

DATE	MEAL	WHERE FROM	WW POINTS	MEAT
Wednesday, 1 May 2024	Fish Pie	Pointed Kitchen	5	350g fish - 150g prawns
Thursday, 2 May 2024	Creamy Chicken & Mushroom Hotpot	Website	2	400g Chicken Breast
Friday, 3 May 2024	WW Chili Con Carne ©	WW Website	5	500g Beef Mince
Saturday, 4 May 2024	Chicken Teriyaki	Cookidoo	5	230g Chicken Breast
Sunday, 5 May 2024	Creamy Chicken Cauliflower Soup	The ThermoCouple	0	800g Chicken Breast
Monday, 6 May 2024	Shakshuka	WW Website	0	<b>MEAT FREE</b>
Tuesday, 7 May 2024	Turkey Chili Mac & Cheese	Pointed Kitchen	6	300g Turkey Mince
Wednesday, 8 May 2024	Fish & Vegetable Parcels	The ThermoCouple	4	4 White Fish Fillets
Thursday, 9 May 2024	Beef & Rice Bake	Anna's Website	10	500g Beef Mince
Friday, 10 May 2024	Chicken Teriyaki	Cookidoo	5	230g Chicken Breast
Saturday, 11 May 2024	Salmon with Ginger Sauce & Spiced Cashews	Cookidoo	5	4 Salmon Fillets
Sunday, 12 May 2024	Easy Cheesy French Onion Chicken Bake	Anna's Website	4	2 Chicken Breast Fillets
Monday, 13 May 2024	Roast Beggie & Hummus Buddha Bowl	AVD B2 P74	8	<b>MEAT FREE</b>
Tuesday, 14 May 2024	Swedish Meatballs & Vegetables	Anna's Website	2	500g Chicken Mince
Wednesday, 15 May 2024	WW Chili Con Carne ©	WW Website	5	500g Beef Mince
Thursday, 16 May 2024	Baked Sweet Chili & Maple Salmon	Anna's Website	7	2 Salmon Fillets
Friday, 17 May 2024	Beef & Rice Bake	Anna's Website	10	500g Beef Mince
Saturday, 18 May 2024	Chicken Dumplings in Asian Broth	WW Website	6	200g Chicken Mince
Sunday, 19 May 2024	Prawn Pad See Ew	WW Website	7	250g Shelled Prawns
Monday, 20 May 2024	Cheesy Roasted Pumpkin	AVD B1 P136	4	<b>MEAT FREE</b>
Tuesday, 21 May 2024	Maple Mustard Pork & Apple Tray Bake	Anna's Website	6	4 Pork Cutlets
Wednesday, 22 May 2024	Sweet & Sour Chicken - remember to point the rice	Anna's Website	1	500g Chicken Breast
Thursday, 23 May 2024	Sarahs Easy Pasta Bake	WW Website	4	240g Turkey Mince
Friday, 24 May 2024	Fish Pie	Pointed Kitchen	5	350g fish - 150g prawns
Saturday, 25 May 2024	Beef Chow Mein	WW Website	7	500g Beef Mince
Sunday, 26 May 2024	Balsamic & Mustard Chicken Tray Bake	WW Website	2	4 Chicken Breast Fillets
Monday, 27 May 2024	Vegetarian Cottage Pie	WW Website	6	<b>MEAT FREE</b>
Tuesday, 28 May 2024	Japanese Salmon Stir Fry	WW Website	3	500g Salmon
Wednesday, 29 May 2024	Turkey Chili Mac & Cheese	Pointed Kitchen	6	300g Turkey Mince
Thursday, 30 May 2024	Hug In A Mug Chicken Soup	Cookidoo	7	500g Chicken Breast
Friday, 31 May 2024	Spinach & Ricotta Cannelloni	WW Website	9	<b>MEAT FREE</b>

MEAL	WEBSITE
Fish Pie	<a href="https://pointedkitchen.com/easy-fish-pie-weight-watchers/">https://pointedkitchen.com/easy-fish-pie-weight-watchers/</a>
Creamy Chicken & Mushroom Hotpot	<a href="https://www.weightwatchers.com/au/recipe/creamy-chicken-and-mushroom-hot-pot/5ab03a4bc24c8360823ff0cf">https://www.weightwatchers.com/au/recipe/creamy-chicken-and-mushroom-hot-pot/5ab03a4bc24c8360823ff0cf</a>
WW Chili Con Carne ©	<a href="https://www.weightwatchers.com/au/recipe/chilli-con-carne-8/56268970cb94e20c3417d02a">https://www.weightwatchers.com/au/recipe/chilli-con-carne-8/56268970cb94e20c3417d02a</a>
Chicken Teriyaki	<a href="https://cookidoo.com.au/recipes/recipe/en-AU/r536578">https://cookidoo.com.au/recipes/recipe/en-AU/r536578</a>
Creamy Chicken Cauliflower Soup	<a href="https://thethermocouple.com.au/2024/04/creamy-chicken-cauliflower-soup/">https://thethermocouple.com.au/2024/04/creamy-chicken-cauliflower-soup/</a>
Shakshuka	<a href="https://www.weightwatchers.com/au/recipe/shakshuka/56268961ec4c630a34d87b72">https://www.weightwatchers.com/au/recipe/shakshuka/56268961ec4c630a34d87b72</a>
Turkey Chili Mac & Cheese	<a href="https://pointedkitchen.com/turkey-chili-mac-cheese-weight-watchers/">https://pointedkitchen.com/turkey-chili-mac-cheese-weight-watchers/</a>
Fish & Vegetable Parcels	<a href="https://thethermocouple.com.au/2022/06/thermomix-chicken-fish-vegetables/">https://thethermocouple.com.au/2022/06/thermomix-chicken-fish-vegetables/</a>
