

BREAKFAST RECIPES

CREAMY AVOCADO & BANANA SMOOTHIE

Serves 1 - 1 Bite

Blend together ½ fresh or frozen avocado, ¼ frozen banana, 2 large handfuls spinach, ½ celery stick, 1 chopped apple, 2 dates, 1tbsp sunflower or flax seeds and 300ml skimmed milk or unsweetened almond milk. Pour into a tall glass and serve immediately.



BREAKFAST BRUSCHETTA

Serves 1 - 0.5 Bites

Peel and slice ½ 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 1tsp of honey.

UNISLIM GRILL

Serves 1 - Free Food

Grill 2 rashers of lean bacon and a sliced tomato. Spray a pan with low cal oil and fry 8-10 sliced mushrooms. When the mushrooms are almost cooked add a handful of spinach to the pan & wilt. Dry fry 2 eggs. Serve with no added sugar beans.

CINNAMON & HONEY PORRIDGE WITH PRUNES

Serves 1 - 0.5 Bites

Make up to 60g porridge with skimmed milk. Top with 5 chopped prunes & drizzle with 1tsp honey & 1 tsp cinnamon.



BREAKFAST RECIPES

SPICY SCRAMBLED EGG & AVOCADO TOAST

Serves 1 - Free Food

Mash $\frac{1}{2}$ an avocado with black pepper and a squeeze of lemon juice. Spread on 2x30g slices of wholemeal toast and top with 2 eggs, scrambled with a little milk. Sprinkle with chilli flakes for a little added heat.



BERRIES & APPLE WEETABIX

Serves 1 - Free Food

Grate $\frac{1}{2}$ an apple and serve with a handful of blueberries on top of 2 Weetabix with skimmed milk or low-fat natural yogurt

CINNAMON FRENCH TOAST

Serves 1 - Free Food

Whisk 1 egg with a dash of skimmed milk and $\frac{1}{2}$ tsp of cinnamon in a shallow dish. Place 1, 30g slice of whole meal bread in the mixture 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 a dollop of 0% Greek yogurt and fresh berries



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 tbsps reduced fat Crème Fraiche before serving.



ROASTED PEPPERS & MOZZARELLA

Serves 1 - 1.5 Bites

Roughly tear ½ a jar of roasted peppers in brine & toss with ½ a sliced red onion and a handful of rocket. Spread the mixture over a whole meal tortilla wrap. Top with 30g mozzarella, torn up. Fold over and serve.

CHICKPEA, AVOCADO & FETA SALAD

Serves 4 - 1.5 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 tbsps. olive oil and 2 tbsp balsamic vinegar and pour over the salad just before serving with up to 60g seeded/multigrain bread.



LUNCH RECIPES

BAKED POTATO WITH COTTAGE CHEESE & BACON

Serves 1 - Free Food

Mix 4 tbsp cottage cheese with 2 rashers of grilled & chopped lean back bacon & pile onto a 200g baked potato. Serve with a green salad.



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 & 200g butter beans. Blend 1 tbsp. each balsamic vinegar and lemon juice and 2 tsps. olive oil and pour over the mixture. Toss well and divide between 2 plates. Serve with up to 60g whole meal bread.

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.

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 $\frac{1}{2}$ 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

POPCORN CHICKEN & CHIPS

Serves 2 - 1 Bite per serving

Preheat the oven to 170c/150c/gas 3. Line a baking tray with greaseproof paper. Blitz 4x30g slices of wholemeal bread into fine crumbs and put in a shallow dish with ½ tsp garlic granules, 1/4 tsp chilli powder and ½ tsp sea salt. Dice 300g chicken fillet into bite sized pieces. Beat an egg in a bowl and add the chicken, stirring to coat. Dip the chicken in the breadcrumbs, a few pieces at a time and then place on the baking tray. Spray the chicken with low cal oil and pop in the oven for 20-25 minutes until cooked through. Serve with 100g Unislim chips and fresh or frozen peas.

