

Breakfast recipes

Toast with peanut butter and orange juice (serves 1)

2 average slices of brown toast

24 g of peanut butter

Drink: 200 ml of orange juice



Fruity cereal with a skinny latte (serves 1)



2 wheat biscuits

180 ml semi skimmed milk

1 medium banana

Drink: Skinny latte made with 200 ml skimmed milk

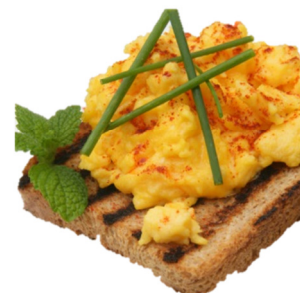
Scrambled egg and tomato on toast with tea (serves 1)

2 thick slices of wholemeal toast

100g of scrambled eggs, without milk

1 medium tomato, grilled

Drink: Mug of tea with semi-skimmed milk



Fruity yogurt muesli with orange juice (serves 1)

50 g no added sugar muesli

150 g low fat plain unsweetened yogurt

80 g raspberries

Drink: 200 ml of orange juice



Lunch recipes

Vegetable pizza (serves 2)

Ingredients

- 1 pre-made/shop bought margarita 10" pizza (325 g)
- 4 large mushrooms (80 g)
- 1 courgette (100 g)
- 1 salad bag (150 g)

Dessert: Fruit salad (fresh or shop bought) (320 g serves 2)

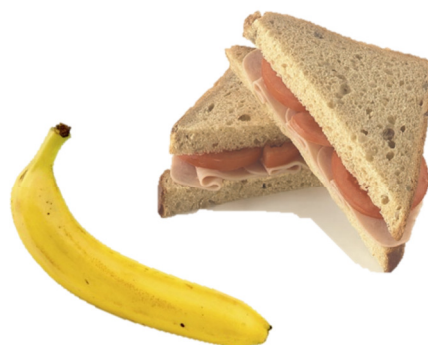


Instructions

1. Preheat the oven according to the instructions on the pizza packet.
2. Place the pre-made pizza onto an ovenproof tray and set aside.
3. Slice the mushrooms and courgettes and place onto the pizza and place in the oven.
4. Cook according to the time on the pizza packet.
5. Whilst the pizza is cooking, place half of the salad bags on each of the two plates.
6. Remove the pizza from the oven, cut in half and serve with the salad.

Ham sandwich and soup (serves 1)

- | | |
|------------------------------------|----------------------|
| Half a can of cream of tomato soup | 20 g lettuce |
| 2 medium slices brown bread | 6 slices of cucumber |
| 2 tsp. polyunsaturated spread | 1 small tomato |
| 1 small dollop of salad cream | 1 medium banana |
| 1 thick slice/2 thin slices ham | |



Tuna jacket potato (serves 1)

- 1 medium baked potato
- 2 tsp. polyunsaturated spread
- Small can of tuna, in spring water
- 1 tbsp. sweetcorn
- 2 spring onions
- 1 tbsp. reduced calorie mayonnaise
- 40 g lettuce
- 1 small tomato
- 4 slices of cucumber

Drink: 200 ml of orange juice



Pasta salad (serves 1)

- 150 g boiled wholemeal spaghetti
- 100 g leftover roasted chicken breast
- 30 g feta cheese
- 1 tbsp. olive oil
- 1 tsp. vinegar
- 6 cherry tomatoes
- ½ green pepper
- 4 spring onions
- Black pepper



Dinner

Salmon and new potatoes (serves 2)

Ingredients

2 large salmon fillets (140 g cooked weight each)

10 cherry tomatoes

350 g new potatoes boiled in unsalted water

2 tsp. polyunsaturated spread

160 g frozen broccoli

80 g low fat soft cheese

Squeeze of lemon juice

Dessert: Fruit salad (140g per person)

Instructions

1. Preheat the oven to 180 °C and place the salmon fillets and cherry tomatoes onto a baking tray.
2. Place the baking tray into the pre-heated oven and cook the salmon until it is hot all the way through
3. Boil the new potatoes in unsalted water until cooked, drain and stir in margarine
4. Steam or boil the frozen broccoli according to the pack instructions, just before serving
5. Once cooked, place the food onto plates and top the salmon with soft cheese and a squeeze of fresh lemon juice



