

BREAKFAST RECIPES

GRANOLA & YOGURT

Serves 1- 1.5 Bites

Top 45g no added sugar granola with a handful of chopped berries and ½ sliced banana. Serve with 0% Greek yogurt.



BACON & BEANS

Serves 1 - Free Food

Grill 2 turkey rashers and serve with reduced sugar beans, and 2x30g slices wholemeal toast.

BRAN FLAKES & APPLE

Serves 1 - Free Food

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

FRUIT SALAD WITH MUESLI

Serves 2 - 0.5 Bites per serving

Mix together, 2 clementine oranges, separated into segments, 1 apple, peeled and cored, 1 kiwi, peeled and chopped and 1 small chopped banana. In a small bowl combine 2tsp honey, 1 tbsp lime juice & 1tbsp lemon juice. Warm gently for a few seconds to dissolve the honey then stir in 2 tbsp low fat natural yogurt. Drizzle over the fruit and mix gently. Divide the salad between 2 bowls and sprinkle with 30g no added sugar muesli.



BREAKFAST RECIPES

APPLE PORRIDGE WITH CHIA SEEDS

Serves 1 - 1 Bite

Make up to 60g porridge with skimmed milk or water and top with ½ grated apple and 15g Chia seeds.



SAUSAGE ROLL

Serves 1 - 2 Bites

Grill 2x40g low fat sausages and serve in a 60g wholemeal roll. Top with 1tbsp reduced sugar tomato ketchup.

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.



LUNCH RECIPES

HAM & TOMATO OMELETTE

Serves 1 - Free Foods

Whisk 2 eggs and season. Add 2 slices of chopped ham, a diced tomato, a chopped scallion, and a few sliced mushrooms and mix gently. Spray a non-stick pan with low cal oil and heat. Add the egg mix and swirl around the pan. When it's almost set, finish under a hot grill. Serve with a green salad and a 60g wholemeal bagel.



BLT PASTA SALAD

Serves 1 - 0.5 Bites per serving

Cook up to 60g pasta bows according to packet instructions and run under cold water to cool. Mix 2 grilled lean bacon rashers, broken into pieces with 15g chopped baby spinach, 6 halved cherry tomatoes, ½ tbsp low fat crème fraîche and ¼ tsp wholegrain mustard. Combine with the pasta and serve.

TUNA BEAN SALAD

Serves 2 - 0.5 Bites per serving

Chop 2 tomatoes into wedges, slice ¼ cucumber & 4 spring onions and add to a bowl along with some rocket, a tin of tuna in brine or water, drained, & 200g butter beans. Blend 1 tbsp. each balsamic vinegar and lemon juice and 2 tps. olive oil and pour over the mixture. Toss well and divide between 2 plates. Serve with 60g granary bread.

GREEK SALAD WRAPS

Serves 2 - 2 Bites per serving

Heat 2 wholemeal tortilla wraps and spread with 50g reduced fat hummus. Fill each with a sliced vine tomato, cucumber slices, 6 olives and 20g crumbled feta cheese. Roll up tightly, cut in half and serve.

LUNCH RECIPES

CARROT & GINGER SOUP

Serves 4 - Free Food

Spray a large saucepan with low cal oil and add 1 finely chopped onion, 2 finely chopped garlic cloves, and a thumb sized piece of ginger, grated. Reduce the heat to low and cook for about 10 minutes until the onion is soft. Add 1 kg of frozen or freshly sliced carrots and a litre of chicken stock. Simmer for about 30 mins until the carrots are tender. Remove from the heat, cool a little and then blitz until smooth. Garnish with some chopped parsley and serve with a 60g seeded roll.



SPICY CHICKEN & SALAD OPEN SANDWICH

Serves 1 - Free Food

Mix a tablespoon of low-fat natural yogurt with $\frac{1}{4}$ tsp of mild curry powder and add 85g cooked, chopped chicken. Top 2x30g slices of wholemeal bread with lettuce, grated carrot and sliced cucumber. Pile the spicy chicken on top and serve.

HAWAIIAN PIZZA

Serves 1 - 1 Bite

Top a wholewheat tortilla with 1 tbsp of tomato puree, 30g low fat mozzarella, 1 sliced tomato, 1 clove grated garlic, 1 sliced pineapple ring and 1 slice of torn, cooked ham.. Sprinkle with oregano and place under a hot grill for a few minutes until the cheese melts. Serve with a leafy salad.



