

CHICKEN	FROM	POINTS	MEAT
Chicken & Bacon Spaghetti	SM THM-IV P44	8 Points	C BREAST - 300G
Creamy Chicken & Mushroom Lasagne	SM SkinnyEntertaining - P69 - Super Skinny	8 Points	C BREAST - 700G
Creamy Tuscan Chicken	SM Dinners - P27 - Super Skinny	6 Points	C BREAST - 350G
One Pot Chicken Bolognese	SM Dinners - P37 - Super Skinny	5 Points	C MINCE - 500G
Singapore Noodles	SM Dinners - P47 - Super Skinny	3 Points	C BREAST - 350G
Chicken Cashew Stir Fry	SM Dinners - P51 - Super Skinny	5 Points	C BREAST - 500G
Easy Cheesy French Onion Chicken Bake	Anna Van Dyken - Website	4 Points	C BREAST - 2
Creamy Chicken & Mushroom Hotpot	WW App/Website	3 Points	C BREAST - 400G
Chicken & Spinach Enchiladas	The ThermoCouple Website	6 Points	C BREAST - 500G
Slow Cook - Rotisserie Chicken	Drizzle Me Skinny	0 Points	1 WHOLE CHICKEN
Slow Cook - Chicken Potato Corn Chowder	Drizzle Me Skinny	2 Points	C BREAST - 500G
RED MEAT			
Shepherds Pie with hidden Veg	SM THM-IV - P54 - Super Skinny	5 Points	LAMB MINCE - 700G
Cheesy Chorizo (Bacon) Risotto	SM Dinners - P23 - Super Skinny - 1/2 recipe	10 Points	BACON - 120G
Beef & Rice Bake	Anna Van Dyken - Website	10 Points	BEEF MINCE - 500GM
Shepherd's Pie with Parmesan Mash	Anna Van Dyken - BK 2 - P120	9 Points	LAMB MINCE - 500G
Slow Cook - Beef Stroganoff	WW App/Website	8 Points	BLADE STEAK - 720G
Slow cook - brisket with homemade BBQ sauce	Drizzle Me Skinny	4 Points	LEAN BRISKET - 1.5KG
Lasagne – Beef & Roast Pumpkin	Anna Van Dyken - Website	6 Points	BEEF MINCE - 400GM
FISH			
Prawn Curry	Bec's Table -Website	5 Points	RAW PRAWNS - 400G
Air Fryer Salmon Bites	Life Made Sweeter	6 Points	SALMON - 450G
Salmon, Ginger Sauce & Spiced Cashews	Cookidoo	5 Points	SALMON FILLET X 2
NO MEAT OR EASY MEALS			
Shakshuka	WW App/Website	0 Points	NA
Pancake Night with Eggs & Bacon	WW App/Website	5 Points	BACON - 1 PACKET
Egg & Ham Taco Bowls	The ThermoCouple Website	2 Points	NA
Roast Veggie & Hummus Buddha Bowl	Anna Van Dyken - BK 2 - P74	8 Points	NA
Steak, Chips & Eggs	Home Pub Meal	9 Points	EYE FILLET X 3
SOUP			
Chicken & Sweet Corn Soup	SM THM-IV P36	1 Point	C BREAST - 250G
Creamy Chicken & Cauliflower Soup	Cookidoo	0 Points	C BREAST - 500G
Slow Cook - WW Cabbage Soup	Drizzle Me Skinny	1 Point	NA
Slow Cook - Golden Chickpea Soup	Drizzle Me Skinny	0 Points	NA

CHICKEN	WEBSITE
Chicken & Bacon Spaghetti	
Creamy Chicken & Mushroom Lasagne	
Creamy Tuscan Chicken	
One Pot Chicken Bolognese	
Singapore Noodles	
Chicken Cashew Stir Fry	
Easy Cheesy French Onion Chicken Bake	https://feedmehealthy.com.au/2024/01/08/easy-cheesy-french-onion-chicken-bake/
Creamy Chicken & Mushroom Hotpot	https://www.weightwatchers.com.au/recipe/creamy-chicken-and-mushroom-hot-pot/5ab03a4bc24c8360823ff0cf
Chicken & Spinach Enchiladas	https://thethermocouple.com.au/2022/09/ttc-chicken-spinach-enchiladas/
Slow Cook - Rotisserie Chicken	https://drizzlemeskinny.com/crock-pot-rotisserie-chicken/
Slow Cook - Chicken Potato Corn Chowder	https://drizzlemeskinny.com/chicken-potato-corn-chowder/
RED MEAT	
Shepherds Pie with hidden Veg	
Cheesy Chorizo (Bacon) Risotto	
Beef & Rice Bake	https://feedmehealthy.com.au/2022/10/06/beef-and-rice-bake/
Shepherd's Pie with Parmesan Mash	
Slow Cook - Beef Stroganoff	https://www.weightwatchers.com.au/recipe/slow-cooked-beef-stroganoff/5f9748a43f3b9f033a9ad601
Slow cook - brisket with homemade BBQ sauce	https://drizzlemeskinny.com/slow-cooker-brisket-homemade-bbq-sauce/
Lasagne – Beef & Roast Pumpkin	https://feedmehealthy.com.au/2018/10/01/pasta-lasagne-beef-roast-pumpkin/
FISH	
Prawn Curry	https://becs-table.com.au/prawn-curry/
Air Fryer Salmon Bites	https://lifemadesweeter.com/air-fryer-salmon-bites/
Salmon, Ginger Sauce & Spiced Cashews	https://cookidoo.com.au/recipes/recipe/en-AU/r70567
NO MEAT OR EASY MEALS	
Shakshuka	https://www.weightwatchers.com.au/recipe/shakshuka/56268961ec4c630a34d87b72
Pancake Night with Eggs & Bacon	https://www.weightwatchers.com.au/recipe/vanilla-pancakes-banana-and-yoghurt/5b2881bdc037aa00daccde6c
Egg & Ham Taco Bowls	https://thethermocouple.com.au/2024/02/egg-ham-bowls/
Roast Veggie & Hummus Buddha Bowl	
Steak, Chips & Eggs	Eye Fillet - Small - 6 points Wedges - Small Serve - 3 points
SOUP	
Chicken & Sweet Corn Soup	
Creamy Chicken & Cauliflower Soup	https://cookidoo.com.au/recipes/recipe/en-AU/r540614
Slow Cook - WW Cabbage Soup	https://drizzlemeskinny.com/slow-cooker-cabbage-roll-soup/
Slow Cook - Golden Chickpea Soup	https://drizzlemeskinny.com/golden-chickpea-and-cauliflower-soup/