

Breakfast Recipes

Granola & Yogurt

Serves 1 - 1.5 Bites per serving

Top 45g no added sugar granola with a handful of chopped strawberries and ½ sliced banana. Serve with 0% Greek yogurt.



Sausage Roll

Serves 1 - 2 Bites

Grill 2x40g low fat sausages and serve in a 60g wholemeal roll. Top with 1 tbsp reduced sugar tomato ketchup.



Pancakes and Bacon

Serves 2 - 0.5 Bites per serving

Beat an egg in a bowl and add 230ml skimmed milk and 120g wholegrain flour. Whisk well to form a smooth batter. Spray a pan with low cal oil and when it's really hot, pour in a small amount of the batter. Cook for 1-2 minutes on each side until golden and then place on a warm plate. Repeat with the rest of the batter. Serve the pancakes while hot, with grilled lean bacon and berries.

Breakfast Recipes

Eggs Florentine

Serves 2 - Free Food

Make a hollandaise sauce by placing 4tbsp 0% Greek yogurt, ½ tsp mustard powder, the juice of a lemon, a pinch of cayenne pepper, salt and pepper into a pan on a low heat. Whisk continuously for 5 minutes. In a hot pan, sauté a handful of spinach for 2 minutes and drain. Toast 2 wholemeal muffins and top each one with the spinach, 2 poached eggs and the hollandaise sauce



Berry & Banana

Shredded Wheat

Serves 1 - Free Food

Top 2 Shredded Wheat with skimmed milk or low-fat yogurt ½ a sliced banana and a handful of blueberries.

Berry Porridge with Chia Seeds

Serves 1 - 1 Bite

Make up to 60g porridge with skimmed milk. Top with a handful of berries and 15g chia seeds



Super Shake

Serves 1 - 2 Bite

Combine 100ml skimmed milk, 2tbsp natural yogurt, 1 banana, 150g frozen fruits of the forest, 50g blueberries, 1tbsp chia seeds, 1 tsp mixed seeds and 1 tsp honey. Blitz until smooth and enjoy.

Lunch Recipes

Parma Ham & Veggie Omelette

Serves 1 - 1 Bite per Serving

Spritz a pan with low cal oil & set over a medium heat. Cook 2 slices of Parma ham for 1-2 minutes each side until crispy. Make an omelette using 2 eggs, 30g reduced fat cheddar cheese, chopped parsley, a handful of sliced mushrooms & some sliced red and yellow peppers. Serve the omelette with the Parma ham crumbled on top and a 60g wholemeal crusty roll.



Carrot, Ginger & Celery Soup

Serves 4 - 0.5 Bites per serving



Spritz a large pot with low cal oil and add 500g of chopped carrots, 3 chopped celery sticks and 1 diced onion. Allow to sweat gently with the lid on until softened. Add two thinly sliced garlic cloves, a thumb sized piece of ginger, sliced, and 600ml of vegetable bouillon. Cook on a low heat for 30 minutes and then add 200ml reduced fat coconut milk and ½ a bunch of flat leaf parsley, chopped. Season to taste. When the veg is soft remove from the heat & blend until smooth. Serve garnished with chopped herbs and a drizzle of natural yogurt.

Smokey Beans & Baked Eggs

Serves 3 - Free Food

Smokey Beans & Baked Eggs Serves 3 FF

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. 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

Lunch Recipes

Classic Club Sandwich

Serves 1 - Free Food

Spread 2x30g slices of wholemeal bread with lighter than light mayo. Pile 1 slice with lettuce, diced tomato & diced red onion. Top with a grilled bacon medallion and sliced, cooked chicken breast. Top with the second slice of bread, cut in two and serve with any Unislim soup.



Tuna Bean Salad

Serves 2 - 0.5 Bites per serving

Chop 2 tomatoes into wedges, slice $\frac{1}{4}$ cucumber & 4 spring onions and add to a bowl along with some rocket, a tin of tuna in brine or spring water & 200g butter beans. Blend 1 tbsp. each balsamic vinegar and lemon juice and 2 tps. olive oil and pour over the mixture. Toss well and divide between 2 plates. Serve with 60g whole meal bread

Egg, Onion and Mayo Sandwich

Serves 1 - Free Food

Mix 1 egg, boiled and chopped, with 1 tomato, finely chopped, 2 spring onions, finely chopped and 1 tbsp lighter than light mayo. Season with salt and pepper and make a sandwich using 2x30g slices wholemeal bread. Serve with any Unislim soup.



