

Breakfast Recipes

Breakfast Bruschetta

Serves 1 - 0.5 Bites per serving

Peel and slice $\frac{1}{2}$ banana. Put in a bowl with 80g blueberries and 50g quark. Mix well. Toast 2x30g slices of wheaten or wholegrain bread. Spread with the blueberry mix and drizzle with 1 tsp of honey.



Boiled Eggs & Toast with Berries & Yogurt

Serves 1 - Free Food

Serve 2 boiled eggs with up to 60g wholemeal toast. Follow with a low-fat yogurt topped with a handful of berries.

Bacon Bagel

Serves 1 - Free Food

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

Salted Caramel Oaty Waffles

Serves 1 - Free Food

Mix 60g of porridge oats with 70ml low fat plain yogurt, $\frac{1}{2}$ tsp salted caramel flavouring, $\frac{3}{4}$ tsp baking powder & an egg. Pour into a waffle iron & cook until golden. Top with your favourite berries.



Breakfast Recipes

Banana Porridge with Pomegranate Seeds & Cinnamon

Serves 1 - Free Foods

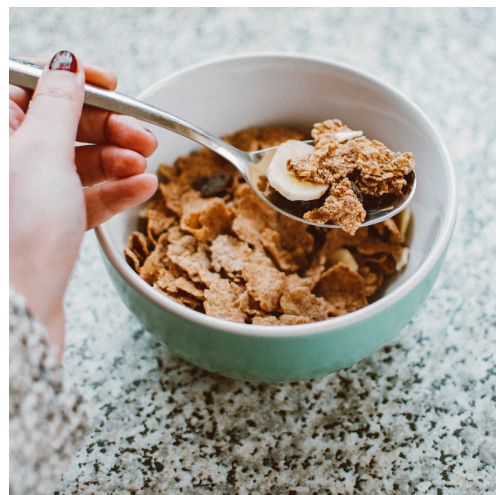
Make up to 60g porridge with skimmed milk and top with ½ sliced banana and 1 tbs pomegranate seeds. Sprinkle with cinnamon.



Shredded Wheat with Apple & Berries

Serves 1 - Free Food

Top 2 shredded wheat with ½ a grated apple and a handful of blueberries and serve with skimmed milk or low-fat natural yogurt



Blueberry Bran flakes

Serves 1 - Free Food

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

Lunch Recipes

Coronation Chicken Pitta

Serves 4 - 0.5 Bites per Serving

Mix 6 tbsp lighter than light mayo with 2-3 tsp mild curry powder, ½ tsp ground cinnamon, 2 tbsp mango chutney and 30g sultanas. Season with black pepper and add 500g shredded cooked chicken. Stir to coat the chicken with the sauce, adding 2 tbsp water to loosen if needed. Fill 4 wholemeal pittas with the mix and serve with a green salad.



Stuffed Moroccan Pitta

Serves 2 - 2 Bites 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.



Calzone

Serves 1 - 1 Bite per serving

Preheat the oven to 190c. Spread a wholemeal tortilla with tomato puree and fill with slices of red onion, red and yellow peppers and chopped lean ham. Top with 30g grated low fat cheddar and fold up, closing the top and bottom edges tightly. Place the wrap on a baking tray and bake in the oven for 5-10 minutes. Serve with a side salad.

Lunch Recipes

Cheesy Jacket Potato

Serves 1 - 1 Bite

Top a 200g baked white or sweet potato with 30g grated reduced fat cheddar and serve with a green salad.



Ham Salad & Guac Rolls

Serves 2 - 0.5 Bites per serving

Split 2 x 60g wholemeal rolls in half and thickly spread the base of each with up to 30g guacamole. Top with a few rocket leaves, sliced red onion and sliced tomato. Season with salt and pepper and finish with slices of lean ham. Spread the remaining halves of the rolls with lighter than light mayo and place on top. Serve with a bowl of Unislim soup.

Mushrooms on Toast

Serves 2 - Free Food

Spritz a pan with low cal oil & fry 180g sliced mushrooms with a chopped garlic clove. Add chopped parsley & 1 tsp of lemon juice. Divide the mushrooms between 4x30g slices of wholemeal toast, sprinkle with parsley and serve.



Tomato Soup with Pasta

Serves 2 - Free Food

Cook 120g (uncooked weight) orzo or soup pasta until al dente, drain and set aside. Spray a saucepan with low cal spray oil and fry ½ chopped onion, 1 finely chopped small carrot and 1 finely chopped celery stick until tender but not too brown. Add 100ml passata and a 400g can chopped tomatoes or 4 large ripe tomatoes. Bring to the boil, add 200ml of vegetable or chicken stock and a pinch of sugar. Season and simmer for 20 minutes. Taste the soup, adjust the seasoning and add more water if you need to. Stir in the cooked pasta and serve sprinkled with chopped basil and 1 tbsp reduced fat pesto (optional, 1 Bite)

