

# BREAKFAST RECIPES

## POACHED EGGS & RELISH

**Serves 1 - Free Food**

Spread 2x30g slices wholemeal toast with 1 tbsp no added sugar tomato relish. Slice a large tomato and layer onto the toast. Top with 2 poached eggs



## BACON BAP

**Serves 1 - Free Food**

Grill 2 slices of lean bacon and fill a 65g seeded roll. Top with a sliced tomato and a tbsp. no added sugar ketchup or relish

## BOILED EGGS & TOAST WITH BERRIES & YOGURT

**Serves 1 - 1 Bite**

Serve 2 boiled eggs with up to 60g wholemeal toast. Follow with a handful of berries topped with 0% Greek yogurt and sprinkled with 15g Chia seeds.

## FIBRE FILLER

**Serves 1 - Free Food**

Top 60g bran flakes with a pot of low-fat yogurt, mixed berries and ½ chopped banana



# BREAKFAST RECIPES

## BERRY BREAKFAST PARFAIT

**Serves 1 - Free Foods**

In a large glass, layer 1tbsp Low fat natural yogurt with a layer of berries, then another layer of yogurt, then a layer of no added sugar muesli (60g in total) and so on until you've filled the glass or used all your ingredients. Garnish with mint leaves.



## CINNAMON MUESLI

**Serves 1 - Free Food**

Top 60g no added sugar muesli with 5 chopped prunes, a handful of pomegranate seeds and 3 tbsp 0% Greek yogurt. Sprinkle with a tsp cinnamon.

## NUT BUTTER BAGEL WITH BANANA

**Serves 1 - 1 Bite**

Spread a toasted wholegrain bagel with 2 tsp no added sugar peanut butter and top with a mashed banana. Sprinkle with cinnamon and follow with a low-fat yogurt



# LUNCH RECIPES

## HAM SALAD PITTA

**Serves 1 - Free Food**

Pack a warmed whole meal pitta pocket with 2 slices lean ham, diced cherry tomatoes, diced cucumber and rocket leaves. Top with a tbsp lighter than light mayo and serve with a bowl of Unislim soup



## 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)

## PAPRIKA CHICKEN BAGEL

**Serves 1 - Free Food**



Lay a chicken fillet between 2 sheets of cling film and bash with a rolling pin until about 1cm thick. Squeeze some lemon juice over the chicken and dust with paprika. Spray a griddle pan with low cal oil and cook the chicken on both sides until charred and cooked through. Cut into slices. Mix 2 tbsp lighter than light mayo with a crushed garlic clove and spread on a toasted bagel. Top with lettuce, tomato slices & the chicken and serve with a tbsp of Unislim coleslaw.

# LUNCH RECIPES

## CHEESY BEANS ON TOAST

**Serves 1 - 1 Bite per serving**

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



## PESTO, CANNELLINI BEANS & TUNA JACKETS

**Serves 2 - 1.5 Bites per serving**

Bake 2x200g sweet potatoes until really soft. Mix ½ x 400g can cannellini beans with 2tbsp reduced fat pesto, 30g light cream cheese, 100g can tuna in water, drained, ½ finely chopped red onion and the zest of a lemon. Split the potatoes and stuff with the filling. Sprinkle with chopped basil before serving with a green salad

## EGG, ONION & 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.

## SMOKED SALMON OPEN SANDWICH

**Serves 2 - Free Food**

Spread 4x30g of rye or whole grain bread with 100g quark. Top with 100g smoked salmon slices and a squeeze of lemon juice. Sprinkle with chives and black pepper before serving.



# DINNER RECIPES

## COQ AU VIN

**Serves 4 - Free Food**

Preheat the oven to 160c/140c/gas 3. Place a large ovenproof casserole dish onto a high heat, spray with low cal oil and brown 8 small chicken thighs (skin and visible fat removed). Turn them after 3-4 minutes, add 4, thinly sliced, bacon medallions and cook for a further 3 minutes. Add 200g button mushrooms, 1 chopped red onion, 3 crushed garlic cloves, 1 beef stockpot, 2 red wine stockpots, 500ml boiling water, 2 tbsp tomato puree, 2tsp dried thyme and 1 tsp red wine vinegar. Stir well, cover and place in the oven for 1 hr and 20 minutes until the chicken is tender and the sauce has reduced. If the sauce is too thin, remove the lid and put it back in the oven for another 5 minutes to reduce further. Serve with a 200g baked potato and steamed green beans.

