

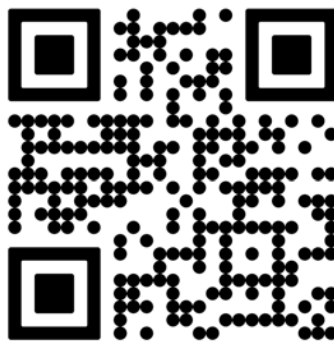
Anna Van Dyken's *50% Weight Lost 100% Healthier* recipe PersonalPoints Guide.

Recipe	QR Code	PersonalPoints per serve
Breakfast		
Bacon and egg stuffed sweet potato		4-10
Egg crepe with ricotta, mushroom & spinach		4-8
Caramelised onion & mushrooms on sourdough		3-5
Natural cinnamon muesli		2-4

Pumpkin spiced pancakes		4-6
Chocolate Weet-Bix mug muffin		2-8
Gluten-free carrot cake mug muffin		1-11
Pear & raspberry oat bran mug muffin		3-11

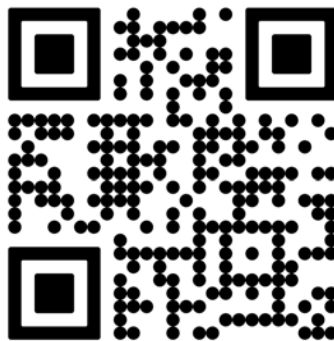
Banana mug muffin		0-12
Apple & cinnamon mug muffin		0-10
The best hearty breakfast		5-11
Homemade potato waffle		5-10

Ricotta, broccoli & caramelised onion
breakfast muffins



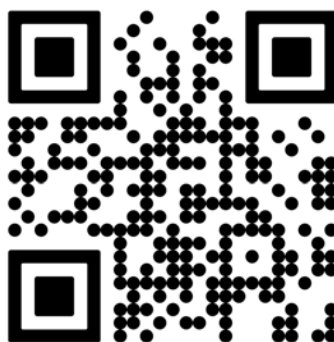
1-2

Vegetarian breakfast bowl



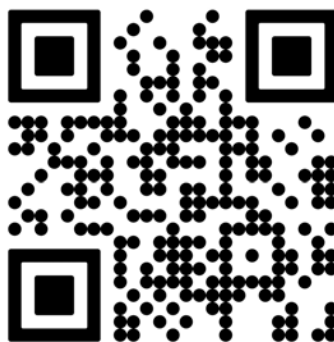
2-9

Cinnamon French toast with caramelised
banana



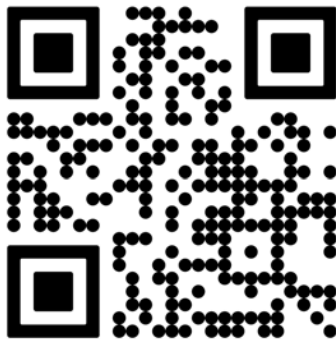
5-9

Mango & coconut overnight oats



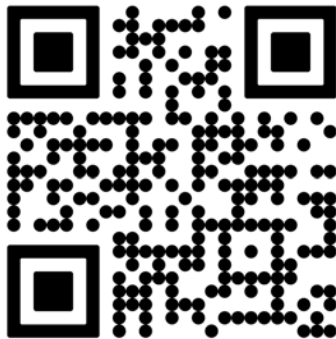
3-12

Lamington overnight oats



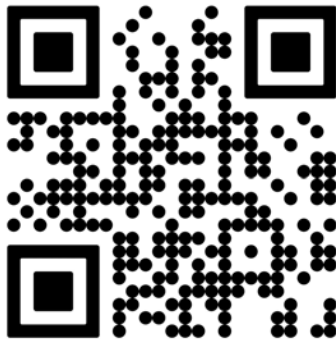
2-7

Strawberries & cream overnight oats



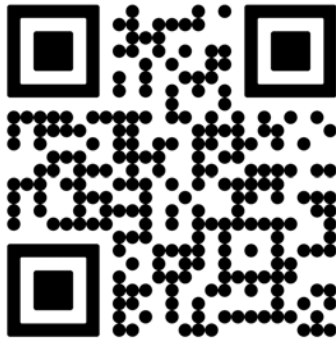
2-8

Blueberry & lemon cheesecake overnight oats



3-9

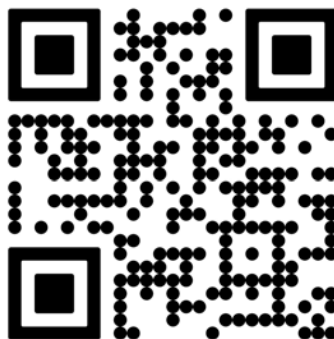
Apple pie with salted date caramel overnight oats



