

BREAKFAST RECIPES

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



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

BRAN FLAKES & APPLE

Serves 1 - Free Food

Serve 60g Bran flakes with skimmed milk and ½ a grated apple.

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 hollandaise sauce.



BREAKFAST RECIPES

BACON & BEANS

Serves 1 - Free Food

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



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

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



LUNCH RECIPES

TUNA ROLL

Serves 1 - 1 Bite

Drain and mix a small tin of tuna in brine with lighter than light mayo and 2 chopped scallions and sliced cucumbers. Fill a 60g wholemeal roll with the mix. Add some salad leaves & a tbsp reduced fat coleslaw. Serve with any Unislim soup.



SPICY CHICKEN WRAPS

Serves 2 - 0.5 Bites per serving

Thinly slice 2 chicken breasts and mix with a squeeze of lime juice, $\frac{1}{2}$ tsp chilli powder, $\frac{1}{2}$ a sliced red onion and a chopped garlic clove. Heat a non-stick pan, spray with low cal oil, add everything, and fry until the chicken is cooked through. Add 2 chopped roasted peppers (from a jar) and warm them through. Divide the chicken mix between 2 warmed wholemeal wraps, top with 30g grated low fat cheese, a dollop of low-fat natural yogurt and some chopped coriander. Roll up, slice in half and serve.

PRAWN & CHIVE OMELETTE

Serves 1 - Free Food

Beat 3 eggs in a bowl, season, and stir in 1 tbsp snipped chives. Spray a small pan with low cal oil and when heated pour in the eggs. As they begin to set use a wooden spoon to draw the cooked egg towards the centre. Scatter 100g cooked prawns over the omelette and cook for another few minutes until the egg is set. Carefully fold the omelette over and slide onto a warmed plate. Serve with a 65g brown roll and a side salad.



LUNCH RECIPES

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



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, $\frac{1}{4}$ carrot, grated, 4 cucumber sticks and 2 avocado slices. Top with 1 tbsp fresh tomato salsa and 30g low fat, grated cheddar. Roll the wrap and slice in 2. Serve with any Unislim soup.

CORONATION CHICKEN PITTA

Serves 4 - 0.5 Bites per serving

Mix 6 tbsp lighter than light mayo with 2-3 tsp mild curry powder, $\frac{1}{2}$ 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.

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



DINNER RECIPES

QUICK CHICKEN & CIDER STEW

Serves 4 - 1 Bite per serving

Lightly spray a non-stick pan with low-cal oil. Cook 2 cored, sliced dessert apples for 2–3 mins per side until golden, then set aside. In the same pan, cook 4 chicken fillets and 400g sliced mushrooms for 8–10 mins until browned. Add 300ml dry cider and 100ml chicken stock, bring to the boil, then simmer for 10–15 mins until the chicken is cooked and the sauce reduces. Remove chicken and keep warm. Season the sauce, stir in the apples and 4 tbsp reduced-fat crème fraîche. Warm through gently, pour over the chicken, sprinkle with parsley, and serve with baby potatoes and extra veg.

MINCED TURKEY RAGU WITH TAGLIATELLE

Serves 4 - 0.5 Bites per serving

Spray a large pan with low cal oil and add 500g turkey mince, 1 chopped onion, 1 diced red pepper, 2 crushed garlic cloves and 2tsp dried oregano. Fry for 2–3 minutes until browned. Add 75g sliced black olives, a 400g tin of chopped tomatoes, 3tbsp sundried tomato puree and 300ml chicken stock and simmer, covered, for 20 minutes. Remove the lid and simmer for a further 5 minutes until the sauce has reduced a little. Meanwhile, cook 240g (uncooked weight) tagliatelle according to packet instructions and serve with the ragu.

CHARGRILLED BEEF FILLET WITH ROSEMARY POTATO CUBES & CARAMELISED ONIONS

Serves 4 - 1 Bite per serving

Preheat oven to 220°C (gas mark 7). Cube 4 x 200g potatoes, toss with 1 tbsp olive oil, chopped rosemary leaves (from 2 sprigs), and seasoning. Roast for 30–40 mins, stirring occasionally. Season a 500g beef fillet with black pepper and sear on all sides in a hot pan for 2–3 mins. Transfer to the oven: roast 15–20 mins for rare, 30 for medium, 40 for well done. Rest for 10 mins. Meanwhile, gently fry 2 sliced onions in 1 tbsp olive oil for 20 mins. Add 2 tsp balsamic vinegar and cook 5 more mins until sticky and caramelised. Slice the beef and serve with roast potatoes and onions.

TOMATO & BASIL SALMON

Serves 2 - 1 Bite per serving

Preheat the oven to 190c. Line a baking sheet with foil and spray with low cal spray oil. Place 2 salmon fillets onto the foil, sprinkle with 1 tbsp dried basil, top with a thinly sliced tomato and 30g grated parmesan. Bake in the oven until the salmon is opaque and the cheese has melted. Serve with ¼ plate baby boiled potatoes and steamed

DINNER RECIPES

SWEET POTATO NACHOS

Serves 4 - 0.5 Bites per serving

Peel 4 medium sweet potatoes into 5mm thick slices and spread in a single layer on a baking tray (you may need to use 2 trays) Spray with low cal oil, sprinkle with a little salt and roast for 30-40 minutes at 220c/180c fan, flipping them over half way through, until starting to turn golden. While the potatoes are cooking, spray a large non-stick frying pan with low cal oil and fry a diced red onion for about 5 minutes until translucent. Add 100g minced beef (or veggie mince) and cook for a few more minutes. Stir in ½ tsp ground cumin, ½ tsp ground coriander, ½ tsp smoked paprika, a pinch of chilli powder and 130g fresh or frozen sliced bell pepper. Stir through until the peppers have softened, tip into a bowl and set aside. Return the same pan to the heat and add a 400g tin of black beans along with 100ml of the liquid from the tin, 1tsp ground cumin and a pinch of salt. Mash with a potato masher, adding more of the bean liquid as needed to make a creamy, slightly chunky paste. Remove from the heat and set aside. When the potato nachos are roasted, top with the refried beans, followed by a layer of mince mixture and sprinkle with 60g low fat grated cheddar. Return to the oven until the cheese has melted and then serve with salsa and low-fat natural yogurt.

ROASTED RATATOUILLE

Serves 4 - 0.5 Bites per serving

Spray a large pan with low cal oil and fry 1 finely chopped onion until soft. Add 1 chopped yellow pepper and 1 chopped red pepper and sauté. Toss in 2 cubed aubergines and cook for another few minutes, then add 1 sliced courgette, 3 crushed garlic cloves, 1 bay leaf and 1.5 tsp oregano. Season and cook for another few minutes. Add a tin of chopped tomatoes and allow to simmer for 30 minutes, uncovered. Transfer to an ovenproof dish, sprinkle with 60g grated Parmesan and roast in the oven until the cheese melts. Serve with ¼ plate wholewheat spiral pasta.

GINGER CHICKEN & GREEN BEAN NOODLES

Serves 4 - 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. Drizzle with a little more soy sauce before serving.



If you Bite it, Write it!

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