

BREAKFAST RECIPES

EGGS FLORENTINE

Serves 2 - Free Food

Make a hollandaise sauce by placing 4tbsp 0% Greek yogurt, ½ tsp mustard powder, the juice of a lemon, a pinch of cayenne pepper, salt and pepper, into a pan on a low heat. Whisk continuously for 5 minutes. In a hot pan, sauté a handful of spinach for 2 minutes and drain. Toast 2 wholemeal muffins and top each one with the spinach, 2 poached eggs and hollandaise sauce.



CINNAMON BAGEL WITH RASPBERRIES

Serves 1 - 1 Bite

Mix 30g light cream cheese with a handful of fresh raspberries and spread on a toasted wholemeal bagel. Sprinkle with cinnamon and serve with a 150ml glass of fresh orange juice.

NUTTY CINNAMON PORRIDGE & BANANA

Serves 1 - 1 Bite

Make up to 60g porridge with skimmed milk. Top with ½ sliced banana and 12g almonds and sprinkle with cinnamon.

ENERGISING GREEN SMOOTHIE

Serves 1 - Free Food

Blitz the flesh of ½ avocado, ½ banana, a piece of root ginger, peeled and chopped, ½ chopped cucumber, 2 handfuls of spinach, the juice of a lime and 230ml coconut water in a blender until smooth. Pour into a tall glass and serve immediately

BREAKFAST RECIPES

MUSHROOMS ON TOAST

Serves 2 - Free Food

Spritz a pan with low cal oil & fry 180g sliced mushrooms with a chopped garlic clove. Add chopped parsley & 1 tsp of lemon juice. Divide the mushrooms between 4x30g slices of wholemeal toast, sprinkle with parsley and serve.



APPLE & PEAR OVERNIGHT OATS

Serves 4 - 0.5 Bites per serving

Place 240g rolled oats and a pinch of cinnamon in a lidded container. Pour over 500ml skimmed/ oat milk. Mix well, cover and pop in the fridge overnight. In the morning, grate 2 apples and 2 pears and stir most of it into the mixture. Transfer to bowls and top with the remaining fruit, a dollop of natural yogurt and a tsp of honey.

SCRAMBLED EGGS ON SOURDOUGH

Serves 1 - Free Food

Scramble 2 eggs with skimmed milk. Top with chopped parsley and serve on 60g wholemeal sourdough with grilled mushrooms and tomatoes

Lunch



LUNCH RECIPES

SUMMER MINESTRONE

Serves 4 - Free Food

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



CHEESE & BACON BAKED POTATO

Serves 1 - 1 Bite

Prick a 200g potato with a fork, spray with low cal oil and sprinkle with salt. Bake at 200c until soft. Cut a cross in the top and scoop out the flesh. Mix the flesh with a diced spring onion, a crumbled rasher of grilled bacon and 30g grated low fat cheddar cheese. Fill the potato shell with the mix and pop under a hot grill until the cheese melts. Serve with a green salad

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.

SMOKEY BEANS & BAKED EGGS

Serves 3 - Free Food

Spritz a wide shallow pan with low cal spray oil and cook 1 chopped onion until softened. Add a sliced red pepper and cook for another 5 minutes. Stir in 3 crushed garlic cloves, 2tsp smoked paprika, and 1tbsp reduced sugar tomato ketchup, then tip in a 400g can chopped tomatoes. Cover and simmer for 10 minutes, then remove the lid and cook for a few more minutes to thicken. Add 2x400g cans of black or pinto beans. Use a spoon to make spaces in the mixture for 6 eggs. Crack the eggs one by one into a cup and gently drop into each space. Cover the pan, reduce the heat and cook for another 3-5 minutes until the eggs are cooked. Scatter with chopped coriander before serving.

LUNCH RECIPES

TUNA ROLL

Serves 1 - 1 Bite

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



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.

