

# BREAKFAST RECIPES

## BANANA SPLIT

**Serves 2-1 Bite per serving**

Peel 2 bananas and slice them lengthwise. Arrange in an X on 2 plates. Mix 200g 0% Greek yoghurt, 1 tbsp granulated sweetener and ½ tsp vanilla extract. Thinly slice 10 blueberries and 4 strawberries and stir into the yogurt. Spoon the yogurt into the middle of the bananas. Sprinkle with 25g flaked almonds and decorate with strawberry halves



## OVERNIGHT OATS

**Serves 2 - 1 Bite per serving**

In a bowl, mix 250g 0% Greek yogurt, 60ml skimmed milk, 6tbsp porridge oats and 1tbsp mixed seeds. Divide between 2 glass jars, cover and leave in the fridge overnight. Drizzle with a tsp of honey or maple syrup and top with sliced banana and some berries before serving

## 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.

## BLUEBERRY PANCAKES

**Serves 2 - 1 Bite per serving**

Beat a large egg and add to 120g wholemeal flour and 1tsp baking powder. Whisk until smooth. Fold in 200g blueberries. Pour small portions into a hot pan, sprayed with low cal oil. Cook until golden on both sides and serve with a dollop of low-fat natural yogurt

# BREAKFAST RECIPES

## BLUEBERRY BRANFLAKES

**Serves 1 - Free Food**

Top up to 60g Branflakes with skimmed milk and a handful of blueberries



## BERRY PARFAIT

**Serves 1 - Free Food**

In a large glass, layer one spoonful of low-fat natural yogurt with a layer of berries, then another layer of yogurt, then a layer of no added sugar muesli (use 60g in total). Repeat the layers until you've filled the glass. Garnish with mint leaves (optional)

## BREAKFAST BRUSCHETTA

**Serves 1 - 0.5 Bites per serving**

Peel and slice  $\frac{1}{2}$  banana. Put in a bowl with 80g blueberries and 50g Quark. Mix well. Toast 2x30g slices of wholegrain bread. Spread with the blueberry mix and drizzle with 1 tsp honey Lunch

# LUNCH RECIPES

## AIR FRY FRITTATA

**Serves 2 - 1 bite per serving**

Whisk 4 eggs with a chopped red pepper, 2 chopped lean bacon rashers and 60g low fat grated cheddar. Season with black pepper, salt and cayenne pepper (optional). Pour into a liner or tin tray and air fry at 200c for 15 minutes. Serve hot or cold with a green salad.



## HAM SALAD & GUAC ROLLS

**Serves 2 - 0.5 Bite per serving**

Split 2 x 60g wholemeal rolls in half and thickly spread the base of each with up to 30g guacamole. Top with a few rocket leaves, sliced red onion, and sliced tomato. Season with salt and pepper and finish with slices of lean ham. Spread the remaining halves of the rolls with lighter than light mayo and place on top. Serve with a bowl of Unislim soup.

## EASY PIZZA

**Serves 1 - 1 Bite per serving**

Spread a whole-wheat tortilla with tomato puree. Top with ½ a sliced red onion, ½ a diced red pepper and ½ a diced yellow pepper. Dot with some diced ham and sprinkle with 30g, grated, low fat cheddar. Finish with some chopped oregano or basil and bake in the oven until crisp and golden. Serve with a crispy salad.

## CRISPY CHICKEN AND LETTUCE WRAPS

**Serves 1 - 1 Bite per serving**

In a bowl, combine 1 small diced green apple, ½ diced red pepper, ¼ diced cucumber, 1tbsp finely chopped red onion, 1 cooked and diced chicken fillet, 4tbsps 0% Greek yogurt and 2tsp extra virgin olive oil. Season with salt and pepper and chill for 1 hour. Place the mixture inside a couple of large lettuce leaves, roll into a cylinder and serve.

# LUNCH RECIPES

## HONEY & LIME PRAWN SALAD

**Serves 1 - 1.5 Bite per serving**

Mix a handful of chopped spinach, 4 halved cherry tomatoes & 2 chopped 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

## CAULIFLOWER CHEESE SOUP

**Serves 4 - 2 Bites per serving**

Spray a large pan with low cal oil and fry, 1 chopped onion, 2 sticks chopped celery and 2 crushed garlic cloves until tender but not browned. Stir in 1 large diced potato and a medium cauliflower, cut into florets, and cook for 1 minute. Add 1 litre hot vegetable stock and a bay leaf and simmer gently for 25-30 minutes until the veg are tender. Remove the bay leaf, blitz the soup in batches until smooth and return to the pan. Stir in 100ml reduced- fat crème fraiche, 2 tsp wholegrain mustard and 90g grated reduced fat cheddar cheese. Stir gently over a low heat until the cheese has melted. Serve sprinkled with grated reduced fat cheddar (30g in total) and chopped chives.

## CHEESY CHICKEN MELT

**Serves 2 - 1 Bite per serving**

Chop a cooked chicken fillet & mix with ½ a bunch of chopped spring onions & 2 tbsp lighter than light mayo. Spread on 2 slices of granary bread. Top with 60g, grated low fat cheddar cheese & grill until the cheese is melted. Sprinkle with paprika & serve with a tbsp of no added sugar relish and a side salad.





