

BREAKFAST RECIPES

PORRIDGE WITH BERRY COMPOTE & CHIA SEEDS

Serves 1 - 1 Bite

Tip 50g frozen raspberries into a pan with the juice of ½ an orange. Simmer for about 5 minutes until the berries soften. Meanwhile, make up to 60g of porridge using skimmed milk. Top with the compote, some extra berries and 15g of chia seeds



BLUEBERRY BRAN FLAKES

Serves 1- Free Food

Top up to 60g Bran flakes with skimmed milk and a handful of blueberries.

MUSHROOMS & EGGS

Serves 1 - Free Food

Grill a large Portobello mushroom and serve with 2 poached eggs, 2x30g slices wholemeal toast and some wilted spinach.

PANCAKES & BACON

Serves 2 - 0.5 Bites per serving

Beat an egg in a bowl and add 230ml skimmed milk and 120g wholegrain flour. Whisk until smooth. Spray a pan with low cal oil and when it's really hot, pour in a small amount of batter. Cook for 1-2 minutes on each side until golden and then place on a warm plate. Repeat with the rest of the batter. Serve the pancakes while hot, with grilled, lean bacon, and berries.



BREAKFAST RECIPES

AVOCADO TOAST & EGGS

Serves 1 - Free Food

Mash half an avocado & spread on 2x30g slices of whole meal toast. Top each slice with a poached egg & some cracked black pepper.



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.

WAKE UP SMOOTHIE

Serves 2 - 0.5 Bites per serving

Combine 150ml unsweetened orange juice, 150g frozen berries, a ripe banana, 100ml low fat natural yogurt and 2 tsps. of honey in a blender. Whizz for a minute until creamy. Serve immediately. Follow with a boiled egg & up to 60g of whole meal toast.



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.



CREAMY MUSHROOMS ON SOURDOUGH

Serves 2 - 0.5 Bites per serving

Spray a pan with low cal oil, place over a medium heat and cook 250g thickly sliced chestnut mushrooms for a couple of minutes until they soften. Add 2 thinly sliced garlic cloves to the pan and cook for another 3-4 minutes until the mushrooms are tender and the garlic is soft. Add 30g extra light cream cheese to the pan and mix over a low heat. Add 1tbsp chopped basil and season with salt and pepper. Divide the mix between 2, 60g slices of toasted wholemeal sourdough, scatter with snipped chives and serve.

MINESTRONE SOUP

Serves 4 - Free Food

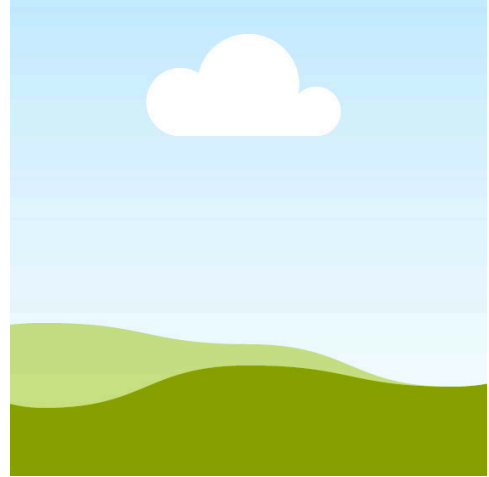
Spray a pan with low cal oil and fry 1 chopped onion & 2 chopped garlic cloves for 3-4 minutes. Add 2 sliced carrots, 2 sliced courgettes, 2 sliced celery stalks, 2 handfuls of green beans, a tin of chopped tomatoes & a litre of vegetable stock. Bring to the boil and simmer for 10 mins. Add 240g wholegrain pasta & cook for another 10 minutes. Season to taste, remove from the heat & stir in 1 tbsp reduced fat pesto just before serving.

LUNCH RECIPES

SPICY TUNA BAKED POTATO

Serves 1 - Free Food

Drained a can of tuna in water or brine and mix with a sliced spring onion, a handful of halved cherry tomatoes, ½ chopped red chilli and ½ a small bunch of chopped coriander. Split a 200g baked potato and fill with the tuna mix. Serve with a green salad



VEGETABLE FRITTATA

Serves 2 - 1.5 Bites per serving

Spray a large pan with low cal oil and fry 1 finely chopped medium red onion for 2 minutes. Add a finely sliced yellow pepper, 8 button mushrooms and 2 crushed garlic cloves along with 2tsp Herbs de Provence and ¼ tsp chilli flakes. Fry until soft, then stir through 50g frozen petit pois. Beat 4 large eggs and pour into the pan. Season, then scatter with 60g crumbled feta cheese, and 8 halved, cherry tomatoes. Cook for a few minutes until the eggs are starting to set and then put under a hot grill to finish. Serve with a leafy green salad

HONEY & LIME PRAWN SALAD

Serves 1 - 1.5 Bites per serving

Mix a handful of chopped spinach, 4 cherry tomatoes & 2 spring onions. Add 4 chopped apricots, 6 chopped almonds & 150g cooked prawns. Cook up to 60g (uncooked weight) wild or basmati rice as per pack instructions. Allow the rice to cool & add to mixture. In a small bowl, mix the juice of ½ lime & 1 tsp honey. Drizzle over the dish just before serving.