CLASSIC CLUB SANDWICH

Serves 1 - Free Food

Spread 2x30g slices of wholemeal bread with lighter than light mayo. Pile 1 slice with lettuce, diced tomato & diced red onion. Top with a grilled bacon medallion and sliced, cooked, chicken breast. Top with the second slice of bread, cut in two and serve with any Unislim soup



DINNER RECIPES

STUFFED PEPPERS

Serves 2 - 1 Bite per serving

Halve 2 large red or green peppers lengthways and deseed. Spray a pan with low cal oil and cook 1 finely diced onion, 2 chopped garlic cloves & a diced green pepper until soft. Add 400g lean minced beef and cook for 5 minutes stirring continuously. Add 1 tsp mustard powder, 3 tbsp Worcestershire sauce, 3 tbsp tomato puree, 1 tbsp red wine vinegar and 120ml water. Turn the heat to low and cook for another 3-4 minutes. Season the beef mixture and fill the pepper halves. Scatter 60g reduced fat cheddar cheese evenly over the peppers and place on a baking tray in the oven 200c/180c/gas 6 until the cheese has melted and the peppers are beginning to char. Serve with a green salad.

CREAMY CHEESE STUFFED CHICKEN

Serves 4 - 2 Bites per serving

Preheat the oven to 180c/gas 4. Cut along the side of 4 chicken fillets to form a pocket. Mix 120g Philadelphia light cheese with 1 tbsp chopped chives and fill each pocket. Secure with wooden cocktail sticks. Spray a pan with low cal oil and sear the chicken on both sides over a high heat until golden. Put the chicken in an ovenproof dish and bake for 25 minutes until cooked through. In the meantime, fry 2 large, thinly sliced leeks in the juices left on the pan for 8-10 minutes. Add 400g small mushrooms, thinly sliced and cook for 3-4 mins. Add 120ml chicken stock and bring to the boil. Reduce the heat and allow to thicken. Stir in 120ml reduced fat crème fraiche and gently heat for 2-3 minutes. Serve the chicken fillets, with the sauce spooned on top, 6 baby boiled potatoes and steamed green vegetables.

STEAK & BAKED POTATO

Serves 2 - Free Food

Cook 2 lean sirloin or fillet steaks to your liking and serve with sautéed mushrooms and onions (using low cal spray oil) and a 200g baked potato



DINNER RECIPES

SEA BASS WITH SPINACH, TOMATOES AND BUTTERBEANS

Serves 1 - Free Food

Spray a non-stick pan with low cal oil and heat. Season a sea bass fillet and sear it, skin side down, cooking for 3 minutes until crisp. Turn the fish over, push to one side and cook for a couple more minutes. Add 5 halved cherry tomatoes, 1 crushed garlic clove, 125g baby spinach leaves and 200g can drained butter beans. Cook for a couple of minutes to wilt the spinach. Remove the fish, check the beans are warmed through and serve with a ¼ plate baby boiled potato.



GINGER CHICKEN & GREEN BEAN NOODLES

Serves 2 - 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 and then serve.



DINNER RECIPES

BUTTER BEAN & SPINACH STEW WITH TOASTED PINE NUTS

Serves 4 - 1.5 Bites per serving

Spray a large saucepan or casserole with low cal oil and, once hot, add 30g pine nuts. Stir for about 3 minutes until golden brown, then scoop onto a plate using a slotted spoon. Add 2 tbsp olive oil to the pan and fry a chopped onion until soft and browned. Add 4, peeled and minced, garlic cloves, 1½ tsp ground allspice and 1 tbsp ground coriander. Cook for another 5 minutes, turning down the heat so it doesn't catch, then add 2x400g tins butterbeans, drained, and 500ml veg stock. Bring to the boil, add 400g baby leaf spinach and, when it has wilted, add ¾ tsp sea salt, stir and cook on a low heat for about 10 minutes. Stir through the juice of ½ a large lemon, sprinkle with the pine nuts, and serve with ¼ plate brown or basmati rice.



PORK & APPLE BURGERS WITH CHIPS

Serves 4 - 1.5 Bites per serving

Mix 500g pork mince with a grated eating apple and season with salt and pepper. Shape into 4 burgers and chill for 15 mins before frying on a non-stick pan until cooked through. Serve in a 65g brown roll topped with sliced red onion and tomato with ¼ plate Unislim Chips and garden peas.



DATE: / /		BREAKFAST	LUNCH	DINNER
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