

BREAKFAST RECIPES

BANANA & APPLE MUESLI

Serves 1- Free Food

Top 60g, no-added sugar muesli, with 0% Greek yogurt, ½ grated apple and a sliced banana.



BREAKFAST GRILL

Serves 1 - Free Food

Grill 2 rashers of lean bacon and a sliced tomato. Spray a pan with low cal oil and fry 8-10 sliced mushrooms. When the mushrooms are almost cooked add a handful of spinach to the pan & wilt. Dry fry 2 eggs. Serve with no added sugar beans.

RASPBERRY & APPLE SMOOTHIE

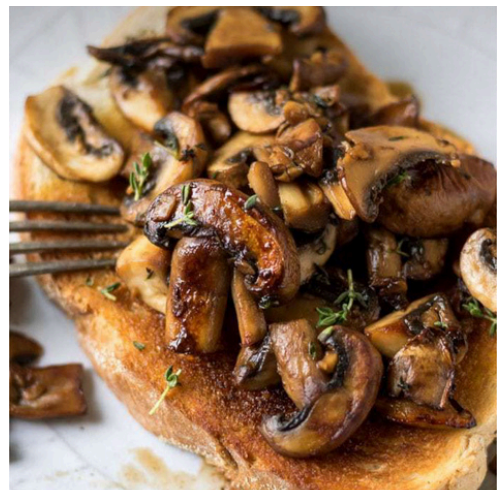
Serves 2 - Free Food

Into a blender or smoothie maker put, 2 cored apples, 150g frozen raspberries, 150ml low fat natural yogurt, 30g porridge oats, juice of ½ lemon and 100ml low fat milk. Blitz until smooth, adding a little more milk or water if it's too thick.

MUSHROOMS & EGGS

Serves 1 - Free Food

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



BREAKFAST RECIPES

CREAM CHEESE & SMOKED SALMON BAGEL

Serves 1 - 0.5 Bites

Spread a toasted wholemeal bagel with 30g extra light cream cheese and top with a slice of smoked salmon. Sprinkle with black pepper and a squeeze of lemon juice.



FRUITY WEETABIX

Serves 1 - Free Food

Top 2 Weetabix with skimmed milk or low-fat yogurt, a handful of mixed berries and a sliced kiwi.

PECAN PORRIDGE WITH PRUNES

Serves 1 - 1 Bites

Make up to 60g porridge with skimmed milk and top with 5 chopped prunes & 3 crushed pecans.



LUNCH RECIPES

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 and 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.



NUTTY CHICKEN SATAY STRIPS

Serves 2 - 1.5 Bites per serving

Heat the oven to 200c/180c/gas 4 and line a baking tray with non-stick paper. In a bowl, mix 2tbsp no added sugar chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 2 tsp lime juice. Add a dash of boiling water, if necessary, to get a coating consistency. Cut 2 chicken fillets into strips and add to the mix. Stir well to coat the chicken, then arrange on the baking sheet, spaced apart, and bake for 8-10 minutes until cooked, but still juicy. Eat warm with a side salad.

AVOCADO AND ROAST CHICKEN SALAD

Serves 2 - Free Food

Cut 2 cooked chicken breasts into chunks. Toss with ½ a peeled and sliced cucumber, an avocado, cut into chunks, a thinly sliced red onion and a grated apple. Stir in 4tbsp 0% Greek yogurt and season. Serve piled onto a bed of salad leaves with a 65g brown roll.

BAKED SWEET POTATO WITH FETA

Serves 1 - 1.5 Bites per serving

Spritz a 200g sweet potato with spray oil and sprinkle with sea salt. Rub the oil and salt well into the skin & bake in a preheated oven until cooked through. Allow to cool for a few minutes, then cut in half and scoop out the flesh. Mix 30g Feta cheese, cut into small cubes, with the potato flesh and refill the skins. Place back in the oven to reheat. Top with chopped parsley and serve with a green salad.

LUNCH RECIPES

ROASTED RED PEPPER & QUINOA SOUP

Serves 4 - 0.5 Bites per serving

Chop 1 onion and 2 red peppers and put in a baking tray with 2 cloves of crushed garlic. Sprinkle with some fresh basil and fresh rosemary, spritz with low cal oil and roast at 200c for 30 mins. Add the veg to a large pot with 1litre of vegetable stock and blitz with a hand blender until smooth. Leave on a medium heat for 15 mins. Cook 120g quinoa as per packet instructions and add to the soup. Swirl each bowl with 1 tbsp reduced fat Crème Fraiche before serving.



