

# BREAKFAST RECIPES

## CINNAMON FRENCH TOAST

**Serves 1 - Free Food**

Whisk 1 egg with a dash of skimmed milk and ½ tsp of cinnamon in a shallow dish. Place 1, 30g slice of whole meal bread in the mixture to soak up the egg. Repeat with a second slice of bread. Spritz a pan with low cal spray oil and cook the bread gently until browned on both sides. Serve with low fat natural yogurt and fresh berries.



## APPLE PORRIDGE WITH CHIA SEEDS

**Serves 1 - 1 Bite per serving**

Make up to 60g porridge with skimmed milk or water and top with ½ grated apple and 15g Chia seeds.

## 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.

## BACON & BEANS

**Serves 1 - Free Food**

Grill 2 turkey rashers and serve with reduced sugar beans, grilled tomato and 2x30g slices wholemeal toast.

# BREAKFAST RECIPES

## CREAMY AVOCADO & BANANA SMOOTHIE

**Serves 1 - 1 Bite**

Blend  $\frac{1}{2}$  fresh or frozen avocado,  $\frac{1}{4}$  frozen banana, 2 large handfuls spinach,  $\frac{1}{2}$  celery stick, 1 chopped apple, 2 dates, 1tbsp sunflower or flax seeds and 300ml skimmed milk or unsweetened almond milk. Pour into a tall glass and serve immediately.



## 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.

## BERRIES & APPLE WEETABIX

**Serves 1 - Free Food**

Grate  $\frac{1}{2}$  an apple and serve with a handful of blueberries on top of 2 Weetabix with skimmed milk or low-fat natural yogurt.

# LUNCH RECIPES

## TOMATO SOUP WITH PASTA

**Serves 2 - Free Food**

Cook 120g (uncooked weight) orzo or soup pasta until al dente, drain and set aside. Spray a saucepan with low cal spray oil and fry ½ chopped onion, 1 finely chopped small carrot and 1 finely chopped celery stick until tender but not too brown. Add 100ml passata and a 400g can chopped tomatoes or 4 chopped, large ripe tomatoes. Bring to the boil, add 200ml of vegetable or chicken stock and a pinch of sugar. Season and simmer for 20 minutes. Taste the soup, adjust the seasoning and add more water if you need to. Stir in the cooked pasta and serve sprinkled with chopped basil and 1 tbsp reduced fat pesto (optional, 1 Bite)



## SPICY CHICKEN & SALAD OPEN SANDWICH

**Serves 1 - Free Food**

Mix a tablespoon of low-fat natural yogurt with ¼ tsp of mild curry powder and add 85g cooked, chopped chicken. Top 2x30g slices of wholemeal bread with lettuce, grated carrot and sliced cucumber. Pile the spicy chicken on top and serve

## HAWAIIAN PIZZA

**Serves 1 - 1 Bite per serving**

Spread a wholewheat tortilla with 1 tbsp of tomato puree and top with 30g low fat mozzarella, 1 sliced tomato, 1 clove grated garlic, 1 sliced pineapple ring and 1 slice of cooked ham, torn. Sprinkle with oregano and place under a hot grill for a few minutes until the cheese melts. Serve with a leafy salad.

## GREEK SALAD WRAPS

**Serves 2 - 2 Bite per serving**

Heat 2 wholemeal tortilla wraps and spread with 50g reduced fat hummus. Fill each with a sliced vine tomato, cucumber slices, 6 olives and 20g crumbled feta cheese. Roll up tightly, cut in half and serve.

# LUNCH RECIPES

## BROCCOLI PASTA SALAD WITH EGGS & SUNFLOWER SEEDS

**Serves 2 - 1 Bite per serving**

Hard-boil 2 large eggs for 8 minutes, then shell and halve. Meanwhile, boil 75g of wholewheat penne pasta for 5 mins, then add 160g broccoli florets and 160g trimmed and halved fine beans. Cook for another 5 minutes until everything is tender. Drain, reserving the water, then tip the pasta and veg into a bowl and stir in 1 tbsp white miso paste, 1 tsp grated ginger, 1 tbsp rapeseed oil and 4 tbsp pasta water. Serve topped with the eggs, sprinkled with 2 tbsp sunflower seeds.

## CHEESY SWEET POTATO WITH CHORIZO

**Serves 2 - 2 Bites per serving**

Preheat the oven to 190c, gas 5. Prick 2x200g sweet potatoes with a fork, spray with low cal oil and bake until soft, about 45 mins. Meanwhile, fry 40g thinly sliced chorizo over a medium heat for a few minutes until it crisps up and releases its oil. Stir in 4 chopped spring onions, 80g, quartered baby plum tomatoes and 50g washed and shredded kale. Cook for 2-3 minutes and season to taste. Split the baked potatoes in half and scoop out a little of the insides. Mix with the chorizo mix, pile back into the skins and sprinkle with 30g reduced fat grated cheddar cheese. Pop back in the oven until the cheese melts. Serve with a green salad.

## SALMON & LEMON ZEST BAGEL

**Serves 1 - 1 Bite per serving**

Mix 30g light cream cheese with 1dsp low fat natural yogurt, zest of ½ lemon and some black pepper. Spread onto a toasted wholemeal bagel and top with smoked salmon.