Dinner Recipes

Chili Lime Steak Fajitas

Serves 4 - 1 Bite per serving

Make a marinade by whisking together 2 tbsp olive oil, 1/3 cup freshly squeezed lime juice, 2 tbsp chopped coriander, 2 crushed garlic cloves, 1 tsp brown sugar, 3/4 tsp red chilli flakes, 1/2 tsp cumin & 1 tsp salt. Pour half the marinade into a shallow dish and marinate 500g lean steak, for at least 30 minutes. (Refrigerate the rest of the marinade for later) Remove the steak from the fridge about 30 minutes before cooking then remove the steak from the marinade and either grill or fry in a non-stick pan until cooked to your liking. Transfer to a warm plate and allow to rest for 5-7 minutes. Meantime, spray a pan with low cal oil and fry 3 sliced peppers and 1 sliced onion. Add half the reserved marinade, season, and continue cooking until tender. To serve, slice the steak into thin strips and pack into warmed wholemeal tortillas, with the cooked vegetables, extra coriander and sliced avocado. Drizzle with the remaining marinade

Thai Red Curry

Serves 4 - 1.5 Bites per serving

Spray a wok with low cal oil & add 400g of chicken breasts cut into chunks. Cook over a medium heat until browned. Add 1 large sliced onion, 2 finely chopped garlic cloves, 1 butternut squash, peeled and cut into chunks, a cup of frozen peas, 400mls reduced fat coconut milk, 200ml of chicken stock and 2 tbsps. Thai Red Curry paste. Stir in 1 tbsp. of fish sauce and a handful of chopped coriander. Bring to the boil and simmer until everything is cooked through. Garnish with coriander and serve with 1/4 plate basmati rice.

Roasted Cauliflower Tagine

Serves 4 - 1 Bite per serving

Pre-heat the oven to 220c/200c/gas 7. Break a cauliflower into florets and toss with 1/2 tbs olive oil and 1/2 tbs ras el hanout or harissa seasoning in a baking dish, then roast for 20-25 minutes. Meanwhile spray a large, lidded saucepan with low cal spray oil and cook 2, thickly sliced red onions, 1 sliced carrot and 3, finely sliced garlic cloves for 5 minutes, then stir in 1/2 tbsp of ras el hanout and cook for another minute. Add a 400g tin of chopped tomatoes, a 400g tin of chickpeas, rinsed and drained, 80g pitted green olives, halved and 200ml boiling water. Reduce the heat, cover and simmer for 15-20 minutes until the veg is cooked and the sauce has thickened. Remove from the heat and stir in the cauliflower. Serve the tagine with 1/4 plate couscous and top each plate with 30ml 0% Greek yogurt and roughly chopped parsley

Dinner Recipes

Salmon Pasta Salad

Serves 2 - Free Food

Cook 120g, uncooked weight, whole-wheat penne pasta according to packet instructions. Drain and set aside. Spray a pan with low cal oil and fry a chopped red pepper until soft. Add 2 skinless salmon fillets and cover for 8-10 mins. Mix the juice and zest of a lemon, 1 chopped garlic clove, 1 chopped shallot and 2 tbsps. capers. Add in the peppers, salmon and drained pasta and toss everything gently together, breaking up the salmon as you go. Divide between 2 plates & top with rocket.

Goats Cheese & Spinach Pasta

Serves 4 - 1.5 Bites per serving

Cook 240g, dried weight, fusilli as per packet instructions. Drain and cover to keep warm. Meanwhile, spray a pan with low cal oil. Add 2, finely chopped, garlic cloves and a deseeded and finely chopped red chili. Cook for 1 minute and add 130g baby spinach. Cook for a few minutes until the spinach wilts. Add the pasta, tossing to coat well and cook for 2 minutes. Stir in a large handful of basil leaves. To serve, divide the pasta between 4 bowls and crumble 30g of goats' cheese on each

Tuna Pasta Bake

Serves 4 - 1.5 Bites per serving

Cook 240g pasta (uncooked weight) according to packet instructions. While the pasta is cooking, spray a pan with low cal oil and sauté 2 diced courgettes and 5 sliced spring onions for 5 minutes. Stir in ½ tsp smoked sweet paprika and ½ tsp garlic granules. Add 400ml vegetable stock, 100g frozen peas, 100g spinach and the juice of ½ a lemon. Cook for 2-3 minutes until the spinach has wilted, then gently stir in 150g low fat cream cheese. Break up 2x 160g tins tuna in brine or spring water in a bowl. Drain the pasta and add to the pan with the tuna. Stir everything together & transfer to a large oven proof dish. Sprinkle 30g, grated, reduced fat cheddar on top and cook for 15 minutes. Serve with a green salad.

Chicken & Asparagus Quiche

Serves 4 - 0.5 Bites per serving

Spray a pan with low cal oil and gently sauté 1 chicken breast, cut into chunks and 1 finely sliced onion for 2 minutes. Add 100ml chicken stock to the pan and simmer for 5 minutes until the onion is soft, the chicken is cooked and there's no liquid left in the pan. Beat 8 eggs and 2tbsp quark in a bowl until smooth. Add 30g, grated, reduced fat cheddar and season. Add the chicken and onion mix and 125g asparagus spears, trimmed and cut into ½ in pieces, to a 9" flan dish. Pour over the egg mixture and sprinkle with 30g, grated, reduced fat cheddar. Bake at 200c/180c/gas 6 for 25 minutes until set and golden on top. Serve hot or cold with a mixed salad.



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