad Wrap

**Serves 1 - Free Food**

Spread a whole meal wrap with lighter than light mayo. Mix together 1 diced tomato and ¼ red onion, diced. Add to the wrap along with ½ sliced avocado and sliced, cooked chicken. Add some fresh parsley, salt and pepper. For a spicy kick, sprinkle with cayenne pepper or chilli flakes



## Fruity Curried Chicken Salad

**Serves 2 - 1 Bite per serving**

In a large bowl mix 2 tbsp 0% Greek yogurt, 1 tsp mild curry powder, 1 tbsp fresh lemon juice and a good pinch of sea salt and black pepper. Add 1 celery stick, thinly sliced, 6 raw broccoli florets, 1 red apple, cored and cut into ½ inch pieces, 15 red seedless grapes, halved, and 15g walnuts, halved. Toss to coat with the dressing. Cover and keep in the fridge until ready to serve (up to 12 hrs) Cover 2 plates or shallow bowls with some gem lettuce leaves. Divide the salad between the two and top with sliced cooked chicken

# Dinner Recipes

## Slow-cooker Butter Chicken

**Serves 4 - 1.5 Bites per serving**



Mix the juice of 1 lemon, 2 tsp cumin, 2 tsp paprika, 1-2 tsp chilli powder, and 200g yogurt for a marinade. Toss 500g diced chicken thighs in the marinade, cover, and chill (1 hour or overnight). Sauté 1 chopped onion, 3 crushed garlic cloves, 1 chopped green chilli, grated ginger, and seasoning in 2 tbsp butter/oil for 10 mins. Stir in 1 tsp garam masala, 2 tsp fenugreek, 3 tbsp tomato purée, and cook until fragrant. Add 250ml chicken stock and the marinated chicken. Cook in a slow cooker on low for 6-7 hours. Serve with rice, coriander, almonds, and lime wedges.

## 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 Gorge Us 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.



# Dinner Recipes

## Chicken Satay Curry

**Serves 4- 2 Bites per serving**

Make a sauce by combining a 400ml tin of reduced fat coconut milk, 30g peanut butter (100% nuts) 2 tbsp soy sauce, 1-2 tbsp sweetener, 1 tbsp fish sauce, 1 tbsp curry powder, 1 crushed garlic clove, a thumb sized piece of ginger, grated, 1 tsp chilli flakes (optional). Whisk well to combine. Spray a large pan with low cal oil and fry 1 sliced onion, 1 sliced red pepper and 1 sliced green pepper until soft. Add 4 diced chicken fillets and the sauce and bring to a simmer. Allow to simmer until the chicken is cooked through and the sauce has thickened. (add 1tbsp chicken gravy granules if you like a thicker sauce) Serve with  $\frac{1}{4}$  plate basmati rice and lime wedges garnished with chopped coriander and chilli flakes.



## Grilled Steak & Rosemary Potatoes

**Serves 1 - Free Food**

Halve 6 baby potatoes, spritz with low cal oil and sprinkle with dried or fresh rosemary. Oven roast until golden. Meanwhile grill a lean sirloin or fillet steak to your liking. Serve the steak with the rosemary potatoes, sauteed mushrooms and onions (using low cal spray) and steamed broccoli



# Dinner Recipes

## Linguine with Avocado, Tomato & Lime

**Serves 2 - Free Food**

Cook 120g (uncooked weight) linguine pasta according to pack instructions. Meanwhile put the zest and juice of a lime in a bowl with a peeled and chopped avocado, 2 large ripe, chopped tomatoes, ½ a pack fresh coriander, chopped, 1 finely chopped red onion and a deseeded and finely chopped red chilli. Mix well. Drain the pasta, toss into the bowl and mix well. Serve straight away while still warm. Add cooked chicken or salmon for extra protein if you wish.

## Rosemary & Caper Pork Loin Chops

**Serves 4 - Free Food**

Spritz a large frying pan with low cal oil. Season 4 bone - in pork loin chops and fry on both sides until cooked through. Transfer to a serving plate and cover with tinfoil. Add 200ml of chicken stock to the pan and bring to the boil. Stir in 1½ tbsps. wholegrain mustard, 3 tbsps. rinsed capers and ¼ tsp of fresh rosemary leaves. Simmer until reduced by half. Spoon the sauce over the chops and serve with ¼ plate of baby boiled potatoes and vegetables of your choice

## Unislim Sweet & Spicy Beef Burger

**Serves 4 - Free Food**

In a large bowl, combine 450g lean mince, 1 tbsp hot horseradish sauce, 1 tbsp Worcestershire sauce, 1 tsp garlic paste, 1 tbsp on added sugar onion relish and 1 tbsp fresh parsley, roughly chopped. Divide the mixture into 4 burgers, cover, and chill for 10 minutes before cooking on a hot grill. Serve with 100g Unislim chips and a side salad





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