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.



DINNER RECIPES

ROAST CHICKEN WITH BABY BOILED POTATOES

Serves 1 - Free Food

Wrap a chicken fillet in foil with a squeeze of lemon, a chopped garlic clove and 6 cherry tomatoes. Bake in the oven for 20-30 minutes and serve with roasted veg and ¼ plate baby boiled potatoes.

ONE PAN PORK & LENTILS

Serves 4 - 1 Bite per serving

Season 4 pork chops with salt and pepper. Sear on a hot pan with a little spray oil for 2 minutes on each side. Remove any fat after they are cooked and set aside. In the same pan, turn the heat down, add in 2 diced carrots, 1 diced celery stick, 1 diced onion, and 2 crushed garlic cloves. Cook the veg until tender, adding a splash of water if needed. Add in 165g Extra Light Philadelphia cheese, 1 chicken stock cube, 1 tbsp Dijon mustard, 1 tbsp Wholegrain mustard, and 400ml of water. Bring to a simmer, then reduce for 5 minutes until the sauce has slightly thickened. Add in a bag of baby spinach and cook until wilted, then add 1 tin of green lentils (drained) and the pork chops covering the pork chops with the mixture. Simmer for a minute or two until everything is warmed through and serve.

GRILLED SALMON WITH COUSCOUS

Serves 1 - Free Food

Cook 60g Couscous according to package instructions. Stir through some chopped parsley, chopped tomatoes, red onion, broccoli florets, beetroot, and a squeeze of lemon juice. Serve with a grilled salmon fillet and a side salad.



DINNER RECIPES

GOATS CHEESE & SPINACH PASTA

Serves 4 - 1.5 Bites per serving

Cook 240g, dried weight, fusilli as per packet instructions. Drain and cover to keep warm. Meanwhile, spray a pan with low cal oil. Add 2, finely chopped, garlic cloves and a deseeded and finely chopped red chili. Cook for 1 minute and add 130g baby spinach. Cook for a few minutes until the spinach wilts. Add the pasta, tossing to coat well and cook for 2 minutes. Stir in a large handful of basil leaves. To serve, divide the pasta between 4 bowls and crumble 30g of goats' cheese on each.

SIZZLING BEEF IN BLACK BEAN SAUCE

Serves 2 - Free Food

In a bowl, mix 1 diced red pepper, a finely sliced thumb sized piece of root ginger, a handful of green beans, 2 crushed garlic cloves, $\frac{1}{2}$ finely sliced red chilli, 2 sliced spring onions, sliced stalks of $\frac{1}{2}$ bunch coriander (keep the leaves for later) and 200g lean beef cut into thin slices. Spray a wok with low cal oil and when very hot add the vegetables and beef. Stir fry for 3-4 minutes, moving constantly so it doesn't burn. Add 2tbsp black bean sauce, 1tbsp soy sauce and the juice of a lime. Keep stirring until the beef is cooked through, then serve immediately, garnished with coriander leaves and lime wedges, with $\frac{1}{4}$ plate noodles or basmati rice.



DINNER RECIPES

GRILLED STEAK & ROSEMARY POTATOES

Serves 1 - Free Food

Halve 6 baby potatoes, spritz with low cal oil and sprinkle with dried or fresh rosemary. Oven roast until golden. Meanwhile grill a lean sirloin or fillet steak to your liking. Serve the steak with the rosemary potatoes, sautéed mushrooms and onions (using low cal spray) and steamed broccoli.

MEATBALLS & SPAGHETTI

Serves 4 - 1 Bite per serving

Spray a pan with low cal oil and sauté 1 chopped onion, 1 chopped celery stick & 2 chopped garlic cloves until soft. Add 2 tbsp tomato puree & stir for a few minutes before adding 2x400g tins of chopped tomatoes, 1 cinnamon stick, 100mls red wine and 100mls chicken stock. Season, bring to the boil and simmer for an hour. If you prefer a smoother sauce, blitz using a hand blender once it's cooked. Meantime, spray a pan with low cal oil and sauté 1 chopped onion & 5 minced garlic cloves. Remove from the heat and allow to cool. In a bowl, put 450g extra lean minced pork or beef, 1 tbsp fresh basil, 1 tsp ground cinnamon, and the cooked onion and garlic. Season and then roll small amounts of the mixture into 16 meatballs. Place the meatballs on a baking tray and oven bake at 180c until cooked through. Stir the cooked meatballs into the sauce and serve with ¼ plate whole wheat spaghetti. Sprinkle each plate with a tbsp parmesan cheese and scatter with fresh basil.





If you Bite it, Write it!

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