## CREAMY MUSHROOM TAGLIATELLE

**Serves 4 - 1 Bite per serving**

Cook 240g tagliatelle as per packet. Meanwhile, spritz a pan with low-cal oil and soften 1 chopped onion, 1 sliced leek, and 2 crushed garlic cloves. Add 400g sliced chestnut mushrooms and cook for 5 mins. Pour in 100ml veg stock or white wine and reduce for 5 mins. Stir in 60ml low-fat crème fraîche and lemon zest. Drain the pasta, return to the pan, and stir through 400g baby spinach until wilted. Mix in the mushroom sauce, serve, and top with 30g grated parmesan.

## PORK KEBABS WITH CUCUMBER SALAD AND QUINOA

**Serves 4 - 0.5 Bites per serving**

Cut 400g lean pork shoulder into 2cm chunks and put in a large bowl with 1 tbsp olive oil, ½ tbsp dried oregano, the juice and zest of 1 lemon, ½ tsp hot paprika and a good pinch of salt. Toss everything to combine and leave to marinate for 10 minutes. In a small bowl combine 100ml fat free natural yogurt, 1 small, grated, garlic clove and ½ cucumber, trimmed and grated. Season and set aside. Cut 2 red peppers into chunks. Heat the grill to high. Thread the marinated pork and the pepper chunks onto 4 metal skewers, alternating as you go. Place on a non-stick baking tray and grill on each side until cooked through. Serve on a bed of Little Gem lettuce with the yogurt mixture and ¼ plate quinoa, cooked according to packet instructions.

## CHILLI CON CARNE

**Serves 4 - 1 Bite per serving**

Spritz a pan with low cal oil and brown 400g lean beef or turkey mince with a finely chopped red onion and 2 minced garlic cloves. Add 2 tbsp tomato puree, 1tsp each of cinnamon and paprika, a chopped and deseeded chilli and a can of red kidney beans, drained. Reduce the heat and simmer for 30 minutes. Garnish with chopped coriander leaves and serve with ¼ plate basmati rice and a tbsp sour cream.

# DINNER RECIPES

## CHORIZO, ORZO & SWEETCORN STEW

**Serves 2 - 1.5 Bites per serving**

Spray a deep, frying pan with low cal oil and fry the white parts of a bunch of sliced spring onions, 1 red pepper, cut into cubes and 40g chorizo, cut into cubes for about 8 minutes, until the peppers are soft and the chorizo is just golden. Stir in 1 crushed garlic clove, 75g orzo, ½ tsp smoked paprika, a 200g can sweetcorn, drained, and a large, chopped tomato. Fry for 2-3 minutes more and then pour in 350ml chicken or vegetable stock. Bring to a simmer and cook for 8-10 minutes, stirring often until the orzo is tender. Before serving stir in ½ small bunch of chopped parsley, the green parts of the spring onions and the juice and zest of ½ a lemon.

## SALMON PASTA SALAD WITH LEMON & CAPERS

**Serves 2 - 0.5 Bites per serving**

Cook 120g wholewheat pasta according to pack instructions. Meanwhile, spray a non-stick pan with low cal oil and fry 1 large, roughly chopped, red pepper for about 5 minutes until it softens and starts to char. Push the pepper to one side and add 2 frozen, skinless wild salmon fillets. Cover and fry for 8-10 minutes until just cooked. Meanwhile, mix the zest and juice of a lemon in a large bowl with 2, finely grated garlic cloves, 1, finely chopped shallot, 2 tbsp capers and 6, sliced kalamata olives. Add the cooked pepper and salmon to the bowl along with the drained pasta. Season with black pepper and 1 tsp olive oil. Toss everything together, flaking the salmon as you go. Toss through 2 handfuls of rocket just before serving.

## CHILI LIME STEAK FAJITAS

**Serves 4 - 1.5 Bites 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, ¼ tsp red chilli flakes, ½ tsp cumin & 1tsp 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.



# If you Bite it, Write it!

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