1-16

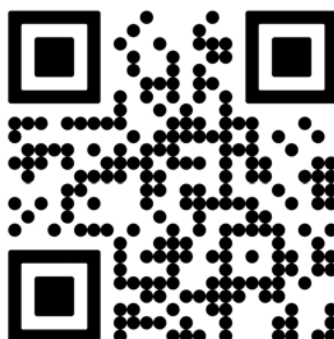
Snacks

Leek, mushroom & feta frittata muffins



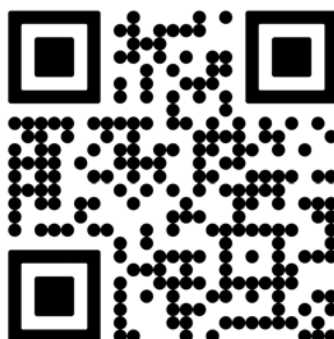
1-2

Apple pie bliss balls



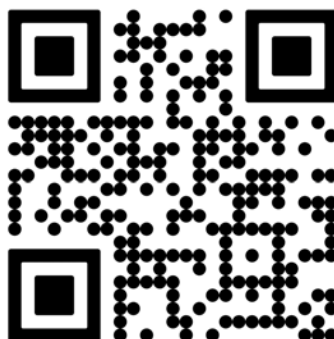
1-3

Mocha maple bliss balls



0-2

Hot cross bun bliss balls

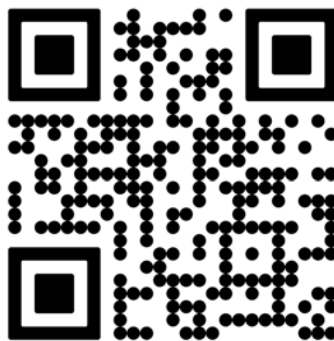


1-2

<p>Chocolate brownie bliss balls</p>		<p>1-2</p>
<p>Cherry ripe bliss balls</p>		<p>0-2</p>
<p>Chocolate Weet-Bix bliss balls</p>		<p>1-2</p>
<p>Hawaiian pizza bites</p>		<p>4</p>

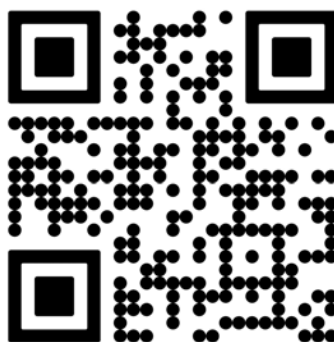
Tuna salad dip		2-4
Creamy hummus		0-1
French onion dip		1-2
Homemade tzatziki		0-1