Creamy Mushrooms on Sourdough

Serves 2 - 0.5 Bites per serving

Spray a pan with low cal oil, place over a medium heat and cook 250g thickly sliced chestnut mushrooms for a couple of minutes. Add 2 thinly sliced garlic cloves to the pan and cook for another 3-4 minutes until the mushrooms are tender and the garlic is soft. Add 30g light cream cheese to the pan and mix over a low heat, then add 1tbsp chopped basil and season with salt and pepper. Divide the mix between 2, 60g slices of toasted wholemeal sourdough, scatter with snipped chives and serve.

Dinner Recipes

Ginger Chicken & Green Bean Noodles

Serves 2 - Free Food

Cook 120g egg noodles according to pack instructions and set aside. Spray a wok with low cal spray oil, heat, and stir-fry 2 sliced chicken fillets for 5 minutes. Add 200g, trimmed green beans and fry for another 4-5 minutes until the beans are just tender and the chicken is cooked through. Peel a thumb-sized piece of ginger and cut into matchsticks. Add to the wok with 2 sliced garlic cloves, a finely sliced ball of stem ginger +1tsp of syrup from the jar, 1tsp cornflour mixed with 1tbsp water, 1tsp dark soy sauce and 2 tsp rice vinegar. Stir fry for 1 minute and then toss in the cooked noodles. Continue cooking until everything is hot and the sauce coats the noodles and then serve.

Roast Cod with Lemon & Olives

Serves 4 - 1.5 Bites per serving

Place 4 cod fillets or any other white fish in a shallow, oven proof dish & pour in 150ml dry white wine (fish should be half covered). Add 30 black olives & the zest of ½ a lemon. Drizzle with 4 tsps. of olive oil & season with ¼ tsp of crushed chillies, salt and pepper. Roast the fish at 200c for 18-20 minutes until it's cooked through. Remove from the oven and sprinkle with chopped parsley. Spoon the cooking juices over the fish and serve with 6 baby boiled potatoes and lots of green veg.



Meatballs and Spaghetti

Serves 4 - 1 Bite per serving

Spray a large pan with low cal oil and gently fry 3 finely chopped garlic cloves for 2-3 minutes. Add 2x 400g tins of plum tomatoes and simmer for 15 mins, breaking up the tomatoes as the mixture cooks. Meanwhile, put 500g extra lean mince, 1 finely chopped red onion, and 1 tsp chilli powder into a bowl and season with salt and pepper. Using your hands, mix everything together then form 15-20 small balls and put on a plate. Spray a non-stick pan with low cal oil and cook the meatballs gently until they are browned. Add the meatballs to the sauce and simmer for a further 20 minutes. Serve the meatballs and sauce with spaghetti, (60g uncooked weight per serving) cooked according to pack instructions. Sprinkle each dish with chopped basil and 15g grated parmesan.

Dinner Recipes

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



Spanish Style Chicken Bake

Serves 4 - 1.5 Bites per serving

Preheat the oven to 200c/ 180c/ Gas 6. Halve 600g baby potatoes and cut 1 medium brown onion & 1 medium red onion into 8 wedges. Quarter 8 medium tomatoes. Put them all into a large roasting tray with 8 unpeeled garlic cloves. Season with sea salt and lots of black pepper, toss everything together and roast for 20 minutes. While the veg is roasting, skin 80g chorizo and slice thinly. Slash 8, boneless, skinless, chicken thighs with a sharp knife and season. Take the roasting tin out of the oven and scatter the chorizo through the veg. Place the chicken on top. Mix ½ tsp oregano with ½ teaspoon sweet smoked paprika and sprinkle over the chicken. Return to the oven for 20 minutes. Take the tin out of the oven and spoon any juices over the chicken. Tuck a green pepper, cut into strips, loosely around the chicken and veg. Turn the oven up to 220c/200c/ gas 7 and put the tin back in for another 20 minutes until the peppers are soft and the chicken is golden. As you eat, squeeze the garlic out of their skins.



Dinner Recipes

Taco Wedges

Serves 4 - 1 Bite per serving

Cut 4x 200g potatoes into wedges, spray with low cal oil, sprinkle with cayenne pepper and bake in the oven until soft and golden. While the wedges are cooking, spray a pan with low cal oil and sauté 2 minced garlic cloves and 1 chopped onion. Add 400g extra lean mince & brown. Stir in a tin of chopped tomatoes, 1tbsp tomato puree, a chopped red & green pepper, a can of kidney beans and a cup of beef stock. Add 1tsp each of chilli powder, cumin and paprika & simmer for 5 mins. Divide the wedges between 4 plates, cover with the mince mixture and top with a dollop of low-fat yogurt or make a Taco sauce by mixing 3 tbsps. of lighter than light mayo, 2 tbsps. tomato puree, ½ tbsp chilli powder and 1 tbsp. crushed garlic. Sprinkle each serving with 30g of grated low-fat cheddar.



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.





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