

Anna Van Dyken's 'How I've Kept The Weight Off' Recipe SmartPoints Guide.

Recipe	Green	Blue	Purple
Breakfast			
Berry breakfast bars	3	2	0
Caramel latte overnight oats	8	7	2
Peanut butter granola clusters	4	4	2
Breakfast banana split	6	4	2
Berry good stuffed sweet potato	8	8	5
Granola muffins	3	3	3
Ham & cheese herby crepes	6	3	3
One pan haloumi brunch	10	6	6
Double bacon, egg & cheese muffin	8	6	6
Avocado, tomato & haloumi muffin	7	7	7
Scrambled egg & mushroom muffin	7	5	5
Smoked salmon & chive scrambled egg muffin	9	7	7
Homemade baked beans	3	1	1
Cheese & bacon breakfast loaf	4	2	2
Vegan breakfast bowl	5	5	5
Lunch			
Roast veggie & hummus buddha bowl	8	8	4
Slow cooker chicken, bacon & sweet corn soup	7	2	1
Crustless quiche	5	4	4
Greek-style grazing board	9	7	7
Greek fava dip	1	0	0
Turkey & cranberry grazing board	9	9	9
Homemade cranberry sauce	2	2	2
Sushi grazing board	9	5	5
Open pumpkin & horseradish roast beef sandwich	7	7	7
Chicken waldorf salad	6	3	3
Spinach and ricotta stuffed mushrooms	2	2	2
Loaded tuna pasta salad	6	5	5
Lamb & garlic dip flatbread	7	7	7

Lamb meatballs	1	1	1
Herb & lemon chicken meatballs	0	0	0
Mexican chicken meatballs	0	0	0
Turkey, chilli & lime meatballs	0	0	0
Nonna's polpette	2	1	1
Pumpkin, chickpea and kale salad with spicy tahini dressing	5	3	3
Sweet potato & chicken patties	2	1	1
Dinner			
Pan-fried pumpkin gnocchi	9	8	8
Ginger maple chicken	6	6	6
Spanish-inspired prawns & rice	7	6	6
Cheesy broccoli tuna pasta bake	8	6	6
Fettuccine marinara	7	5	2
Pumpkin schnitzel burgers	6	5	5
Nonna's Bolognese sauce	2	2	2
Shepherd's pie with parmesan mash	9	8	6
Herb & parmesan crumbed fish with seasoned wedges	9	6	4
Turkey & leek deep-dish slice	5	2	2
Chicken sausage tray bake	6	6	6
Cauliflower parmigiana tray bake	5	5	5
Dukkah-crusteD citrus salmon tray bake	8	2	2
Nonna's Italian chicken tray bake	6	6	4
Slow cooker Italian steak pizzaiola	4	4	4
Italian meatloaf with ricotta	5	4	4
Italian rice bake	8	8	8
Eggplant veggie burger	7	7	7
Bruschetta' chicken	4	3	3
Cheat's cabbage roll	9	8	8
One pot sausage casserole	8	8	5
Cheesy chicken lasagne	8	6	6
Sweets & Snacks			

Fried rice cups	2	1	1
Spinach & ricotta rolls	2	2	2
Pizza melt corn stack	3	3	3
Tuna melt corn stack	4	3	3
Mashed avocado, tomato & balsamic corn stacks	3	3	3
Peanut butter, berry & banana corn stacks	4	4	4
Vegemite & egg corn stacks	3	1	1
Hummus, cucumber & feta corn stacks	3	3	3
Dukkah fruit yoghurt pot	4	2	2
Sweet cinnamon & almond dukkah	2	2	2
Chocolate almond slice	4	4	4
Lemon slice bliss balls	2	2	2
Cheesecake bliss ball bites	2	2	2
Blueberry coconut bliss balls	1	1	1
Chocolate crackle bliss balls	2	2	2
Mango yoghurt popsicles	2	2	2
Pineapple coconut mojito granita	1	1	1
Fruit and honey popcorn cups	3	3	3
Spiced apple slice	4	3	3
Entertaining			
Strawberry apple compote	0	0	0
Roast pumpkin & bean patties	1	1	1
BBQ steak with caramelised onions & mushrooms	6	6	6
Brown rice & broccoli salad with citrus dressing	3	3	1
Caramelised roast pumpkin with whipped feta	4	4	4
Mum's Greek-style beans (fasolia)	1	1	1
Blueberry jam	0	0	0
Cinnamon ricotta cream	1	1	1
Lemon cheesecake dip	2	1	1
Apple pikelets	1	1	1
Lemon ricotta cream tart	4	4	4
Ginger & pear cake with ginger cream	8	7	7

Cheat's ice-cream sandwich	4	4	4
Orange cake with candied orange	6	6	6
Peach & blueberry crumbles	5	5	4