FIRECRACKER PRAWNS

Serves 4 - 1 Bite per serving

Spray a wok with low cal oil and stir-fry 2, sliced red peppers, 4, finely chopped spring onions, 1-2 deseeded and sliced chillies, 100g baby corn, and 100g mange tout for 2-3 minutes. Add 400g raw king prawns and cook for another 3-4 minutes until the prawns turn pink. Add 4tbsp oyster sauce, 4tbsp soy sauce, 2tsp tomato puree, juice of ½ lime and ½ tsp sugar. Stir well and cook for another minute until the sauce is thick. Serve with ¼ plate egg noodles.

BEEF WITH BUTTERBEANS

Serves 4 - 1 Bite per serving

In a large casserole dish mix together 500g lean stewing beef, cut into chunks, 2 chopped onions, 2 tins chopped tomatoes, 1 tsp each of sweet paprika, ground cumin & mild chilli powder, 2tbsps white wine vinegar and 2 tbsps. caster sugar. Cover and bake at 160c/140c/ gas 3 for 2½ hours. Stir in a tin of rinsed and drained butter beans and bake for 30 mins more until the beef is tender. (Leave the lid off if it's a little wet) Serve with a 200g baked potato and veg of your choice.

PERI PERI CHICKEN

Serves 4 -Free Food

Mix 2 tbsps. hot chilli sauce, zest and juice of a lemon and 3 minced garlic cloves in a bowl. Add 4 chicken breasts and stir until they are coated. Lightly spray a griddle pan with oil and cook the chicken over a medium heat until browned and cooked through. Serve immediately with a baked potato, green salad and Unislim coleslaw – recipe at www.unislim.com

DINNER RECIPES

HONEY & ORANGE ROAST SEA BASS WITH LENTILS

Serves 2 - 1 Bite per serving

Heat oven to 200C/180C fan/gas 6. Place 2 sea bass fillets, skin-side down, on individual squares of foil. Mix together the zest and juice of ½ an orange, 2tsp clear honey, 2 tsp wholegrain mustard, 2 tsp olive oil and some seasoning, and drizzle it over the fillets. Pull the sides of the foil up and twist the edges together to make individual parcels. Place the parcels on a baking tray and bake in the oven for 10 mins until the fish is just cooked and flakes easily when pressed with a knife. Warm a 250g pouch of ready to eat Puy lentils following pack instructions, then mix with the juice of ½ an orange, 100g of watercress, a small bunch of chopped parsley, a small bunch of chopped dill, and seasoning. Divide the lentils between 2 plates and top each with a sea bass fillet. Drizzle over any roasting juices that are caught in the foil and serve with steamed asparagus and carrots

PORK & APPLE BURGERS WITH CHIPS

Serves 4 - 1.5 Bites per serving

Mix 500g pork mince with a grated eating apple and season with salt and pepper. Shape into 4 burgers and chill for 15 mins before frying on a non-stick pan until cooked through. Serve in a 65g brown roll topped with sliced red onion and tomato with ¼ plate Unislim Chips and garden peas.

VEGETARIAN FAJITAS

Serves 4 - Free Food

Cut 1 red and 1 yellow pepper into strips. Take 2-3 strips of each colour, finely chop, and set aside. Spray a pan with low cal oil and fry the remaining pepper strips with a red onion, cut into thin wedges, until soft. Cool slightly and then mix in the raw peppers. Add a crushed garlic clove and cook for a minute, then add ½ tsp chilli powder, ½ tsp smoked paprika and ½ tsp ground cumin. Cook for a few minutes until the spices become aromatic, then add the juice of ½ lime and season. Transfer the mix to a dish, leaving any juices behind, and keep warm. Tip a 400g tin, drained, black beans into the same pan with the juice of ½ a lime and plenty of seasoning. Stir the beans to allow them to warm and absorb any flavours, then add a small bunch of chopped coriander. Fill 4, warmed, wholemeal tortillas with the beans and the fajita mix and serve with sliced avocado and 0% Greek yogurt.



If you Bite it, Write it!

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