

BREAKFAST RECIPES

MANGO SMOOTHIE

Serves 1 - Free Food

Blitz 150g frozen mango, 200ml low fat natural yogurt, 1 banana and a tbsp oats. Pour into a tall glass and serve immediately. Follow with up to 60g granary toast spread with reduced sugar jam.



PEANUT BUTTER PORRIDGE

Serves 1 - 1 Bite

Make up to 60g porridge with skimmed milk, top with a handful of berries and stir in 2 tsp of Peanut Butter (100% Nuts).

CINNAMON FRENCH TOAST

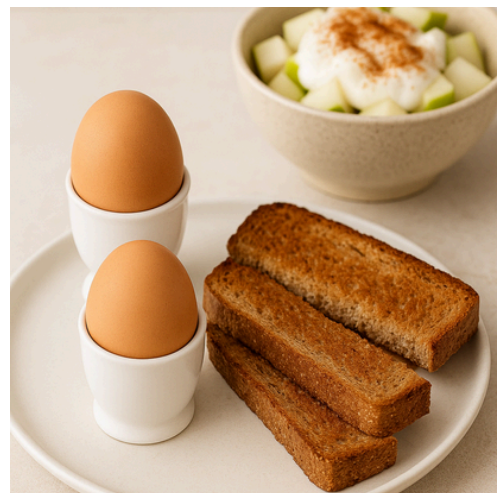
Serves 1 - Free Food

Whisk 1 egg with a dash of skimmed milk and ½ 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 low fat natural yogurt and fresh berries

FRUITY YOGURT & EGGS

Serves 1 - Free Food

Serve 2 boiled eggs with up to 60g wholemeal toast and follow with a chopped pear topped with low fat yogurt, sprinkled with cinnamon.



BREAKFAST RECIPES

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.



BERRIES & APPLE WEETABIX

Serves 1 - Free Food

Grate ½ an apple and serve with a handful of blueberries on top of 2 Weetabix with skimmed milk or low-fat natural yogurt.

TURKISH POACHED EGGS WITH SPINACH & PITTA BREADS

Serves 2 - Free Food

Put 250g spinach in a large saucepan with a tbsp of water. Cover and cook for 2 minutes until wilted. Season with salt and pepper, drain and keep warm. Poach 4 eggs until the whites are set and the yolks are still runny. In another pan heat 250g 0% Greek yogurt over the lowest possible heat with 2-3 crushed garlic cloves. Swirl in 1tsp Harissa paste. Divide the spinach between 2 bowls and spoon most of the yogurt over the top. Add the poached eggs and top with a spoonful of the yogurt. Serve immediately with toasted pitta breads



LUNCH RECIPES

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 ½ 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.



MACKEREL & CARROT SLAW WRAP

Serves 1 - Free Food

Spread a wholemeal wrap with lighter than light mayo and fill with shredded cabbage or carrot. Top with a handful of baby spinach or rocket, and smoked mackerel. Squeeze some lemon juice on top, then roll up and cut in half.

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

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 ROLL

Serves 1 - 1 Bite

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

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.

SWEET POTATO & APPLE SOUP

Serves 4- 1.5 Bites per serving

Peel & cube 800g sweet potato. Chop 2 sticks celery & 2 spring onions. Peel & slice 3 eating apples. Put all the ingredients into a large saucepan with 1.2 litres vegetable stock, 1 tsp cumin & a small piece of finely sliced ginger. Season, bring to the boil and simmer for about 20 mins until the potatoes are tender. Blend and finish with a swirl of low-fat yogurt & a sprinkle of chopped parsley. Serve with a 65g wholegrain or seeded roll.



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, ¼ 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.

SMOKY TOFU CHILLI

Serves 4 - Free Food

Drain & pat dry 2x396g packs of firm tofu, then wrap in kitchen paper and put on a flat surface. Sit a chopping board on top & weigh it down with a heavy object. Set aside for 30 minutes. Spray a deep non-stick pan with low cal oil and fry 2, large, finely diced onions, 2, finely diced, celery sticks & 3, diced red peppers with 3 tbsps. water for 6-8 mins until softened. Add 4, sliced, garlic cloves along with 1 tsp chilli powder, 2tsp. smoked paprika, 1tbsp cumin, 1tsp cinnamon and 1 tsp dried oregano. Cook for 2 minutes. Add 500ml vegetable stock, 1 tbsp tomato puree and 2x400g tins chopped tomatoes. Season, bring to the boil and simmer for 45 minutes, stirring occasionally. Meanwhile, unwrap the tofu and cut into 1.5cm cubes. Put into a bowl with ½ tsp hot chilli powder and toss to coat. Spray a large non-stick pan with oil and fry the tofu in batches for 8-10 minutes. Set aside. Drain and rinse 2x400g tins black beans and add to the chilli. Cook uncovered for 15 minutes before adding the cooked tofu. Simmer for another 10 mins, season and serve.



DINNER RECIPES

CHORIZO, ORZO & SWEETCORN SUMMER 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.

GREEK STYLE ROAST FISH

Serves 2 - Free Food

Heat the oven to 200c/180c/gas 6. Tip 200g small potatoes, scrubbed and cut into wedges into a roasting dish with 1 sliced onion, 2 roughly chopped garlic cloves and ½ tsp dried oregano (or ½ tbsp fresh) Season, spray with low cal oil and toss to coat everything. Roast for 30 minutes turning everything halfway through. Add 2 large tomatoes and ½ lemon, cut into wedges and roast for 10 minutes, then top with 2 pollock (or any white fish) fillets and cook for 10 minutes more. Serve, scattered with parsley, with extra green vegetables or a side salad.



STIR-FRIED HOISIN PORK & GREENS

Serves 4 - 1 Bite per serving

Cook 240g egg noodles according to packet instructions. Cut 450g boned lean leg of pork or pork tenderloin into bite-sized chunks and mix in a bowl with 1tbsp dark soy sauce, 4 tbsp hoisin sauce and the juice of a lime until coated all over. Lightly spray a wok with low cal oil and, when the pan is really hot, add 2 thinly sliced garlic cloves, a bunch of sliced spring onions, a deseeded and sliced red chilli and 3 chopped celery sticks. Stir-fry for 2-3 minutes and then add the pork and marinade and stir-fry for 4-5 minutes until the meat is browned. Reduce the heat and add 200g shredded baby spinach or pak choi. Cook for 2-3 minutes until the spinach wilts. Grind some black pepper on top and fold in the noodles. Warm through and serve.

DINNER RECIPES

BURGER & CHIPS

Serves 4 - 0.5 Bites per serving

In a large bowl mix 450g lean mince, 1tbsp horseradish sauce, 1tsp garlic paste, 1tbsp, roughly chopped parsley and a dash of Worcestershire sauce. Divide the mixture into 4 burgers, pressing well together and chill for 10 mins. Grill until cooked through. Place each burger in a 65g wholemeal roll and top with sliced tomato and red onion. Serve with 100g Unislim chips and a side of Unislim salsa.

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 & 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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