

| DAY | RECIPE | WHERE FROM | POINTS | CHANGE |
|---------------------------------|----------------------------------------------------|-----------------|--------|-----------------------------|
| Thursday, 1 February 2024 | Coconut Fish Curry | Cookidoo | 10 | change to Avocado Oil |
| Friday, 2 February 2024 | WHATEVER IS LEFT OVER | | | |
| Saturday, 3 February 2024 | Nonna's Italian Chicken Tray Bake | AVD B2 P133 | 7 | |
| Sunday, 4 February 2024 | Beef & Rice Bake | AVD Website © | 10 | Cook - Freeze half |
| Monday, 5 February 2024 | Fish and mixed vegetable parcels | Cookidoo | 2 | |
| Tuesday, 6 February 2024 | Chicken Bacon & Sweetcorn Soup | AVD B2 P76 | 2 | |
| Wednesday, 7 February 2024 | Out for Dinner | | | |
| Thursday, 8 February 2024 | Sweet Sour Chicken & Rice | AVD B1 P153 | 1 + 4 | |
| Friday, 9 February 2024 | WHATEVER IS LEFT OVER | | | |
| Saturday, 10 February 2024 | Beef & Noodle Soup (Pho Bo) | TTC Website | 8 | |
| Sunday, 11 February 2024 | Salmon with ginger sauce and spiced cashews | Cookidoo | 5 | |
| Monday, 12 February 2024 | Mexican Chicken Meatballs with Salad | AVD B2 P97 | 0 | |
| Tuesday, 13 February 2024 | Loaded Tuna Pasta Salad | AVD B2 P92 | 5 | |
| Wednesday, 14 February 2024 | Herby Steaks with French Potato Salad | Cookidoo | 10 | minus herb butter |
| Thursday, 15 February 2024 | Cream of Tomato Soup | Cookidoo | 4 | Half Cream |
| Friday, 16 February 2024 | WHATEVER IS LEFT OVER | | | |
| Saturday, 17 February 2024 | Swedish Meatballs | AVD B1 P148 | 3 | |
| Sunday, 18 February 2024 | Chicken & Spinach Lasagna | Cookidoo | 9 | |
| Monday, 19 February 2024 | Salmon Tray Bake | AVD B1 P147 | 4 | |
| Tuesday, 20 February 2024 | Chicken Teriyaki | Cookidoo | 5 | Use Chicken Breast |
| Wednesday, 21 February 2024 | Crustless Quiche | AVD B2 P78 | 8 | 2 serves |
| Thursday, 22 February 2024 | Cheesy Chicken Lasagne | AVD B2 - P148 © | 7 | Freezer |
| Friday, 23 February 2024 | WHATEVER IS LEFT OVER | | | |
| Saturday, 24 February 2024 | Crunchy Slaw with Chicken & Sesame Peanut Dressing | AVD B1 P82 | 2 | |
| Sunday, 25 February 2024 | Ginger Maple Chicken | AVD B2 P108 | 7 | check ingredients to points |
| Monday, 26 February 2024 | Mac & Cheese ADDING Tuna | AVD B1 P150 | 7 | |
| Tuesday, 27 February 2024 | Portugese Chicken Burrito Bowl | AVD B1 P90 | 4 | |
| Wednesday, 28 February 2024 | Beef & Rice Bake | AVD Website © | 10 | Freezer |
| Thursday, 29 February 2024 | Dukkah Crusted Citrus Salmon Tray Bake | AVD B2 P131 | 2 | |
| Friday, 1 March 2024 | WHATEVER IS LEFT OVER | | | |