

DAY	RECIPE	WHERE FROM	POINTS	MEAT
Monday, 1 April 2024	Creamy Chicken & Mushroom Hotpot	WW Website	2	400g Chicken Breast Pieces
Tuesday, 2 April 2024	Lasagne - Beef & Roasted Pumpkin ©	AVD Website	6	400g Beef Mince
Wednesday, 3 April 2024	Beef & Rice Bake ©	AVD Website	10	500g Beef Mince
Thursday, 4 April 2024	WW Beef Mince Chow Mein	WW Website	7	500g Beef Mince
Friday, 5 April 2024	WW Chilli Con Carne ©	WW Website	5	500g Beef Mince
Saturday, 6 April 2024	Cheesy Broccoli Tuna Pasta Bake ©	AVD B2 P112	7	185g Tuna Springwater
Sunday, 7 April 2024	The ThermoCouple Varoma Roast Chicken ©	The ThermoCouple	8	Roast Chicken
Monday, 8 April 2024	Roast Veggie & Hummus Buddha Bowl	AVD B2 P74	8	NO MEAT
Tuesday, 9 April 2024	Tex-Mex Soup ©	The ThermoCouple	3	500g Chicken Breast Pieces
Wednesday, 10 April 2024	Cheesy Roasted Pumpkin & Vegetable Rice Filling	AVD B1 P136	4	NO MEAT
Thursday, 11 April 2024	Slow Cooked - Italian Pork Stew ©	AVD B1 P142	3	4 x Pork Steak
Friday, 12 April 2024	Chicken & Spinach Enchiladas TTC Way ©	The ThermoCouple	6	500g Chicken Breasts
Saturday, 13 April 2024	Sweet & Sour Chicken	AVD B1 P153	1	500g Chicken Breasts
Sunday, 14 April 2024	Chicken Katsu with Cauliflower Rice ©	Cookidoo	8	500g Chicken Breasts
Monday, 15 April 2024	Chicken Pot Pie	Pointed Kitchen	7	600g Chicken Breast
Tuesday, 16 April 2024	Spiced Roast Vegetable & Cottage Cheese Frittata	WW website	0	NO MEAT
Wednesday, 17 April 2024	Slow Cooked - Italian Steak Pizzaiola	AVD B2 P134	4	800g Gravy Beef Steaks
Thursday, 18 April 2024	Herb & Parmesan Crumbed Fish with Wedges	AVD B2 P122	6	White Fish
Friday, 19 April 2024	Beef & Rice Bake ©	AVD Website	10	500g Beef Mince
Saturday, 20 April 2024	Loaded Tuna Pasta Salad with Sesame Peanut Dressing * ©	AVD B2 P92 & B1 P82	6	425g Tuna Springwater
Sunday, 21 April 2024	Chicken Teriyaki ©	Cookidoo	5	250g Chicken Breast
Monday, 22 April 2024	Turkey Chilli Mac & Cheese	Pointed Kitchen	6	300gm Turkey Mince
Tuesday, 23 April 2024	One Pan Chicken with Cashews & Vegetables	WW Website	4	500g Chicken Breast pieces
Wednesday, 24 April 2024	Easy Fish Pie	Pointed Kitchen	5	350g fish - 150g prawns
Thursday, 25 April 2024	Dukkah Crusted Citrus Salmon Bake	AVD B2 P131	2	Salmon Fillets
Friday, 26 April 2024	Shepherd Pie with Parmesan Mash ©	AVD B2 P120	9	500g Lamb Mince
Saturday, 27 April 2024	Vegetarian Lasagna	WW Website	3	NO MEAT
Sunday, 28 April 2024	Nonna's Italian Chicken Tray Bake	AVD B2 P133	7	Chicken Maryland (remove skin)
Monday, 29 April 2024	Swedish Meatballs ©	AVD B1 P148	2	500g Chicken Breast Mince
Tuesday, 30 April 2024	Chilli Garlic Prawns	AVD B1 P158	6	300gm Prawns

DATE	
Monday, 1 April 2024	https://www.weightwatchers.com/au/recipe/creamy-chicken-and-mushroom-hot-pot/5ab03a4bc24c8360823ff0cf
Tuesday, 2 April 2024	https://feedmehealthy.com.au/2018/10/01/pasta-lasagne-beef-roast-pumpkin/
Wednesday, 3 April 2024	https://feedmehealthy.com.au/2022/10/07/beef-rice-bake-thermomix-mode/
Thursday, 4 April 2024	https://www.weightwatchers.com/au/recipe/beef-mince-chow-mein/5626894cec4c630a34d86cb6
Friday, 5 April 2024	https://www.weightwatchers.com/au/recipe/chilli-con-carne-8/56268970cb94e20c3417d02a
Saturday, 6 April 2024	
Sunday, 7 April 2024	https://cookidoo.com.au/created-recipes/public/recipes/en-AU/01HTBPA0AKT5H2XBJT1TEK77VV
Monday, 8 April 2024	
Tuesday, 9 April 2024	https://thethermocouple.com.au/2022/09/tex-mex-soup-the-thermocouple-way/
Wednesday, 10 April 2024	
Thursday, 11 April 2024	
Friday, 12 April 2024	https://thethermocouple.com.au/2022/09/ttc-chicken-spinach-enchiladas/
Saturday, 13 April 2024	
Sunday, 14 April 2024	https://cookidoo.com.au/recipes/recipe/en-AU/r616639
Monday, 15 April 2024	https://pointedkitchen.com/chicken-pot-pie-weight-watchers/
Tuesday, 16 April 2024	https://www.weightwatchers.com/au/recipe/spice-roasted-vegetable-and-cottage-cheese-frittata/5cc776e4b88db5001c98ab6f
Wednesday, 17 April 2024	
Thursday, 18 April 2024	
Friday, 19 April 2024	https://feedmehealthy.com.au/2022/10/07/beef-rice-bake-thermomix-mode/
Saturday, 20 April 2024	
Sunday, 21 April 2024	https://cookidoo.com.au/recipes/recipe/en-AU/r536578
Monday, 22 April 2024	https://pointedkitchen.com/turkey-chili-mac-cheese-weight-watchers/
Tuesday, 23 April 2024	https://www.weightwatchers.com/au/recipe/one-pan-chicken-cashews-and-vegetables/62772c4e659efc00f71b02cc
Wednesday, 24 April 2024	https://pointedkitchen.com/easy-fish-pie-weight-watchers/
Thursday, 25 April 2024	
Friday, 26 April 2024	
Saturday, 27 April 2024	https://www.weightwatchers.com/au/recipe/vegetarian-lasagne/611359fa653f6f00cc5ce0a6
Sunday, 28 April 2024	
Monday, 29 April 2024	
Tuesday, 30 April 2024	