Vegan broccoli, cauliflower & carrot bites



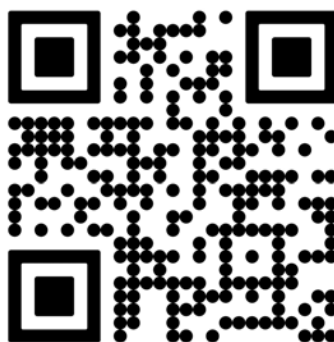
3

Pea, corn & bacon loaves



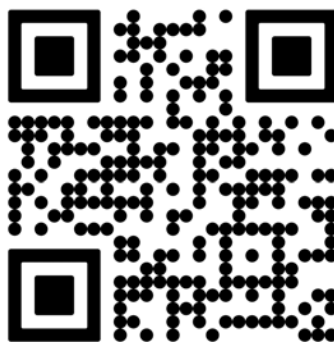
1-4

Mountain bread spring rolls



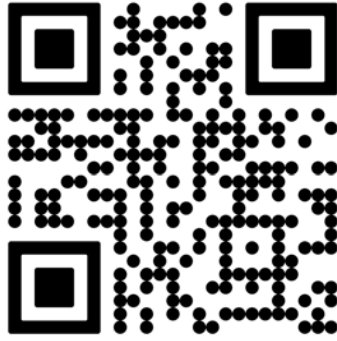
1

Greek mini meatballs



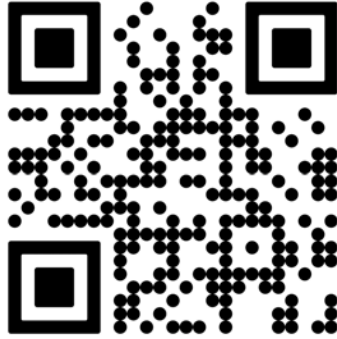
0-2

Homemade chicken nuggets



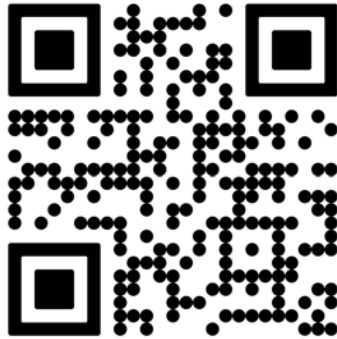
2-5

Chicken, spinach & feta patties



2-4

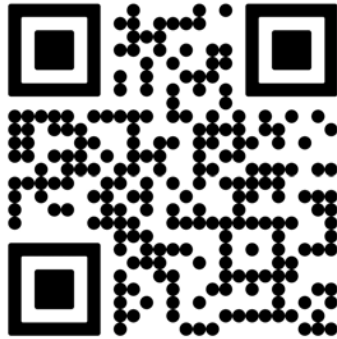
Beetroot falafel



1-7

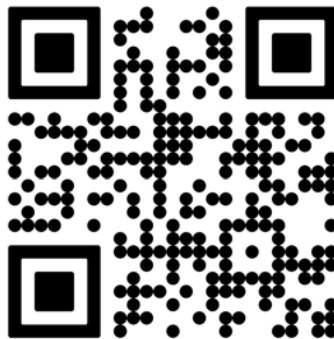
Lunch

Open Greek-style burger



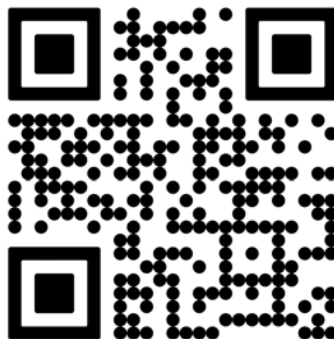
2-5

Crunchy slaw with chicken & sesame peanut dressing



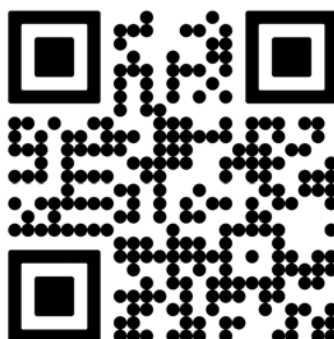
2-7

Chicken Caesar salad



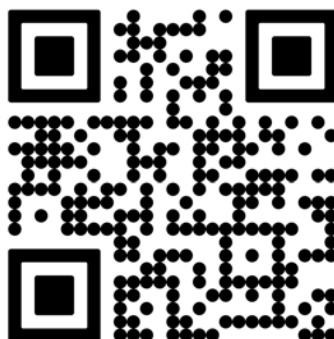
5-9

Seriously good steak sandwich



4-7

Tomato bruschetta



7

<p>Cheesy chickpea & sweetcorn fritters</p>		<p>3-7</p>
<p>Portuguese chicken burrito bowl</p>		<p>2-9</p>
<p>Cheesy rice slice</p>		<p>2-5</p>
<p>Sweet chilli chicken & rice bowl</p>		<p>3-7</p>

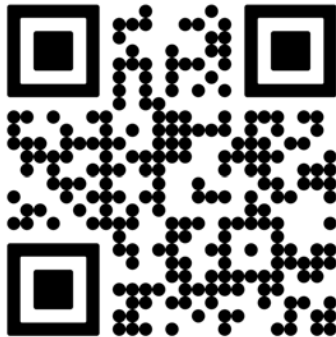
<p>Sticky barbecue glazed meatballs</p>		<p>1-3</p>
<p>Open chicken, bacon & poached egg sandwich</p>		<p>5-9</p>
<p>Pork & mushroom larb lettuce wraps</p>		<p>4-5</p>
<p>Creamy pumpkin & maple soup</p>		<p>1</p>

