

# BREAKFAST RECIPES

## EGGS & AVOCADO ON TOAST

**Serves 1 - Free Food**

Slice  $\frac{1}{2}$  an avocado and divide between 2x 30g slices of wholemeal toast. Top each with a poached egg and a grilled tomato. Sprinkle with some freshly chopped parsley & serve with grilled tomatoes.



## RASPBERRY & BANANA PORRIDGE WITH CHIA SEEDS

**Serves 1 - 1 Bite per serving**

Make up to 60g porridge with skimmed milk. Top with  $\frac{1}{2}$  sliced banana, a handful of raspberries and 15g chia seeds.

## IMMUNE BOOSTING SMOOTHIE

**Serves 1 - Free Food**

Blend 1-2 handfuls of rinsed spring greens with 1 banana, 1 peeled orange, 2 slices of pineapple, a handful of blueberries and 150ml unsweetened almond milk or water. Serve immediately in a tall glass.

## 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.

# BREAKFAST RECIPES

## 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.



## BANANA BRAN

**Serves 1 - Free Food**

Top 60g All- Bran or Bran Flakes with a sliced banana and serve with skimmed milk or low-fat yogurt.

## 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 RECIPES

## PAPRIKA CHICKEN BAGEL

**Serves 1 - Free Food**

Lay a chicken fillet between 2 sheets of cling film and bash with a rolling pin until about 1cm thick. Squeeze some lemon juice over the chicken and dust with paprika. Spray a griddle pan with low cal oil and cook the chicken on both sides until charred and cooked through. Cut into slices. Mix 2 tbsp lighter than light mayo with a crushed garlic clove and spread on a toasted bagel. Top with lettuce, tomato slices & the chicken and serve with a tbsp of Unislim coleslaw.



## MUSHROOM OMELETTE

**Serves 1 - 1 Bite**

Spray a small non-stick pan with low cal oil and fry 50g sliced mushrooms until golden. Transfer the mushrooms to a bowl and stir in 30g reduced fat grated cheddar cheese and a handful of chopped chives. Put the pan back on the heat and pour in 2 beaten eggs. Cook for a minute until the eggs are almost set. Spoon the mushroom mixture over one half of the omelette and then flip the other half over to cover the mushrooms. Cook for a little longer and then lift onto a plate. Serve with a green salad and 60g wholemeal sourdough.

## TUNA BEAN SALAD

**Serves 2 - 0.5 Bites per serving**

Chop 2 tomatoes into wedges, slice ¼ cucumber & 4 spring onions and add to a bowl along with some rocket, a tin of tuna in brine or water, drained, & 200g butter beans. Blend 1 tbsp. each balsamic vinegar and lemon juice and 2 tps. olive oil and pour over the mixture. Toss well and divide between 2 plates. Serve with 60g granary bread.

## CHEESY BEANS ON TOAST

**Serves 1 - 1 Bite**

Warm a tin of sugar free baked beans and serve with 2x30g slices granary toast. Top with 30g reduced fat cheddar.

# LUNCH RECIPES

## GRILLED HALLOUMI WITH ZESTY AVO SMASH

**Serves 2 - 2 Bites per serving**

Preheat the air fryer to the hottest setting and put in 2 in 2x60g slices wholemeal sourdough and 80g Halloumi. (if you can't fit it just toast the bread) Air fry for 6 minutes, turning once. Mash a ripe avocado with the zest and juice of a lime and a handful of chopped coriander. Season well. To serve, spread the avo mix on the toast, top with the halloumi and add a squeeze of Sriracha.

## LOADED CRISPBREADS

**Serves 1- 1.5 Bites per serving**

Mash  $\frac{1}{2}$  an avocado with black pepper and lime juice and spread over 4 Sesame Ryvita. Crumble 30g Feta cheese and a chopped tomato on top and drizzle with balsamic vinegar. Serve with a bowl of any Unislim soup.

## TOMATO & COURGETTE SOUP

**Serves 6 - 0.5 Bites per serving**

Spritz a large pan with low oil and heat. Add 2 chopped onions and 2 sliced courgettes and cook for 5 minutes, stirring occasionally. Add 2x400g cans of tinned tomatoes and 3 tbsp plain flour. Stir continuously for a few minutes and then add  $\frac{1}{2}$  tsp turmeric and 1.5 L of vegetable stock. Season, then cover and simmer for 30 minutes. Blend until smooth. Top each bowl with a tsp of toasted sesame seeds just before serving with a 65g brown 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 chilies, 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  $\frac{1}{2}$  lime and  $\frac{1}{2}$  tsp sugar. Stir well and cook for another minute until the sauce is thick. Serve with  $\frac{1}{4}$  plate egg noodles.

## 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 fraîche and gently heat for 2-3 minutes. Serve the chicken fillets, with the sauce spooned on top,  $\frac{1}{4}$  plate new potatoes and green vegetables.

## 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  $\frac{1}{2}$  tsp smoked sweet paprika and  $\frac{1}{2}$  tsp garlic granules. Add 400ml vegetable stock, 100g frozen peas, 100g spinach and the juice of  $\frac{1}{2}$  a lemon. Cook for 2-3 minutes until the spinach has wilted, then gently stir in 150g light cream cheese. Drain 2x160g tins tuna in brine and break up 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 60g, grated, reduced fat cheddar on top and cook for 15 minutes. Serve with a green salad.



# DINNER RECIPES

## PORK & APPLE BURGERS WITH CHIPS

**Serves 4 - 1.5 Bites per serving**

Mix 500g pork mince with a grated eating apple and season. Shape into 4 burgers and chill for 30 minutes before frying on a non-stick pan. Place each burger in a 60g brown burger bap and top with rocket, cucumber and sliced red onion. Serve with 100g Unislim chips.



## GRILLED STEAK & ROSEMARY POTATOES

**Serves 1 - Free Food**

Halve 6 baby potatoes, spritz with low cal oil and sprinkle with dried or fresh rosemary. Oven roast until golden. Meanwhile grill a lean sirloin or fillet steak to your liking. Serve the steak with the rosemary potatoes, sauteed mushrooms and onions (using low cal spray) and steamed broccoli.



# DINNER RECIPES

## CHICKEN & BEAN ENCHILADAS

**Serves 4 - 1.5 Bites per serving**

Spray a pan with low cal oil and fry 4 diced chicken breasts until cooked. For the final few minutes add in 1 large, sliced onion and 1 chopped red pepper. Stir in a tin of red kidney beans, a tin of chopped tomatoes & a thinly sliced fresh red chilli & bring to the boil. Simmer for 15 mins. Spread the mixture down the centre of 4 wholemeal tortillas. Roll up and sprinkle with 120g reduced fat cheddar cheese before popping in the oven until the cheese melts. Top each tortilla with a tbsp. of reduced fat crème fraiche and serve with a green salad.

## CHILLI CON CARNE

**Serves 4 - 1 Bites per serving**

Spritz a pan with low cal oil and brown 400g lean beef or turkey mince with a finely chopped red onion and 2 minced garlic cloves. Add 2 tbsp tomato puree, 1tsp each of cinnamon and paprika, a chopped and deseeded chilli and a can of red kidney beans, drained. Reduce the heat and simmer for 30 minutes. Garnish with chopped coriander leaves and serve with ¼ plate basmati rice and a tbsp sour cream.





# If you Bite it, Write it!

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