# DINNER RECIPES

## BEEF STROGANOFF

**Serves 4 - 1 Bite per serving**

Season 400g thinly sliced steak with a little salt and pepper and set aside. Spray a large pan with low cal oil and heat. Add the steak to the pan and quickly seal on all sides. Remove the meat from the pan, add 1tsp of white wine vinegar and 2 tsp Worcestershire sauce to deglaze. Scrape and stir the browned bits from the pan over a medium heat and when the liquid has almost evaporated spray the pan with oil. Sauté 1, thinly sliced onion and 250g, thinly sliced button mushrooms until they start to brown. Add 1 tsp Dijon mustard and cook for a minute or two. Add 1 rich beef stock cube and 1 beef stock pot to 500ml of boiling water, pour into the pan and reduce the liquid by half. Stir in 200g Philadelphia lightest over a low heat making sure there are no lumps of cheese remaining. Add the steak back into the pan, stir well and simmer for 5-10 minutes depending on how you like your steak. If the sauce seems a little thick add some water. Sprinkle with chopped parsley and serve with either a 200g baked potato or ¼ plate basmati rice.

## PERI PERI CHICKEN

**Serves 4 - 0.5 Bites per serving**

In a bowl, mix 2 tbsp hot, chilli sauce, zest and juice of a lemon, and 3 minced garlic cloves. Add 4 chicken breasts and stir until they are coated. Lightly spray a griddle pan with oil and cook the chicken over a medium heat until browned and cooked through. Serve immediately with a baked potato, green salad and Unislim free coleslaw – recipe at [www.unislim.com](http://www.unislim.com)

## COD IN ORANGE SAUCE

**Serves 4 - Free Food**

Pre heat the oven to 180c. Line an ovenproof baking dish (with a lid) with baking paper. Spray paper with low cal oil and lay 4 cod fillets on top. Pour over the juice of an orange and sprinkle with 1tsp Herbs de Provence, a crushed garlic clove and the zest of the orange. Season, cover and bake for 20 mins until the cod is just cooked. Serve the fish, drizzled with a spoonful of the sauce with ¼ plate baby boiled potatoes steamed broccoli and carrots.



# DINNER RECIPES

## VEGETARIAN FAJITAS

**Serves 4 - Free Food**

Cut 1 red and 1 yellow pepper into strips. Take 2-3 strips of each colour, finely chop, and set aside. Spray a pan with low cal oil and fry the remaining pepper strips with a red onion, cut into thin wedges, until soft. Cool slightly and then mix in the raw peppers. Add a crushed garlic clove and cook for a minute, then add  $\frac{1}{2}$  tsp chilli powder,  $\frac{1}{2}$  tsp smoked paprika and  $\frac{1}{2}$  tsp ground cumin. Cook for a few minutes until the spices become aromatic, then add the juice of  $\frac{1}{2}$  lime and season. Transfer the mix to a dish, leaving any juices behind, and keep warm. Tip a 400g tin, drained, black beans into the same pan with the juice of  $\frac{1}{2}$  a lime and plenty of seasoning. Stir the beans to allow them to warm and absorb any flavours, then add a small bunch of chopped coriander. Fill 4, warmed, wholemeal tortillas with the beans and the fajita mix and serve with sliced avocado and 0% Greek yogurt.



## STIR-FRIED CHICKEN WITH BROCCOLI & BROWN RICE

**Serves 2 - 1 Bite per serving**

Boil 200g trimmed broccoli florets for about 4 minutes, drain and set aside, reserving the water. Spray a non-stick pan or wok with low cal spray oil. Stir-fry 15g shredded ginger, 2 shredded garlic cloves, and 1 sliced red onion, for 2 mins. Add 1 tsp mild chilli powder and stir briefly. Add 2 diced chicken fillets and stir for another 2 minutes. Tip the broccoli into the wok with 1 tbsp reduced salt soy sauce, 1 tbsp honey, 1 roasted red pepper, from a jar, cut into cubes, and 4 tbsps. of the broccoli water and stir until everything is warm through and the chicken is cooked. Serve garnished with chopped coriander with  $\frac{1}{4}$  plate of brown rice.



# DINNER RECIPES

## 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  $\frac{1}{4}$  plate wholewheat spiral pasta.



## PORK & FENNEL MEATBALLS WITH TAGLIATELLE

**Serves 4 - Free Food**

In a mixing bowl, combine 500g lean pork mince, 1 onion, 1 carrot and 1 celery stick, all grated or finely chopped, 1 tsp crushed chillies, 1 tsp crushed fennel seeds, 30g breadcrumbs and a beaten egg. Season well and roll heaped tps. of the mixture into balls, then put on a baking sheet and chill for 10 minutes. Spray a large lidded pan with low cal spray oil and fry the meatballs in batches until golden. Reduce the heat, stir in 2x 500g cartons of passata, cover and simmer for 15 minutes. Cook 240g tagliatelle according to pack instructions. Divide the pasta between 4 bowls and pile the meatballs on top. Scatter with chopped parsley and, if you like, 1 tbsp grated Parmesan (add 1 Bite for this)





DATE:    /    /		BREAKFAST	LUNCH	DINNER
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