

## Quick and Easy Fast Day Meal ideas under 300 calories

### *Breakfast Ideas:*

#### **Egg and Beans on Toast**

##### Ingredients

Brown Bread (medium sliced) - 2 slices  
Free range Egg – boiled or poached - Large  
Baked Beans 1 Tbsp

#### **Tomato and Mushroom Omelette**

##### Ingredients

Free range medium eggs whisked with drop of skimmed milk - 2 Eggs  
Cherry Tomatoes sliced - Qty 6  
Mushroom – small to medium sized - sliced Qty 4

#### **Cereal Breakfast**

##### Ingredients

Milk, Skimmed, Average - 125ml  
Banana, Raw, Average - 95g  
Breakfast Cereal, Bran Flakes, Asda - 1 Serving/47g

#### **Bagel And Soft Cheese**

##### Ingredients

Cheese, Soft, & Creamy, 35% Less Fat, Asda - 30g  
Bread, Bagel, Plain, Tesco - 1 Bagel/85g  
Tomatoes, Fresh, Raw, Average - 85g

#### **Fruit salad**

##### Ingredients

Oranges, Fresh, without Peel, Average - 120g  
Banana, Raw, Flesh Only, Average - 1 Med/118g  
Pears, Conference, Average - 1 Med/166g  
Apples, Braeburn, Average - 1 Apple/65g

#### **Porridge & Banana**

##### Ingredients

Breakfast Cereal, Porridge Oats, Whole Oats, Jordans - 30g  
Milk, Skimmed, Average - 100ml  
Water, Mineral Or Tap - 100ml  
Banana, Raw, Flesh Only, Average - 1 Med/118g

---

## Lunch or Evening Meal ideas:

### Baked Salmon with Steamed Vegetables

#### Ingredients

Fresh Salmon fillet baked with salt, pepper and 5ml olive oil	- 150g
Broccoli sliced and steamed	- 200g
Whole medium carrot sliced and steamed	- 200g

### Stuffed Pitta with Grilled Chicken

#### Ingredients

Bread, Pitta, Wholemeal	- 55g
Rocket, Fresh, Raw, Average	- 50g
Chicken, Breast, Fillets, Skinless & Boneless, Raw, Average	- 1 Breast/100g
Apples, Braeburn, Average	- 1 Apple/65g

#### Method

Grill your chicken breast - or get the pre-cooked one out of the packet  
Chop to liking and fill pitta with pieces and rocket.  
Finish with an apple.

### Spicy Vegetable Stir Fry – 2 servings

#### Ingredients

Onions, Red, Raw, Average	- 1 medium
Hot Chilli Peppers, Red, Raw sliced with seeds	- 1 Med/100g
Tomatoes, Cherry, Average	- 6 Tomato
Sweet Yellow Pepper	- 1 whole
Mushroom raw	- 100g
Garlic, Raw, Average	- 1 Clove
Sauce, Soy, Average	- 1 Tsp/5ml
Oil, Sunflower, Average	- 5ml
Rice, Basmati, Brown	- 120g

#### Method

- 1) Fry the vegetables in the sunflower oil.
- 2) When cooked add soy sauce and heat through.
- 3) Serve with rice.

### Delicious Three Bean Salad – 2 servings

#### Ingredients

Beans, Kidney, Red, Canned, Average	- 30g
Beans, Butter, Canned, Drained, Average	- 30g
Chick Peas, Dried, Average	- 30g
Rice, Brown, Cooked, Average	- 60g
Onions, Red, Raw, Average	- 1 medium
Peppers, Capsicum, Green, Raw, Unprepared, Average	- ½ Med/80g
Peppers, Capsicum, Red, Raw, Unprepared, Average	- ½ Med/80g
Tomatoes, Cherry, Average	- 6 Tomatoes
Dressing, Classic Italian, Fat Free, Kraft	- 1 fl oz/30ml

## Butternut Squash, Lentil & Sweet Potato Soup - 2 servings

### Ingredients

Onion, Raw, white or red	- 1 Med/180g
Sweet Potato, Raw	- 300g
Butternut squash, Wedges	- 220g
Tinned Chopped Tomatoes	- 400g
Lentils, Green, in Water, Tinned	- 1 Can Drained/265g
Bouillon, Vegetable, or a stock cube from Knorr	- 1 Tbsp/15ml
Cinnamon, Ground	- ¼ Tsp/0.75g
Coriander, Seeds, Ground	- ¼ Tsp/1.25g
Paprika, Average	- ¼ Tsp/0.5g
Ginger, Ground, Average	- ¼ Tsp/0.5g
Tomato Puree, Average	- 1 Tbsp/15g

### Method

1. Gently dry fry chopped onions. Peel and cut the sweet potato and butternut squash into chunks.
2. Add sweet potato and butternut squash chunks and fry for approx 5 mins.
3. Add spices for flavour (cinnamon, coriander, paprika, ginger).
4. Fry for approx 2 minutes stirring all the time to blend spices in.
5. Add tomatoes, tomato puree and continue cooking for 5 mins.
6. Add lentils and vegetable stock to cover and simmer until all vegetables are softened.

## Classic Egg and Tomato Sandwich

### Ingredients

Bread, Wholemeal, Loaf, Sliced, Medium	- 2 slices
Eggs, Barn, Medium, Fresh,	- 1 Egg/59g
Tomatoes, Fresh, Raw, Average	- 85g

## Wholesome Ham and Chickpea Salad

### Ingredients

Cooked sliced wafer thin ham	- 5 slices
Cucumber diced	- 1 serving/60g
Spinach, Raw	- 75g
Onions, Red, Raw	- 1 Serving/80g
Chick Peas, in Water, Drained,	- ½ Can/120g
Garlic, Raw, Average	- 2 Cloves/6g
Juice, Lemon, Fresh, Average	- 1 Juiced Lemon/35.5ml
Chilli Powder, Average	- 1 Tsp/4g
Oil, Olive, Extra Virgin,	- 1 Tbsps/30ml

### Method

1. Chop up the onions and spinach into a salad bowl.
2. Drain and rinse the chickpeas and add to salad bowl.
3. Dice the wafer thin ham and add to the bowl.
4. Mince the garlic and combine with the chilli powder, olive oil and lemon juice and drizzle over the salad.
5. Put in bowl and serve.