

BREAKFAST RECIPES

SPICY SCRAMBLED EGG & AVOCADO TOAST

Serves 1 - Free Food

Mash $\frac{1}{2}$ an avocado with black pepper and a squeeze of lemon juice. Spread on 2x30g slices of wholemeal toast and top with 2 eggs, scrambled with a little milk. Sprinkle with chilli flakes for a little added heat.



GRANOLA & YOGURT

Serves 1 - 1.5 Bites

Top 45g no added sugar granola with a handful of chopped berries and $\frac{1}{2}$ sliced banana. Serve with 0% Greek yogurt.

NUT BUTTER TOAST WITH BANANA

Serves 1 - 1 Bite

Spread 2x30g slices of wholegrain toast with 2 tsp no added sugar peanut butter and top with a mashed banana. Sprinkle with cinnamon.

EASY CREPES

Serves 2 - 1 Bite per serving

Put, $\frac{1}{2}$ cup skimmed milk, $\frac{1}{2}$ cup water, 1 tsp sweetener, 2 tsp vanilla extract & 1 cup wholegrain flour into a blender. Crack 2 medium eggs into a bowl and add to the blender. Blend to a smooth consistency. For best results let the batter sit in the fridge for 30–60 minutes. Warm a small non-stick pan over medium heat and spray with low cal oil. Pour in $\frac{1}{4}$ cup of batter. After the crepe has slightly bubbled and started to come away from the pan flip and let the other side cook for 20–30 seconds. Remove and keep warm while you cook the remaining crepes. Serve with fresh berries and Low-fat vanilla yogurt

BREAKFAST RECIPES

FRESH FRUIT COMPOTE WITH EGG & TOAST

Serves 1 - 0.5 Bites

Chop or slice 1 apple, 1 kiwi, 10 grapes, 5 strawberries and 1 pear. Drizzle over 1 tsp honey and heat for 30 secs in microwave. Follow with a boiled egg and up to 60g wholemeal toast.



BERRY & APPLE SHREDDED WHEAT

Serves 1 - Free Food

Top 2 Shredded Wheat with skimmed milk or low-fat yogurt, ½ a grated apple and a handful of blueberries.

BAKED OATS

Serves 1 - Free Food

Mix 40g porridge oats with ¾ tbsp sweetener, 2 medium eggs, beaten, 175g fat free natural yogurt, a tsp of vanilla extract, grated zest and juice of ½ a lemon and 50g blueberries. Pour into a small ovenproof dish, and bake at 200c/180c/ gas 6 until browned. Top with a few more berries and serve with a dollop of yogurt.



LUNCH RECIPES

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, then finish with a swirl of low-fat yogurt & a sprinkle of chopped parsley. Serve with a 65g wholegrain or seeded roll.



SARDINES & SOURDOUGH

Serves 1 - Free Food

Drain a can of sardines in brine and serve hot or cold on top of 2x30g slices whole meal sourdough toast. Sprinkle with parsley & a squeeze of lemon.

GRIDDLED PEACH SALAD WITH PROSCIUTTO & BLUE CHEESE

Serves 4 - 1.5 Bites per serving

Halve and stone 4 ripe peaches. Brush with a little olive oil, grind a little black pepper over and add to a really hot griddle pan, cooking for 2-3 minutes until caramelised. Set aside. Divide a 100g bag of rocket between 4 plates and pile with an 85g pack prosciutto and 90g crumbled blue cheese. Top with the griddled peaches. Whisk 1tbsp olive oil with 1tbsp balsamic vinegar, drizzle over the salad and serve.

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, thinly sliced, 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.

LUNCH RECIPES

CHEESY TUNA MELT

Serves 2 - 1 Bite per serving

Preheat the grill. Drain a tin of tuna and flake into a bowl with $\frac{1}{2}$ a bunch of chopped spring onions and 4 tbsp lighter than light mayo. Toast 2x45g slices of granary bread and spread with the tuna mix. Sprinkle 60g of grated low-fat cheddar cheese on top and return to the grill until the cheese melts. Sprinkle with paprika and serve with a tbsp of no added sugar relish



HUMMUS & RED PEPPER WRAP

Serves 1 - 0.5 Bites per serving

Spread a wholemeal wrap with 25g reduced fat hummus. Top with a handful of salad leaves, a chopped roasted red pepper (from a jar), $\frac{1}{4}$ red onion, finely sliced, and some turkey or chicken slices, if you want extra protein. Roll the wrap and serve with any Unislilm soup.

PRAWN & CHIVE OMELETTE

Serves 1 - Free Food

Beat 3 eggs in a bowl, season and stir in 1 tbsp snipped chives. Spray a small pan with low cal oil and when heated pour in the eggs. As they begin to set use a wooden spoon to draw the cooked egg towards the centre. Scatter 100g cooked prawns over the omelette and cook for another few minutes until the egg is set. Carefully fold the omelette over and slide onto a warmed plate and serve with a green salad and a granary roll.



DINNER RECIPES

FIRECRACKER PRAWNS

Serves 4- 1 Bite per serving

Spray a wok with low cal oil and stir-fry 2, sliced red peppers, 4, finely chopped spring onions, 1-2 deseeded and sliced chillies, 100g baby corn, and 100g mange tout for 2-3 minutes. Add 400g raw king prawns and cook for another 3-4 minutes until the prawns turn pink. Add 4tbsp oyster sauce, 4tbsp soy sauce, 2tsp tomato puree, juice of ½ lime and ½ tsp sugar. Stir well and cook for another minute until the sauce is thick. Serve with ¼ plate egg noodles.