Cauliflower & pear soup		1-6
BLT with garlic herb dressing		5-6
Edible crunchy wrap bowl		3-10
Slow-cooker pea & ham soup		1-5

Portuguese chicken burger		7-9
Nonna's chicken soup		1-5
Salmon buddha bowl		0-11
Entertaining		
Pork, apple & thyme sausage rolls		1-2

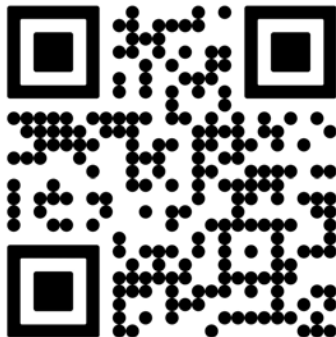
<p>Cheesy asparagus with prosciutto</p>		<p>4</p>
<p>Barbecued veg, quinoa & feta salad</p>		<p>2-3</p>
<p>Spinach & cashew salad</p>		<p>3-5</p>
<p>Mango salad with citrus dressing</p>		<p>2-3</p>

Lamb with pumpkin & couscous salad



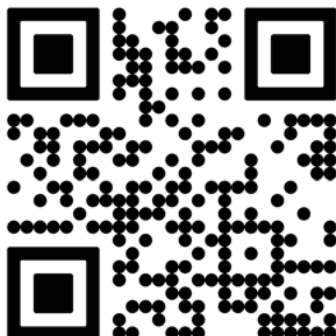
9-12

Lemon, herb & garlic chicken



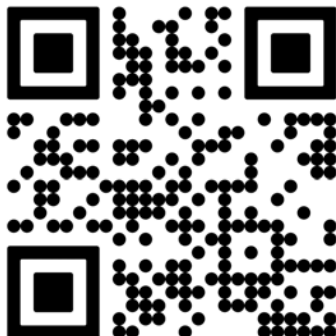
1-3

Tiramisu sponge cake



5-6

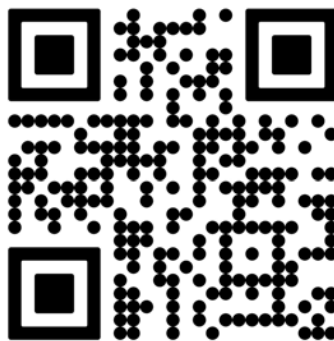
Cinnamon apple tartlets



1-2

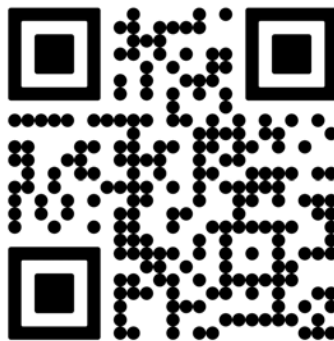
Dinner

Three-ingredient pizza dough with prosciutto,
rocket & feta



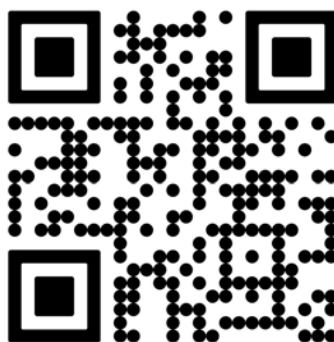
7-8

Steak burgers in brioche



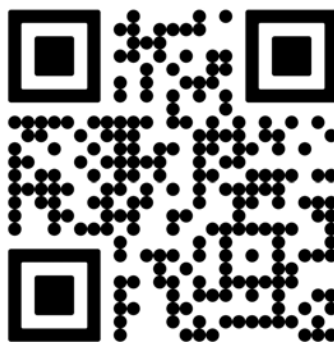
11-13

Cheesy roasted butternut pumpkin with
vegetable rice filling



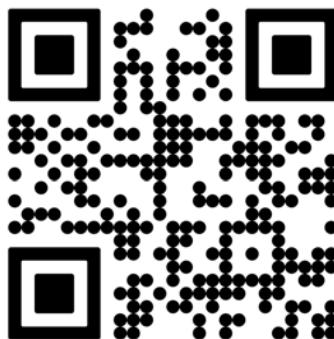
