

Name:

Date:



I can choose



healthy



meals



to create



a healthy



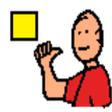
recipe



book



for



myself.

Meal 1:

Meal 2:

Name:

Date:

Meal 3;

Meal 4;

What did I do well?

What do I need to work on?

What is my next step?



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Chicken Pitta Pockets

1. Cut open a pitta pocket and cut in half.
2. Chop cucumber and tomato into chunks.
3. Stuff the pita with the salad and chicken.
4. Add a low fat dressing.



Chicken balls, rice and broccoli.

1. Mix together chicken mince or thinly diced chicken with egg,
2. Add grated carrot and celery with herbs of your choice.
3. Make into balls and cook in the oven for 15 mins until cooked through.
4. Serve with rice and broccoli.



Dippy egg and asparagus.

1. Boil two eggs for 2-3 mins for a runny yolk.
2. Boil or roast asparagus and chop for dipping.



Healthy fish chips and peas.

1. Dip a piece of white fish into egg then breadcrumbs.
2. Fry and turn occasionally until golden brown-around 8 mins.
3. Serve with mushy peas and home made chips.

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Tomato soup

- Fry onions and garlic in 3 table spoons of olive oil.
- Add chopped carrot celery and potato with 1 litre of vegetable stock, a tin of chopped tomatoes and a table spoon of tomato puree.
 - Blend and serve with fresh bread.



Jacket potato with cheesy beans

1. Cook potato in oven for 45 mins until crisp.
2. Cook baked beans in saucepan and add grated cheese until melted.
3. Pour over jacket potato and serve.



Blueberry muffins

1. Mix 250g self raising flour, 100g caster sugar, 2 eggs, blueberries and 200ml of semi skimmed milk.
2. Add to cases and bake for mins 18 mins until golden brown.



BBQ chicken pizza

1. Use a tortilla wrap as a base.
2. Spread tomato puree and bbq sauce on base.
3. Add veg of your choice and cooked chopped chicken and sprinkle with cheese and rocket.