

DAY	RECIPE	WHERE FROM	POINTS	MEAT	
Monday, 28 October 2024	Creamy Chicken Casserole	The Pointed Kitchen	6	Chicken Breast x 2	
Tuesday, 29 October 2024	Pasta with rosemary-roasted vegetables & feta	WW Website	7	No Meat	
Wednesday, 30 October 2024	Anna's Shepherd Pie with Parmesan Mash	Anna Van Dyken B2	9	Lean Lamb Mince x 500g	
Thursday, 31 October 2024	Air Fryer Salmon Bites with "Fried" Rice	Life Made Sweeter	6	Salmon x 400g	
Friday, 1 November 2024	Anna's Chicken Cannelloni	Anna Van Dyken Website	5	Chicken Breast Mince x 500g	
Saturday, 2 November 2024	Anna's Sweet & Sour Chicken	Anna Van Dyken Website	1	Chicken Breast x 500g	
Sunday, 3 November 2024	WW Chilli Con Carne ©	WW Website	5	500g Beef Mince	

