

# BREAKFAST RECIPES

## CINNAMON BAGEL WITH RASPBERRIES

**Serves 1 - 1 Bite**

Mix 30g light cream cheese with a handful of fresh raspberries and spread on a toasted wholemeal bagel. Sprinkle with cinnamon and serve with a 150ml glass of fresh orange juice.



## BLUEBERRY BRAN FLAKES

**Serves 1 - Free Food**

Top up to 60g Bran flakes with skimmed milk and a handful of blueberries.

## 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.

## SHREDDED WHEAT WITH APPLE & BERRIES

**Serves 1 - Free Food**

Top 2 shredded wheat with ½ a grated apple and a handful of blueberries and serve with skimmed milk or low-fat natural yogurt.

# BREAKFAST RECIPES

## 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.



## APPLE PORRIDGE

**Serves 1 - 0.5 Bites**

Make up to 60g porridge with skimmed milk and top with ½ grated apple & 1tsp honey.

## GRANOLA & YOGURT

**Serves 1 - 1.5 Bites**

Top 45g no added sugar granola with a handful of chopped berries and ½ sliced banana. Serve with 0% Greek yogurt.

# LUNCH RECIPES

## 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, 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



## TUNA MELT TOASTIES

**Serves 2 - 1 Bite per serving**

Mash a tin of tuna in brine or water with 4 chopped spring onions and 2 tbsp lighter than light mayo. Toast 4x30g slices wholemeal bread and spread with the tuna mix. Sprinkle with 60g, grated, reduced fat cheddar and pop under a hot grill until the cheese has melted. Serve with 1 tbsp no added sugar relish.

## 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.

## SALMON & LEMON ZEST BAGEL

**Serves 1 - 1 Bite**

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

# LUNCH RECIPES

## STUFFED MOROCCAN PITTA

**Serves 2 - 2 Bites per serving**

Toast 2 wholemeal pittas and spread the insides with 50g low fat hummus. Layer with 4, halved falafels, ½ a sliced red pepper and a handful of rocket leaves. Serve with a cup of Unislim soup.

## HAM & CHEESE WRAP

**Serves 1- 1 Bite**

Fill a warmed whole meal wrap with 2 slices lean ham, 30g grated low fat cheddar cheese, rocket leaves, cucumber and sliced red onion. Top with a tbsp no added sugar relish, roll up, cut in two and serve.



## 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.



# DINNER RECIPES

## PERI PERI CHICKEN

**Serves 4 - 0.5 Bites per serving**

Mix 2 tbsp hot, chilli sauce, zest and juice of a lemon and 3 minced garlic cloves in a bowl. 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)

## 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.

## SIZZLING BEEF IN BLACK BEAN SAUCE

**Serves 2 - Free Food**

In a bowl, mix 1 diced red pepper, a finely sliced thumb sized piece of root ginger, a handful of green beans, 2 crushed garlic cloves, ½ finely sliced red chilli, 2 sliced spring onions, sliced stalks of ½ bunch coriander (keep the leaves for later) and 200g lean beef cut into thin slices. Spray a wok with low cal oil and when very hot add the vegetables and beef. Stir fry for 3-4 minutes, moving constantly so it doesn't burn. Add 2tbsp black bean sauce, 1tbsp soy sauce and the juice of a lime. Keep stirring until the beef is cooked through, then serve immediately, garnished with coriander leaves and lime wedges, with ¼ plate noodles or basmati rice.



# DINNER RECIPES

## MIXED BEAN CHILLI

**Serves 4 - Free Food**

Spray a pan with Low cal oil and gently fry 2 chopped onions and 2 crushed garlic cloves for 2 minutes. Add 2 diced red/green peppers, 2tsp cumin, 2tsp crushed chilli and 1tsp chilli powder. Sweat for 5 minutes and then add 300g sliced mushrooms and cook for 1 minute. Tip in a can of chopped tomatoes, 4 tbsp tomato puree and 2 cans of beans (mixed beans or a combination of your choice e.g., butterbeans, pinto, cannellini etc.). Crumble in a veg stock cube. Mix everything well, bring to the boil and simmer for 5-10 mins. Serve with sliced avocado, squeeze of lime, a spoonful of natural yogurt and ¼ plate basmati or brown rice.



## ROASTED PEPPER LINGUINE WITH CRISP CRUMBS

**Serves 4 - 1.5 Bites per serving**

Heat the oven to 200c/180c/ gas 6. Put 4 sliced, mixed peppers in a roasting tray and spray with low cal oil. Season, spread in a single layer, and roast for 30minutes until tender. Spray a pan with low cal oil and tip in 2 finely sliced garlic cloves. Soften for 10 seconds and add in a pinch of chilli flakes and 90g fresh white breadcrumbs. Season and toast until golden brown and crisp. Tip onto a plate and set aside. Cook 240g linguine according to pack instructions, drain and reserve a few tbsp of cooking water. Toss the pasta with the roasted peppers, 18 green pitted olives, ½ small pack basil, torn, zest of half a lemon, the reserved cooking water and 3 tsps. olive oil. Sprinkle with the crisp crumbs and extra basil leaves before serving.

# DINNER RECIPES

## STIR-FRIED HOISIN PORK & GREENS

**Serves 4 - 1 Bite per serving**

Cook 240g egg noodles according to packet instructions. Cut 450g boned lean leg of pork or pork tenderloin into bite-sized chunks and mix in a bowl with 1tbsp dark soy sauce, 4 tbsp hoisin sauce and the juice of a lime until coated all over. Lightly spray a wok with low cal oil and, when the pan is really hot, add 2 thinly sliced garlic cloves, a bunch of sliced spring onions, a deseeded and sliced red chilli and 3 chopped celery sticks. Stir-fry for 2-3 minutes and then add the pork and marinade and stir-fry for 4-5 minutes until the meat is browned. Reduce the heat and add 200g shredded baby spinach or pak choi. Cook for 2-3 minutes until the spinach wilts. Grind some black pepper on top and fold in the noodles. Warm through and serve.

## ROAST COD WITH LEMON & OLIVES

**Serves 4 - 1 Bite per serving**

Place 4 cod fillets or any other white fish in a shallow oven proof dish & pour in 150ml dry white wine (fish should be half covered). Add 30 black olives & the zest of ½ a lemon. Drizzle with 4 tsps. of olive oil & season with ¼ tsp of crushed chillies, salt and pepper. Roast the fish at 200c for 18-20 minutes until it's cooked through. Remove from the oven and sprinkle with chopped parsley. Spoon the cooking juices over the fish and serve with 6 baby boiled potatoes and lots of green veg.





# If you Bite it, Write it!

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