

# 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

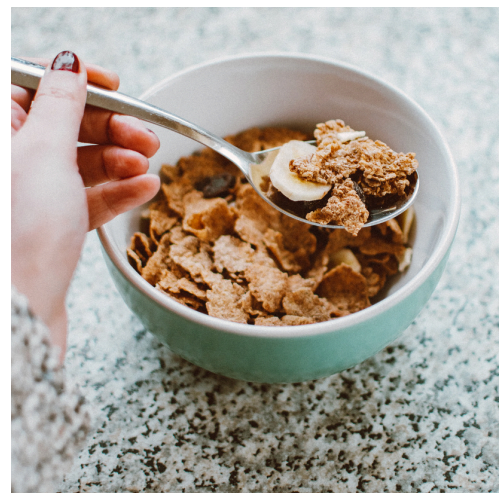
**Serves 1 - 1 Bite**

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

## 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  $\frac{1}{2}$  sliced banana. Serve with 0% Greek yogurt

## SHREDDED WHEAT WITH APPLE & BERRIES

**Serves 1 - Free Food**

Top 2 shredded wheat with  $\frac{1}{2}$  a grated apple and a handful of blueberries and serve with skimmed milk or low-fat natural 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

## 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

## 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

## 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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