

DAY	RECIPE	WHERE FROM	POINTS	CHANGE
Monday, 4 March 2024	Cream Chicken Cauliflower Soup	Cookidoo	0	
Tuesday, 5 March 2024	Portuguese Chicken Burrito Bowl	AVD B1 P90	4	
Wednesday, 6 March 2024	Vietnamese Chicken Salad	WW EGTHE P 160	4	
Thursday, 7 March 2024	Chilli Con Carne	AVD Website	7	
Friday, 8 March 2024	Fish and Chips	WW EGTHE P 178	4	
Saturday, 9 March 2024	Chicken Buddha Bowl	Cookidoo	4	Sesame Oil 1 tsp
Sunday, 10 March 2024	Beef & Rice Bake	AVD Website	10	
Monday, 11 March 2024	Chicken & Spinach Enchiladas	TTC Website	6	
Tuesday, 12 March 2024	Lasagne - Beef & Roasted Pumpkin	AVD Website	6	
	Pasta Bolognese Sauce - Low Fat	AVD Website		
Wednesday, 13 March 2024	Creamy Chicken & Mushroom Hotpot	WW EDTHE P 210	2	
Thursday, 14 March 2024	Tex-Mex Soup	TTC Website	3	
Friday, 15 March 2024	Dukkha Crusted Citrus Salmon Tray Bake	AVD B2 P 131	2	
Saturday, 16 March 2024	Shepherd's Pie with Parmesan Mash	AVD B2 P 120	9	
Sunday, 17 March 2024	Lasagne - Beef & Roasted Pumpkin	AVD Website	6	
	Pasta Bolognese Sauce - Low Fat	AVD Website		
Monday, 18 March 2024	Sarah's Easy Pasta Bake	WW EGTHE P 182	4	
Tuesday, 19 March 2024	Crunchy Slaw with Chicken & Sesame Peanut Dressing	AVD B1 P82	3	
Wednesday, 20 March 2024	Sticky BBQ Meatballs	AVD B1 P 94	1 each	
Thursday, 21 March 2024	Beef & Rice Bake	AVD Website	10	
Friday, 22 March 2024	Shakshuka	AVD Website	3	
Saturday, 23 March 2024	Chilli Con Carne	WW EDTHE P 222	5	
Sunday, 24 March 2024	Easy Cheesy French Onion Chicken Bake	AVD Website	4	
Monday, 25 March 2024	Herby Steak with French Potatoes	Cookidoo	10	minus butter
Tuesday, 26 March 2024	Sweet Potato & Chicken Patties	AVD Website	1 each	
Wednesday, 27 March 2024	Chinese Chicken Rissolos	WW EGTHE P 188	0	
Thursday, 28 March 2024	Italian Meatball & Baby Bocconcini Bake	AVD Website	8	
	Anna's Italian Meatballs	AVD Website	0	
Friday, 29 March 2024	Minetrone Soup - Minus Bacon today	TTC Website	1	
Saturday, 30 March 2024	Chicken Teriyaki	Cookidoo	5	
Sunday, 31 March 2024	EASTER SUNDAY			

MEAT	RECIPE			
500g Chicken Breast	Cream Chicken Cauliflower Soup	https://cookidoo.com.au/recipes/recipe/en-AU/r540614		
250g Chicken Breast	Portuguese Chicken Burrito Bowl			
500g Chicken Breast	Vietnamese Chicken Salad	https://www.weightwatchers.com.au/recipe/vietnamese-chicken-salad-1/562688eecb94e20c3417791e		
500g L Beef Mince	Chilli Con Carne	https://feedmehealthy.com.au/2018/10/01/chilli-con-carne-rice/		
White Fish	Fish and Chips	https://www.weightwatchers.com.au/recipe/fish-and-chips/56a91c57d91e5f0d3a865a8a		
250g Chicken Breast	Chicken Buddha Bowl	https://cookidoo.com.au/recipes/recipe/en-AU/r800119		
500g L Beef Mince	Beef & Rice Bake	https://feedmehealthy.com.au/2022/10/07/beef-rice-bake-thermomix-mode/		
500g Chicken Breast	Chicken & Spinach Enchiladas	https://thethermocouple.com.au/2022/09/ttc-chicken-spinach-enchiladas/		
	Lasagne - Beef & Roasted Pumpkin	https://feedmehealthy.com.au/2018/10/01/pasta-lasagne-beef-roast-pumpkin/		
400g L Beef Mince	Pasta Bolognese Sauce - Low Fat	https://feedmehealthy.com.au/2018/10/01/pasta-bolognese-sauce-low-fat/		
400g Chicken Breast	Creamy Chicken & Mushroom Hotpot	https://www.weightwatchers.com.au/recipe/creamy-chicken-and-mushroom-hot-pot/5ab03a4bc24c8360823		
500g Chicken Breast	Tex-Mex Soup	https://thethermocouple.com.au/2022/09/tex-mex-soup-the-thermocouple-way/		
Salmon	Dukkha Crusted Citrus Salmon Tray Bake			
500g Chicken Breast	Shepherd's Pie with Parmesan Mash			
Freezer	Lasagne - Beef & Roasted Pumpkin	https://feedmehealthy.com.au/2018/10/01/pasta-lasagne-beef-roast-pumpkin/		
Freezer	Pasta Bolognese Sauce - Low Fat	https://feedmehealthy.com.au/2018/10/01/pasta-bolognese-sauce-low-fat/		
240g L Turkey Mince	Sarah's Easy Pasta Bake	https://www.weightwatchers.com.au/recipe/easy-pasta-bake/59683d6f5909dd1d3fd80a46		
500g Chicken Breast	Crunchy Slaw with Chicken & Sesame Peanut Dressing			
500g Chicken Breast	Sticky BBQ Meatballs	https://feedmehealthy.com.au/2019/03/23/bbq-sticky-glazed-meatballs/		
500g L Beef Mince	Beef & Rice Bake	https://feedmehealthy.com.au/2022/10/07/beef-rice-bake-thermomix-mode/		
Vegeterian	Shakshuka	https://feedmehealthy.com.au/2018/10/01/shakshuka/		
500g L Beef Mince	Chilli Con Carne	https://www.weightwatchers.com.au/recipe/chilli-con-carne-8/56268970cb94e20c3417d02a		
250g Chicken Breast	Easy Cheesy French Onion Chicken Bake	https://feedmehealthy.com.au/2024/01/08/easy-cheesy-french-onion-chicken-bake/		
Eye Fillet x 2	Herby Steak with French Potatoes	https://cookidoo.com.au/recipes/recipe/en-AU/r354476		
500g Chicken Breast	Sweet Potato & Chicken Patties	https://feedmehealthy.com.au/2020/01/21/sweet-potato-chicken-patties/		
500g Chicken Breast	Chinese Chicken Rissoles	https://www.weightwatchers.com.au/recipe/chinese-chicken-rissoles/5afb86cb71e8b800753e3360		
	Italian Meatball & Baby Bocconcini Bake	https://feedmehealthy.com.au/2018/10/03/pasta-italian-meatball-baby-bocconcini-bake/		
500g Chicken Breast	Anna's Italian Meatballs	https://feedmehealthy.com.au/2018/09/30/meatballs-italian/		
Vegeterian	Mintrone Soup - Minus Bacon today	https://thethermocouple.com.au/2022/07/minestrone-soup/		
250g Chicken Breast	Chicken Teriyaki	https://cookidoo.com.au/recipes/recipe/en-AU/r536578		
	EASTER SUNDAY			