SUPER-SALAD WRAP

Serves 1 - 1.5 Bites

Spread a wholemeal tortilla with 30g low fat hummus and pile the centre with shredded lettuce, ¼ carrot, grated, 4 cucumber sticks and 2 avocado slices. Top with 1 tbsp fresh tomato salsa and 30g low fat, grated cheddar. Roll the wrap and slice in 2. Serve with any Unislim soup.

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

MEDITERRANEAN PORK CASSEROLE

Serves 4 - 1 Bite per serving

Cube 450g lean pork fillet and put in a casserole dish with 1, chopped, medium onion, 16 dried apricots, 6 stoned prunes, 2 whole cloves, 1 tsp ground cinnamon & some salt & pepper. Pour over 150ml dry white wine and enough chicken stock to barely cover. Sieve 1tbsp plain flour over the casserole and cook at 150c/gas 2 for 1 hour, stirring halfway through. Check the seasoning before serving with a 200g baked potato and lots of green veg.

BEEF & BLACK BEAN STIR-FRY

Serves 2 - 0.5 Bites per serving

Spray a wok with low cal oil and add 2 finely sliced garlic cloves and 2cm grated ginger. Add 300g of minute steak cut into strips and cook until the beef starts to colour. Add 2 handfuls of trimmed and blanched green beans and stir-fry for a minute more. Stir in 4tbsps black bean sauce, add a splash of water and move everything around until evenly coated. Cook for another minute or two. Serve with $\frac{1}{4}$ plate brown rice or noodles.

ROASTED VEGETABLE & PASTA BAKE

Serves 4 - 1.5 Bites per serving

Chop a red pepper, 1 courgette, 1 leek, $\frac{1}{2}$ onion, a handful of mushrooms, and a clove of garlic. Place on a baking tray, spritz with low cal oil, season and sprinkle with a tbsp dried herbs. Toss together and roast until the veg is tender and beginning to char. Meanwhile, cook 240g pasta according to packet instructions. In a large bowl toss the roasted veg with the cooked pasta, a tin of chopped tomatoes, a handful of frozen peas & 60g, torn, low fat mozzarella. Pour the mix into an ovenproof dish, sprinkle with 60g grated parmesan and bake until golden brown. Serve with salad or extra veg.



DINNER RECIPES

TACO WEDGES

Serves 4 - 1 Bite per serving

Cut 4x 200g potatoes into wedges, spray with low cal oil, sprinkle with cayenne pepper and bake in the oven until soft and golden. While the wedges are cooking, spray a pan with low cal oil and sauté 2 minced garlic cloves and 1 chopped onion. Add 400g extra lean mince & brown. Stir in a tin of chopped tomatoes, 1tbsp tomato puree, a chopped red & green pepper, a can of kidney beans, and a cup of beef stock. Add 1tsp each of chilli powder, cumin, and paprika & simmer for 5 mins. Divide the wedges between 4 plates, cover with the mince mixture, and top with a dollop of low-fat yogurt or make a Taco sauce by mixing 3 tbsps. of lighter than light mayo, 2 tbsps. tomato puree, ½ tsp chilli powder and 1 tbsp. crushed garlic. Sprinkle each serving with 30g of grated low-fat cheddar



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 ½ tsp chilli powder, ½ tsp smoked paprika and ½ tsp ground cumin. Cook for a few minutes until the spices become aromatic, then add the juice of ½ 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 ½ 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.



DINNER RECIPES

SLOW COOKER TURKEY CHILLI

Serves 4 - Free Food

In a large frying pan, crumble and cook 500g minced turkey until almost cooked through but still slightly pink. Drain any excess liquid and add the turkey to your slow cooker with 1 chopped onion, 1 red & 1 green pepper, chopped, 1 red chilli chopped, 3 cloves of garlic, minced, 2 tins tomatoes, 2 tins kidney beans, drained, 1 tsp chilli powder, 1 tsp ground cumin, 1 dried oregano, salt and pepper. Stir until combined and cook on low for 6 hours or high for 4 hours, stirring occasionally. Once cooked, taste and adjust seasonings as necessary. Serve with $\frac{1}{4}$ plate of quinoa topped with chopped coriander.



GRILLED SALMON WITH COUSCOUS

Serves 1 - Free Food

Cook 60g couscous according to packet 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.





DATE: / /		BREAKFAST	LUNCH	DINNER
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