Beef & Rice Bake	<a href="https://feedmehealthy.com.au/2022/10/06/beef-and-rice-bake/">https://feedmehealthy.com.au/2022/10/06/beef-and-rice-bake/</a>
Chicken Teriyaki	<a href="https://cookidoo.com.au/recipes/recipe/en-AU/r536578">https://cookidoo.com.au/recipes/recipe/en-AU/r536578</a>
Salmon with Ginger Sauce & Spiced Cashews	<a href="https://cookidoo.com.au/recipes/recipe/en-AU/r70567">https://cookidoo.com.au/recipes/recipe/en-AU/r70567</a>
Easy Cheesy French Onion Chicken Bake	<a href="https://feedmehealthy.com.au/2024/01/08/easy-cheesy-french-onion-chicken-bake/">https://feedmehealthy.com.au/2024/01/08/easy-cheesy-french-onion-chicken-bake/</a>
Roast Beggie & Hummus Buddha Bowl	Anna Van Dyken Book 2
Swedish Meatballs & Vegetables	<a href="https://feedmehealthy.com.au/2018/10/17/meatballs-swedish/">https://feedmehealthy.com.au/2018/10/17/meatballs-swedish/</a>
WW Chili Con Carne ©	<a href="https://www.weightwatchers.com/au/recipe/chilli-con-carne-8/56268970cb94e20c3417d02a">https://www.weightwatchers.com/au/recipe/chilli-con-carne-8/56268970cb94e20c3417d02a</a>
Baked Sweet Chili & Maple Salmon	<a href="https://feedmehealthy.com.au/2018/10/20/baked-sweet-chilli-maple-salmon/">https://feedmehealthy.com.au/2018/10/20/baked-sweet-chilli-maple-salmon/</a>
Beef & Rice Bake	<a href="https://feedmehealthy.com.au/2022/10/06/beef-and-rice-bake/">https://feedmehealthy.com.au/2022/10/06/beef-and-rice-bake/</a>
Chicken Dumplings in Asian Broth	<a href="https://www.weightwatchers.com/au/recipe/chicken-dumplings-in-asian-broth/5626890aec4c630a34d83fb6">https://www.weightwatchers.com/au/recipe/chicken-dumplings-in-asian-broth/5626890aec4c630a34d83fb6</a>
Prawn Pad See Ew	<a href="https://www.weightwatchers.com/au/recipe/prawn-pad-see-ew/56ba4072eeb7e01d6fe96521">https://www.weightwatchers.com/au/recipe/prawn-pad-see-ew/56ba4072eeb7e01d6fe96521</a>
Cheesy Roasted Pumpkin	Anna Van Dyken Book 1
Maple Mustard Pork & Apple Tray Bake	<a href="https://feedmehealthy.com.au/2018/11/10/maple-mustard-pork-apple-tray-bake/">https://feedmehealthy.com.au/2018/11/10/maple-mustard-pork-apple-tray-bake/</a>
Sweet & Sour Chicken	<a href="https://feedmehealthy.com.au/2019/03/25/sweet-sour-chicken/">https://feedmehealthy.com.au/2019/03/25/sweet-sour-chicken/</a>
Sarahs Easy Pasta Bake	<a href="https://www.weightwatchers.com/au/recipe/easy-pasta-bake/59683d6f5909dd1d3fd80a46">https://www.weightwatchers.com/au/recipe/easy-pasta-bake/59683d6f5909dd1d3fd80a46</a>
Fish Pie	<a href="https://pointedkitchen.com/easy-fish-pie-weight-watchers/">https://pointedkitchen.com/easy-fish-pie-weight-watchers/</a>
Beef Chow Mein	<a href="https://www.weightwatchers.com/au/recipe/beef-mince-chow-mein/5626894cec4c630a34d86cb6">https://www.weightwatchers.com/au/recipe/beef-mince-chow-mein/5626894cec4c630a34d86cb6</a>
Balsamic & Mustard Chicken Tray Bake	<a href="https://www.weightwatchers.com/au/recipe/balsamic-and-mustard-chicken-tray-bake/5b26f6c94fc2d6006e26e0a5">https://www.weightwatchers.com/au/recipe/balsamic-and-mustard-chicken-tray-bake/5b26f6c94fc2d6006e26e0a5</a>
Vegetarian Cottage Pie	<a href="https://www.weightwatchers.com/au/recipe/vegetarian-cottage-pie/58d860f10f80e6d6151c7319">https://www.weightwatchers.com/au/recipe/vegetarian-cottage-pie/58d860f10f80e6d6151c7319</a>
Japanese Salmon Stir Fry	<a href="https://www.weightwatchers.com/au/recipe/japanese-salmon-stir-fry/5706aa40717690dc148c6615">https://www.weightwatchers.com/au/recipe/japanese-salmon-stir-fry/5706aa40717690dc148c6615</a>
Turkey Chili Mac & Cheese	<a href="https://pointedkitchen.com/turkey-chili-mac-cheese-weight-watchers/">https://pointedkitchen.com/turkey-chili-mac-cheese-weight-watchers/</a>
Hug In A Mug Chicken Soup	<a href="https://cookidoo.com.au/recipes/recipe/en-AU/r252402">https://cookidoo.com.au/recipes/recipe/en-AU/r252402</a>
Spinach & Ricotta Cannelloni	<a href="https://www.weightwatchers.com/au/recipe/spinach-and-ricotta-cannelloni-3/5626896fec4c630a34d885fb">https://www.weightwatchers.com/au/recipe/spinach-and-ricotta-cannelloni-3/5626896fec4c630a34d885fb</a>