

# BREAKFAST RECIPES

## MAKE- AHEAD GREEK YOGURT PARFAIT

**Serves 2 - 1 Bite per serving**

Stir 1tsp vanilla extract through 300g 0% Greek Yogurt. Half fill 2 glasses or jars with any frozen fruit of your choice. Top each glass with half the yogurt and store in the fridge overnight. In the morning top each glass with 30g no added sugar granola before serving.



## BACON BAP

**Serves 1 - Free Food**

Grill 2 slices of lean bacon and fill a 60g wholemeal roll. Top with sliced tomato and a tbsp. no added sugar ketchup or relish.

## OAT & BANANA PANCAKES

**Serves 1 - Free Food**

Blend 30g porridge oats, 2 eggs, 1 banana, 1tsp vanilla extract and a pinch of cinnamon until smooth. Spray a pan with low cal oil and, when it's piping hot, pour on small portions and fry as you would a regular pancake. Serve with a portion of your favourite yogurt and some berries.

## FIBRE FILLER

**Serves 1 - Free Food**

Top 60g bran flakes with a pot of low-fat yogurt, mixed berries and ½ chopped banana.

# BREAKFAST RECIPES

## NUT BUTTER BAGEL WITH BANANA

**Serves 1 - 1 Bite per serving**

Spread a toasted wholegrain bagel with 2 tsp no added sugar peanut butter and top with a mashed banana. Sprinkle with cinnamon and follow with a low-fat yogurt.



## FRUIT & NUT SALAD

**Serves 4 - 1 Bite per serving**

Chop 2 pears and 2 apples and combine with a punnet of blueberries. In a separate bowl, mix a pot of 0% Greek style yogurt, 1 tbsp lemon juice, 2 tsp lemon zest, ½ tsp vanilla essence, ½ tsp cinnamon and ¼ tsp nutmeg. Whisk together and fold the fruit in gently. Divide the mix between 4 bowls and sprinkle each one with 10g chopped pecans.

## MUSHROOMS ON TOAST

**Serves 2 - Free Food**

Spritz a pan with low cal oil & fry 180g sliced mushrooms with a chopped garlic clove. Add chopped parsley & 1 tsp of lemon juice. Divide the mushrooms between 4x30g slices of wholemeal toast, sprinkle with parsley and serve.

# LUNCH RECIPES

## 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.



## SWEET POTATO & APPLE SOUP

**Serves 4 - 1.5 Bites per serving**

Peel & cube 800g sweet potato. Chop 2 sticks celery & 2 spring onions. Peel & slice 3 eating apples. Put all the ingredients into a large saucepan with 1.2 litres vegetable stock, 1 tsp cumin, & a small piece of finely sliced ginger. Season, bring to the boil and simmer for about 20 mins until the potatoes are tender. Blend and finish with a swirl of low-fat yogurt & a sprinkle of chopped parsley. Serve with a 65g wholegrain or seeded roll.

## ROASTED PEPPERS AND MOZZARELLA WRAP

**Serves 1 - 1.5 Bite per serving**

Roughly tear ½ a jar of roasted peppers in brine & toss with ½ a sliced red onion and a handful of rocket. Spread the mixture over a whole meal tortilla wrap. Top with 30g mozzarella, torn up. Fold and serve.

## APPLE & TUNA SALAD

**Serves 1 - Free Food**

Drain a tin of tuna in brine or spring water and put in a bowl with 1 chopped apple, 1 sliced celery stick, and 1 little gem lettuce, torn into bite sized pieces. Combine 1 tbsp lighter than light mayo with 85g live natural yogurt, 2 tsp lemon juice, salt and pepper and stir through the tuna mix. Serve with a 65g seeded roll.

# LUNCH RECIPES

## EGG, ONION & MAYO SANDWICH

**Serves 1 - Free Food**

Mix 1 egg, boiled and chopped, with 1 tomato, finely chopped, 2 spring onions, finely chopped and 1 tbsp lighter than light mayo. Season with salt and pepper and make a sandwich using 2x30g slices wholemeal bread. Serve with any Unislim soup.

## CHEESY TUNA MELT

**Serves 2 - 1 Bite per serving**

Preheat the grill. Drain a tin of tuna and flake into a bowl with ½ a bunch of chopped spring onions and 4 tbsp lighter than light mayo. Toast 2x45g slices of granary bread and spread with the tuna mix. Sprinkle 60g of grated low-fat cheddar cheese on top and return to the grill until the cheese melts. Sprinkle with paprika and serve with a tbsp of no added sugar relish.



## PESTO, CANNELLINI BEANS & TUNA JACKETS

**Serves 2 - 1.5 Bites per serving**

Bake 2x200g sweet potatoes until really soft. Mix ½ x 400g can cannellini beans with 2tbsp reduced fat pesto, 30g light cream cheese, 100g can tuna in water, drained, ½ finely chopped red onion and the zest of a lemon. Split the potatoes and stuff with the filling. Sprinkle with chopped basil before serving with a green salad.

# DINNER RECIPES

## TURKEY BURGER & SWEET POTATO WEDGES

**Serves 2 - Free Food**

In a bowl, mix 260g lean turkey breast meat, 1 small diced red onion, 1 grated garlic clove, 1 peeled and grated apple and 1 large beaten egg. Mix the ingredients well with your hands and add a good pinch of salt and pepper, 2 tsp dried oregano and 1 tsp paprika. Shape the mixture into 2 burgers and place on a baking tray in the oven for 15 – 20 mins until cooked through. Serve the burgers with 100g Unislim Sweet Potato Wedges and veg of your choice.