# DINNER RECIPES

## PORK SOUVLAKI

**Serves 4 - 0.5 Bite per serving**

Cut 400g lean pork shoulder into 2cm chunks and put in a large bowl with 1 tbsp. olive oil, ½ tbsp. dried oregano, the zest and juice of a lemon, ½ tsp hot paprika and a good pinch of salt. Toss everything to combine and leave to marinate for 10 minutes. Chop 2 red peppers into bite sized chunks. Combine 100ml fat free natural yogurt, 1 small, grated garlic clove and ½ a grated cucumber in a bowl. Season with salt and set aside. Heat the grill to high and thread the pork and peppers onto 4 metal skewers. Place on a non-stick baking sheet and grill for 3-4 minutes on each side or until cooked through. Serve with little gem lettuce, the yogurt mix and ¼ plate of couscous, cooked to packet instructions. Optional: Add a tbsp. of chilli sauce to each serving for 1 extra Bite

## PRAWN & SALMON BURGERS WITH SPICY MAYO

**Serves 4 - Free Food**

Roughly chop 180g of peeled raw prawns and chop 4 skinless salmon fillets into small chunks. Briefly blitz half the prawns, half the salmon, 3 chopped spring onions, zest of a lemon and ½ a small pack of coriander until it forms a coarse paste. Tip into a bowl, stir in the rest of the prawns and salmon, season and shape into 4 burgers. Chill for 10 minutes. In a small bowl mix 60g lighter than light mayo or 0% Greek Yogurt with 1tbsp chilli sauce. Season and add a squeeze of lemon juice. Spray a pan with low cal oil and fry the burgers for 3-4 minutes on each side until the fish is cooked through. Top with a dollop of the spicy mayo and serve with a 200g baked potato and steamed green beans

## SPAGHETTI PUTTANESCA

**Serves 4 - 0.5 Bite per serving**

Spray a non-stick pan with low cal oil and fry a finely chopped onion until soft. Add 2 large, crushed, garlic cloves and ½ tsp chilli flakes and cook for another minute. Stir in a can of chopped tomatoes, 5 chopped anchovies, 24 pitted black olives and 2 tbsp drained capers. Bring to a gentle simmer and cook, uncovered, for 15 mins. Season to taste. Meanwhile cook 240g dried spaghetti, according to packet instructions, then drain and toss with the sauce. Garnish with chopped parsley and serve.



# DINNER RECIPES

## MINCED TURKEY RAGU WITH TAGLIATELLE

**Serves 4 - 0.5 Bites**

Spray a large pan with low cal oil and add 500g turkey mince, 1 chopped onion, 1 diced red pepper, 2 crushed garlic cloves and 2tsp dried oregano. Fry for 2-3 minutes until browned. Add 75g sliced black olives, a 400g tin of chopped tomatoes, 3tbsp sundried tomato puree and 300ml chicken stock and simmer, covered, for 20 minutes. Remove the lid and simmer for a further 5 minutes until the sauce has reduced a little. Meanwhile, cook 240g (uncooked weight) tagliatelle according to packet instructions and serve with the ragu.



## STEAK, AUBERGINE & FETA SALAD

**Serves 2 - 2 Bites per serving**

Half an aubergine lengthways and cut into thin slices. Season 2 tbsp of flour and lightly dust the aubergine slices. Spray a non-stick pan with low cal oil and fry the aubergine on both sides until collapsing and soft, then set aside. Turn up the heat, season 1 lean sirloin steak and fry for 2 mins each side for rare (longer for medium). Set aside to rest for five minutes, then slice thinly. Make a dressing by blitzing, 1.5 tbsp olive oil, 1 green chilli, halved and chopped, ½ lemon, juiced, ½ a small pack of coriander, ½ a small pack of mint and a splash of water, in a blender or food processor. When ready to serve, mix half the dressing with 100g lambs' lettuce and divide between 2 plates. Top with the aubergine and steak, crumble each with 20g feta cheese, then drizzle with the remaining dressing. Scatter with some coriander and mint leaves and serve.

# DINNER RECIPES

## HONEY & ORANGE ROAST SEA BASS WITH LENTILS

**Serves 2 - 1 Bites per serving**

Heat oven to 200C/180C fan/gas 6. Place 2 sea bass fillets, skin-side down, on individual squares of foil. Mix the zest and juice of ½ an orange, 2tsp clear honey, 2 tsp wholegrain mustard, 2 tsp olive oil and some seasoning, and drizzle it over the fillets. Pull the sides of the foil up and twist the edges together to make individual parcels. Place the parcels on a baking tray and bake in the oven for 10 mins until the fish is just cooked and flakes easily when pressed with a knife. Warm a 250g pouch of ready to eat Puy lentils following pack instructions, then mix with the juice of ½ an orange, 100g of watercress, a small bunch of chopped parsley, a small bunch of chopped dill and seasoning. Divide the lentils between 2 plates and top each with a sea bass fillet. Drizzle over any roasting juices that are caught in the foil and serve with steamed asparagus and carrots.

## SATAY SWEET POTATO CURRY

**Serves 4 - 2 Bites per serving**

Spray a saucepan with low cal oil and soften 1 chopped onion for 5 minutes. Add 2 grated garlic cloves and a thumb sized piece of grated ginger. Cook for a minute, until fragrant. Stir in 3tbsp Thai red curry paste, 1 tbsp, no added sugar smooth peanut butter and 500g sweet potato, peeled and cut into chunks. Add a 400ml can, reduced fat, coconut milk and 200ml of water. Bring to the boil, reduce the heat and simmer for 25-30 minutes until the sweet potato is soft. Stir through a 200g bag of spinach and the juice of a lime and season well before serving with ¼ plate basmati rice.





# If you Bite it, Write it!

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