Spaghetti bolognaise (serves 4)

Ingredients

- 2 medium onions
- 2 sticks of celery
- 2 medium carrots
- 1 red pepper
- 1 clove of garlic
- 80 g mushrooms
- 2 tbsp. vegetable oil
- 400 g extra lean mince
- 1 tsp. mixed herbs
- 2 tbsp. tomato puree
- 400 g can of chopped tomatoes
- 300 g uncooked wholewheat spaghetti
- 40 g parmesan



Starter: Small bowl (150g) of vegetable soup from can

Instructions

1. Chop the onion, celery, carrot, red pepper, garlic and mushrooms and place aside
2. In a saucepan, heat the vegetable oil and add the extra lean mince, stirring frequently, until the mince is browned and cooked all the way through
3. Add the vegetables and the garlic and cook for a further five minutes
4. Add the mixed herbs, tomato puree and the tinned chopped tomatoes and leave to simmer for 20-30 minutes
5. Whilst the bolognaise is simmering, boil the water for the pasta and cook the wholewheat spaghetti in the unsalted water, according to the pack instructions
6. Drain the pasta, serve and place the bolognaise mixture on top
7. Finish with a small grating of parmesan cheese

Vegetarian bean chilli (serves 4)

Ingredients

280 g uncooked brown rice

2 cloves of garlic

1 large onion

1 green pepper

1 grated carrot

400 g can of chopped tomatoes

400 g can of kidney beans, rinsed and drained

400 g can of chickpeas, rinsed and drained

1 tbsp. vegetable oil

2 tsp. chilli powder

1 tsp. cumin

2 tbsp. tomato puree

4 tbsp. low fat plain yogurt

Dessert: Small chocolate mousse (60g per person)

Instructions

1. Boil the water for the rice and add the uncooked brown rice to the saucepan and cook according to the pack instructions (usually 30 – 40 minutes)
2. Chop the garlic cloves, onion and green pepper and grate the carrot and put aside
3. Drain and rinse the kidney beans and chickpeas
4. Heat up 1 tbsp. of vegetable oil in a pan or wok and fry the onion, garlic, chilli powder and cumin for 1-2 minutes
5. Add the chopped pepper, grated carrot, canned tomatoes, tomato puree, chickpeas and kidney beans and simmer until the desired consistency is reached
6. Drain the rice and serve the chilli with rice and place a tablespoon of low fat plain yogurt on each plate of chilli.



Chicken curry (serves 4)

Ingredients

280 g uncooked brown rice

500 g chicken breast

1 large onion

1 red pepper

1 green pepper

1 jar of shop bought tomato-based curry sauce such as Rogan Josh, Balti or Jalfrezi

½ tbsp. low fat plain yogurt per person to serve



Instructions

1. Boil the water for the rice and add the uncooked brown rice to the saucepan and cook according to the pack instructions (usually 30 – 40 minutes)
2. Slice or dice the chicken breasts into smaller pieces
3. Cut the onion, red pepper and green pepper into chunks or slice
4. Heat the chicken on a low heat in a saucepan with a small amount of the curry sauce, until the chicken is cooked all the way through.
5. Add the onion, red and green peppers and the rest of the sauce and simmer for around 20 minutes or until the vegetables have just started to soften
6. Drain the rice and serve with the curry, placing a tablespoon of the low fat plain yogurt on each plate.

Snacks

Healthy snacks (all count as one of your 5 a day!)

Fruit and yogurt

150 g low fat plain unsweetened yogurt

80 g berries

1 tbsp. pumpkin seeds



Cheese and crackers

2 cream crackers

30 g reduced fat cheddar cheese

1 medium apple



Hummus with pitta and carrot sticks

2 tbsp. hummus

1 medium carrot, cut into sticks

1 'mini' wholemeal pitta, cut into strips



Dried fruit and nuts

25 g mixed nuts

4 dried apricots



Treats (to be enjoyed only occasionally)

175 ml glass of red wine

or

Small (32.5 g) bag of ready salted crisps

or

2 chocolate digestive biscuits