DINNER RECIPES

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.

SPICY PORK CHOPS WITH SWEET POTATO & SPINACH MASH

Serves 2 - 1 Bite per serving

Make a marinade with 2 tbsp soy sauce, 1 tbsp grated root ginger, 1 red chilli, deseeded and finely chopped, 2 tsp honey and 2 tsp olive oil. Place 4 lean pork chops in the marinade and leave for 30 minutes. Meanwhile steam 400g sweet potato, cut into large chunks. For the last few minutes of steaming add 200g baby spinach and let it wilt. Grill the chops for 3-5 minutes on each side depending on your taste. Mash the sweet potato, stir in the spinach and serve the chops on the mash.

AIR FRYER PAPRIKA CHICKEN

Serves 4 - Free Food

Coat 4 chicken breasts in ½ tbsp rapeseed oil and set aside. In a bowl, combine 1tsp salt, 1 ½ tsp garlic granules, 1tsp smoked sweet paprika and 2tsp mixed herbs with a good grinding of black pepper, then scatter onto a plate. Roll each oiled chicken breast in the seasoning and put in your air fryer basket. Cook at 180C for 18-20 mins, turning after 10 mins. Serve with ¼ plate of baby boiled potatoes and steamed greens such as broccoli or green beans.



DINNER RECIPES

ROAST CHICKEN & STEAMED GREENS

Serves 4 - Free Food

Heat the oven to 200c. Place a full chicken on a roasting tray, spray with low cal oil and season. Squeeze the juice from ½ a lemon over the chicken and place the other half in the cavity along with a few sprigs of rosemary. Place in the oven for at least an hour, making sure it's fully cooked before serving. While the chicken is cooking place 800g parboiled potatoes onto a baking tray, spray with low cal oil and roast in the oven. Serve with steamed green veg.



FISH GOUJONS & CHIPS

Serves 4 - Free Food

Mix 30g wholemeal bread crumbs with the zest of a lemon and 2 tbsp chopped flat leaf parsley. Season well. Slice 4 hake or cod fillets into goujon strips, dip into a whisked egg and then coat evenly with the breadcrumb mix. Bake in the oven at 180c for 10mins until golden. Serve with 100g Unislim chips and a dipping sauce made by combining 2tbsp lighter than light mayo with 1 tbsp no added sugar ketchup and a squeeze of lemon.



DINNER RECIPES

ROASTED CAULIFLOWER TAGINE

Serves 4 - 1 Bite per serving

Pre-heat the oven to 220c/200c/gas 7. Break a cauliflower into florets and toss with ½ tbs olive oil and ½ tbs ras el hanout or harissa seasoning in a baking dish, then roast for 20-25 minutes. Meanwhile spray a large, lidded saucepan with low cal spray oil and cook 2, thickly sliced red onions, 1 sliced carrot and 3, finely sliced garlic cloves for 5 minutes, then stir in ½ tbs of ras el hanout and cook for another minute. Add a 400g tin of chopped tomatoes, a 400g tin of chickpeas, rinsed and drained, 80g pitted green olives, halved and 200ml boiling water. Reduce the heat, cover and simmer for 15-20 minutes until the veg is cooked and the sauce has thickened. Remove from the heat and stir in the cauliflower. Serve the tagine with ¼ plate couscous and top each plate with 30ml 0% Greek yogurt and roughly chopped parsley

PRAWN & SALMON BURGERS WITH SPICY MAYO

Serves 4 - Free Food

Roughly chop 180g of peeled raw prawns and chop 4 skinless salmon fillets into small chunks. Briefly blitz half the prawns, half the salmon, 3 chopped spring onions, zest of a lemon and ½ a small pack of coriander until it forms a coarse paste. Tip into a bowl, stir in the rest of the prawns and salmon, season and shape into 4 burgers. Chill for 10 minutes. In a small bowl mix 60g lighter than light mayo or 0% Greek Yogurt with 1tbsp chilli sauce, season, and add a squeeze of lemon juice. Spray a pan with low cal oil and fry the burgers for 3-4 minutes on each side until the fish is cooked through. Top with a dollop of the spicy mayo and serve with a 200g baked potato and steamed green beans or a green salad.



If you Bite it, Write it!

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