## GINGER CHICKEN & GREEN BEAN NOODLES

**Serves 2 - Free Food**

Cook 120g egg noodles according to pack instructions and set aside. Spray a wok with low cal spray oil, heat, and stir-fry 2 sliced chicken fillets for 5 minutes. Add 200g, trimmed green beans and fry for another 4-5 minutes until the beans are just tender and the chicken is cooked through. Peel a thumb-sized piece of ginger and cut into matchsticks. Add to the wok with 2 sliced garlic cloves, a finely sliced ball of stem ginger +1tsp of syrup from the jar, 1tsp cornflour mixed with 1tbsp water, 1tsp dark soy sauce and 2 tsp rice vinegar. Stir fry for 1 minute and then toss in the cooked noodles. Continue cooking until everything is hot and the sauce coats the noodles.

## BEEF STROGANOFF

**Serves 4 - 1 Bite per serving**

Season 400g thinly sliced steak with salt and pepper. Spray a large pan with low-cal oil, seal steak quickly on all sides, then remove. Deglaze the pan with 1 tsp white wine vinegar and 2 tsp Worcestershire sauce. Spray again with oil, sauté 1 sliced onion and 250g sliced button mushrooms until browned, then stir in 1 tsp Dijon for 1–2 mins. Add 1 rich beef stock cube and 1 beef stock pot dissolved in 500ml boiling water, reduce by half. Stir in 200g Philadelphia Lightest over low heat until smooth. Return steak, simmer 5–10 mins. Add water if sauce is too thick. Sprinkle with parsley and serve with 200g baked potato or ¼ plate basmati rice.





# DINNER RECIPES

## MEATBALLS & SPAGHETTI

**Serves 4 - 1 Bites per serving**

Spray a pan with low cal oil and sauté 1 chopped onion, 1 chopped celery stick & 2 chopped garlic cloves until soft. Add 2 tbsp tomato puree & stir for a few minutes before adding 2x400g tins of chopped tomatoes, 1 cinnamon stick, 100mls red wine and 100mls chicken stock. Season, bring to the boil and simmer for an hour. If you prefer a smoother sauce, blitz using a hand blender once it's cooked. Meantime, spray a pan with low cal oil and sauté 1 chopped onion & 5 minced garlic cloves. Remove from the heat and allow to cool. In a bowl, put 450g extra lean minced pork or beef, 1 tbsp fresh basil, 1 tsp ground cinnamon and the cooked onion and garlic. Season and then roll small amounts of the mixture into 16 meatballs. Place the meatballs on a baking tray and oven bake at 180c until cooked through. Stir the cooked meatballs into the sauce and serve with ¼ plate whole wheat spaghetti. Sprinkle each plate with a tbsp parmesan cheese and scatter with fresh basil.



## PASTA PRIMAVERA

**Serves 4 - 1.5 Bites per serving**

Steam 75g broad beans, 200g asparagus tips and 170g peas until just tender, then set aside. Cook 240g spaghetti or tagliatelle according to pack instructions. Meanwhile, heat 2tsp olive oil and 2 tps. butter in a pan and gently fry 175g, trimmed and sliced baby leeks until soft. Add 200ml fromage frais and warm through very gently, stirring constantly so it doesn't split. Add a handful of fresh chopped herbs (mint, parsley & chives) and the steamed veg with a splash of the pasta water to loosen. Drain the pasta and stir into the sauce. Season to taste, divide between 4 plates or shallow bowls and top each with 15g shaved parmesan.

# DINNER RECIPES

## BROCCOLI, CHILLI & KING PRAWN STIR-FRY

**Serves 4 - Free Food**

Place a large wok or frying pan on a high heat and spray with low cal oil. Add 2 thinly sliced garlic cloves, a thumb sized piece of ginger, peeled and finely sliced, and 1 red chilli, deseeded and finely sliced, and stir fry for 2 minutes. Add 200g tender stem broccoli and 300g broccoli florets, keep on a high heat and add 3 tbsps. water. Cook the broccoli for 5 minutes, stirring frequently, until almost tender. Add 2tbsps. light soy sauce, 1tsp granulated sweetener, ½ tsp Chinese 5 spice and 350g cooked king prawns. Season with salt and pepper and cook for another 5 minutes until the prawns are heated through. Serve with ¼ plate noodles.

## COQ AU VIN

**Serves 4 - Free Food**

Preheat the oven to 160c/140c/gas 3. Place a large ovenproof casserole dish onto a high heat, spray with low cal oil and brown 8 small chicken thighs (skin and visible fat removed). Turn them after 3-4 minutes, add 4, thinly sliced, bacon medallions and cook for a further 3 minutes. Add 200g button mushrooms, 1 chopped red onion, 3 crushed garlic cloves, 1 beef stockpot, 2 red wine stockpots, 500ml boiling water, 2 tbsp tomato puree, 2tsp dried thyme and 1 tsp red wine vinegar. Stir well, cover and place in the oven for 1 hr and 20 minutes until the chicken is tender and the sauce has reduced. If the sauce is too thin, remove the lid and put it back in the oven for another 5 minutes to reduce further. Serve with a 200g baked potato and steamed green beans.





# If you Bite it, Write it!

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**B** BITES ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Flexi fast ☐ Free Oil ☐  
Water ☐

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