

BREAKFAST RECIPES

POACHED EGGS & RELISH

Serves 1 - Free Food

Spread 2x30g slices wholemeal toast with 1 tbsp no added sugar tomato relish. Slice a large tomato and layer onto the toast. Top with 2 poached eggs.



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.

APPLE BRAN

Serves 1 - Free Food

Top 60g All Bran or Bran flakes with skimmed milk and top with ½ grated apple

BREAKFAST BRUSCHETTA

Serves 1 - 1.5 Bites

Peel and slice ½ banana. Put in a bowl with 80g blueberries and 50g quark. Mix well. Toast 2x30g slices of wheaten or wholegrain bread. Spread with the blueberry mix and drizzle with 1 tsp of honey.

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



CREAMY AVOCADO & BANANA SMOOTHIE

Serves 1 - 1 Bite

Blend ½ fresh or frozen avocado, ¼ frozen banana, 2 large handfuls spinach, ½ 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.

FRESH FRUIT COMPOTE

Serves 1 - 0.5 Bites

Chop or slice 1 apple, 1 kiwi, 10 grapes, 5 strawberries and 1 pear. Drizzle over 1tsp honey and heat for 30 secs in microwave. Follow with a boiled egg and up to 60g wholemeal toast.

LUNCH RECIPES

SMOKED SALMON OPEN SANDWICH

Serves 2 - Free Food

Spread 4x30g of rye or whole grain bread with 100g quark. Top with 100g smoked salmon slices and a squeeze of lemon juice. Sprinkle with chives and black pepper before serving.



PARMA HAM & VEGGIE OMELETTE

Serves 1 - 1 Bite

Spritz a pan with low cal oil & set over a medium heat. Cook 2 slices of Parma ham for 1-2 minutes each side until crispy. Make an omelette using 2 eggs, 30g reduced fat cheddar cheese, chopped parsley, a handful of sliced mushrooms & some sliced red and yellow peppers. Serve the omelette with the Parma ham crumbled on top and a 60g wholemeal crusty roll.

SPICY CHICKEN WRAPS

Serves 2 - 0.5 Bite per serving

Thinly slice 2 chicken breasts and mix with a squeeze of lime juice, ½ tsp chilli powder, ½ a sliced red onion and a chopped garlic clove. Heat a non-stick pan, spray with low cal oil, add all the ingredients and fry until the chicken is cooked through. Add 2 chopped roasted peppers (from a jar) and warm them through. Divide the chicken mix between 2 warmed wholemeal wraps, top with 30g grated low fat cheese, a dollop of low-fat natural yogurt and some chopped coriander. Roll up, slice in half and serve.

HUMMUS & RED PEPPER WRAP

Serves 1 - 0.5 Bites

Spread a wholemeal wrap with 25g reduced fat hummus. Top with a handful of salad leaves, a chopped roasted red pepper (from a jar), ¼ red onion, finely sliced, and some turkey or chicken slices, if you want extra protein. Roll the wrap and serve with any Unislim soup.

LUNCH RECIPES

BALSAMIC CHICKPEA, AVOCADO & FETA SALAD

Serves 4 - 0.5 Bites per serving

In a bowl, combine 4 cups of shredded lettuce, 1x400g tin of chickpeas, rinsed and drained, 400g halved cherry tomatoes, 2 chopped avocados and 80g cubed feta cheese. Season with salt & pepper. Whisk together 1 tbsps. olive oil and 2 tbsp balsamic vinegar and pour over the salad just before serving.

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 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)



OPEN BEEF & ROCKET SANDWICH

Serves 1 - Free Food

Mix 1 tsp lighter than light mayo, a squeeze of mustard or horseradish and slices of roast beef, cut into strips. Top 2 x 30g slices of granary bread with rocket leaves and pile the beef mix on top.

DINNER RECIPES

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. 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 in a bowl. 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 ¼ plate of couscous and steamed green vegetables.

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 in a wok or large frying pan 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 ¼ plate of brown rice.

SPAGHETTI PUTTANESCA

Serves 4 - 0.5 Bites 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

CREAMY MUSHROOM TAGLIATELLE

Serves 4 - 1 Bites per serving

Spritz a large frying pan with low cal oil and cook a finely chopped onion, a thinly sliced leek and 2 crushed garlic cloves until soft. Add 400g, sliced chestnut mushrooms and cook for 5 minutes. Add 100ml vegetable stock or white wine and cook for about 5 minutes until it reduces. Stir in 60ml low fat crème fraîche and the zest of a lemon. Cook 240g tagliatelle according to packet instructions. When the pasta is just tender, drain and return to the hot pan in which it was cooked. Stir in 400g baby spinach leaves and when it wilts gently stir in the creamy mushroom mix. Divide between 4 plates and serve immediately sprinkled with 30g grated parmesan.



SEA BASS WITH SPINACH, TOMATOES AND BUTTERBEANS

Serves 1 - Free Food

Spray a non-stick pan with low cal oil and heat. Season a sea bass fillet and sear it, skin side down, cooking for 3 minutes until crisp. Turn the fish over, push to one side and cook for a couple more minutes. Add 5 halved cherry tomatoes, 1 crushed garlic clove, 125g baby spinach leaves and 200g can drained butter beans. Cook for a couple of minutes to wilt the spinach. Remove the fish, check the beans are warmed through and serve with a ¼ plate baby boiled potatoes

DINNER RECIPES

GOATS CHEESE & SPINACH PASTA

Serves 4 - 1.5 Bites per serving

Cook 240g, dried weight, fusilli as per packet instructions. Drain and cover to keep warm. Meanwhile, spray a pan with low cal oil. Add 2 finely chopped garlic cloves and a deseeded and finely chopped red chili. Cook for 1 minute and add 130g baby spinach. Cook for a few minutes until the spinach wilts. Add this mix to the pasta, tossing to coat well, and cook for 2 minutes. Stir in a large handful of chopped basil leaves. To serve, divide the pasta between 4 bowls and crumble 30g of goats' cheese on each.

HONEY CHILLI CHICKEN

Serves 4 - 1 Bite per serving

Preheat the oven to 180c/160c/gas 4 and spray a baking dish with low cal oil. Mix 2 tbsp runny honey, a pinch of dried chilli flakes, 2 crumbled chicken stock cubes, 3 tbsp soy sauce and 1 ½ tsp garlic granules in a bowl. Place 600g skinless chicken thigh fillets in the dish and spread the mixture all over. Bake in the oven for 25-30 minutes and serve with a 200g baked potato and roasted veg.





DATE: / /		BREAKFAST	LUNCH	DINNER	
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