GARLIC & LEMON ROAST CHICKEN

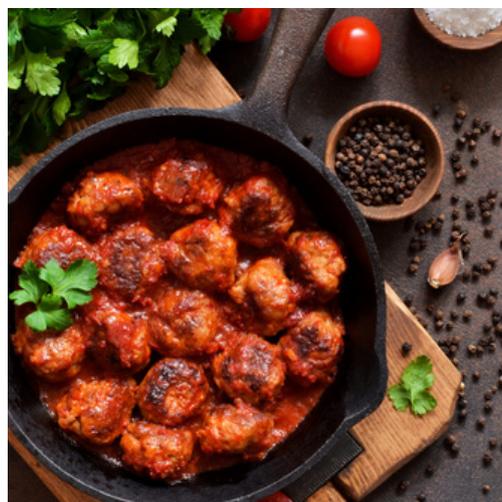
Serves 4 - Free Food

Mix the juice of ½ a lemon, 1tsp olive oil, 1tsp dried thyme, and 2 minced garlic cloves. Rub the mixture all over a medium chicken then sprinkle with salt and pepper. Place the squeezed lemon and 2 whole garlic cloves inside the cavity. Roast the chicken in a pre-heated oven for approx. 80 mins, depending on weight. Serve with ¼ plate of potatoes, roasted using spray oil, and steamed cauliflower and carrots.

MEATBALLS AND SPAGHETTI

Serves 4 - 1 Bite per serving

Spray a large pan with low cal oil and gently fry 3 finely chopped garlic cloves for 2-3 minutes. Add 2x 400g tins of plum tomatoes and simmer for 15 mins, breaking up the tomatoes as the mixture cooks. Meanwhile, add 500g extra lean mince, 1 finely chopped red onion, and 1 tsp chilli powder into a bowl and season with salt and pepper. Using your hands, mix everything together then form 15-20 small balls and put on a plate. Spray a non-stick pan with low cal oil and cook the meatballs gently until they are browned. Add the meatballs to the sauce and simmer for a further 20 minutes. Cook 240g spaghetti according to pack instructions. Serve the meatballs and sauce with the spaghetti. Sprinkle each dish with chopped basil and 15g grated parmesan



DINNER RECIPES

TUNA PASTA BAKE

Serves 4 - 1.5 Bites per serving

Cook 240g pasta (uncooked weight) according to packet instructions. While the pasta is cooking, spray a pan with low cal oil and sauté 2 diced courgettes and 5 sliced spring onions for 5 minutes. Stir in ½ tsp smoked sweet paprika and ½ tsp garlic granules. Add 400ml vegetable stock, 100g frozen peas, 100g spinach and the juice of ½ a lemon. Cook for 2-3 minutes until the spinach has wilted, then gently stir in 150g light cream cheese. Break up 2x160g tins tuna in brine in a bowl. Drain the pasta and add to the pan with the tuna. Stir everything together & transfer to a large oven proof dish. Sprinkle 30g, grated, reduced fat cheddar on top and cook for 15 minutes. Serve with a green salad.



CHICKEN & ASPARAGUS QUICHE

Serves 4 - 0.5 Bites per serving

Spray a pan with low cal oil and gently sauté 1 chicken breast, cut into chunks and 1 finely sliced onion for 2 minutes. Add 100ml chicken stock to the pan and simmer for 5 minutes until the onion is soft, the chicken is cooked and there's no liquid left in the pan. Beat 8 eggs and 2tbsp quark in a bowl until smooth. Add 30g, grated, reduced fat cheddar and season. Add the chicken and onion mix and 125g asparagus spears, trimmed and cut into ½ in pieces, to a 9" flan dish. Pour over the egg mixture and sprinkle with 30g, grated, reduced fat cheddar. Bake at 200c/180c/gas 6 for 25 minutes until set and golden on top. Serve hot or cold with a mixed salad.



DINNER RECIPES

UNISLIM SWEET & SPICY BEEF BURGER

Serves 4 - Free Food

In a large bowl, combine 450g lean mince, 1 tbsp hot horseradish sauce, 1 tbsp Worcestershire sauce, 1 tsp garlic paste, 1 tbsp onion added sugar onion relish and 1 tbsp fresh parsley, roughly chopped. Divide the mixture into 4 burgers, cover, and chill for 10 minutes before cooking on a hot grill. Serve with 100g Unislim chips and a side salad.



ROSEMARY & CAPER PORK LOIN CHOPS

Serves 4 - Free Food

Spritz a large frying pan with low cal oil. Season 4 bone - in pork loin chops and fry on both sides until cooked through. Transfer to a serving plate and cover with tinfoil. Add 200ml of chicken stock to the pan and bring to the boil. Stir in 1½ tbsps. wholegrain mustard, 3 tbsps. rinsed capers and ¼ tsp of fresh rosemary leaves. Simmer until reduced by half. Spoon the sauce over the chops and serve with ¼ plate of baby boiled potatoes and vegetables of your choice



If you Bite it, Write it!

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