2-4

Chilli chicken tacos



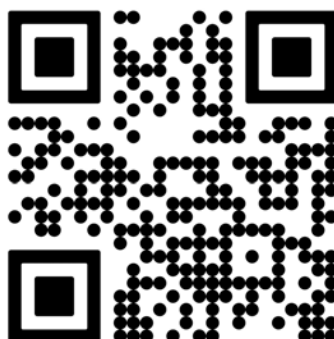
6-10

Crispy crunchy cornflake chicken



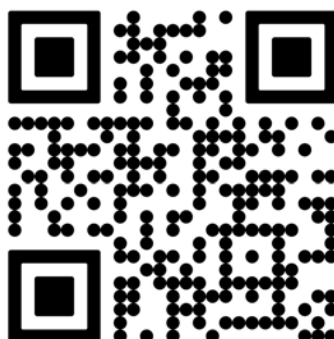
4-6

Corn, polenta & parmesan fritters



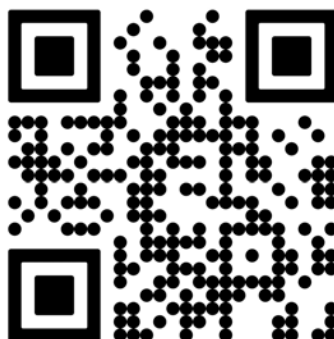
2-3

Slow-cooker Italian pork stew



4-6

Haloumi & chickpea tray bake

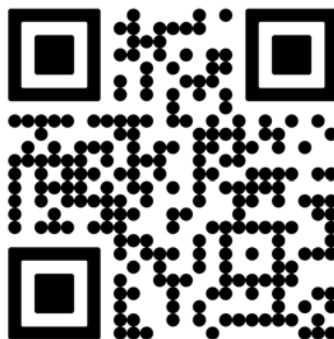


6-7

<p>Maple mustard pork & apple tray bake</p>		<p>8-9</p>
<p>Mediterranean lamb tray bake</p>		<p>5</p>
<p>Easy salmon tray bake</p>		<p>4-11</p>
<p>Swedish meatballs my way</p>		<p>2-4</p>

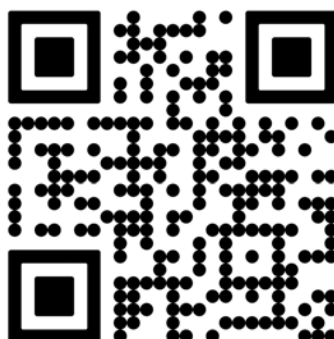
<p>Mac & cheese bake with roasted tomatoes</p>		<p>8-9</p>
<p>Mediterranean sausage & vegetable bake</p>		<p>5-6</p>
<p>Sweet & sour chicken</p>		<p>2-4</p>
<p>Bacon, cheese & corn filo tarts</p>		<p>4-10</p>

Maple, soy & sweet chilli salmon



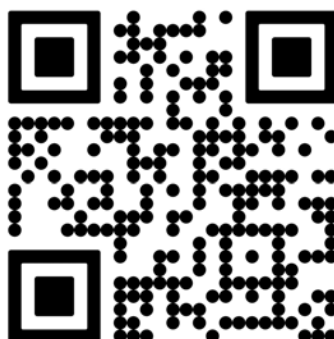
0-9

Chilli garlic prawns



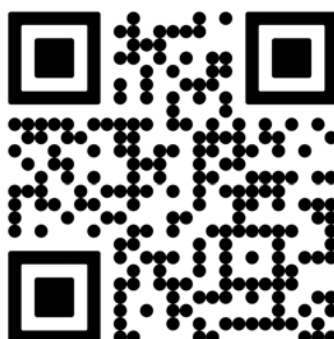
1-8

Old-fashioned tuna patties




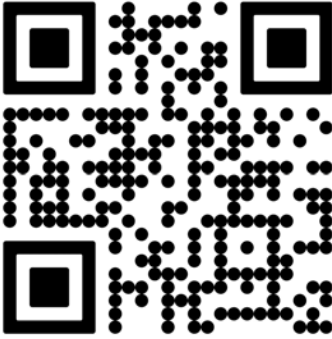


1-2

Sesame tuna with mango salsa

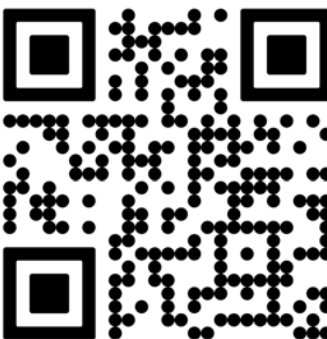
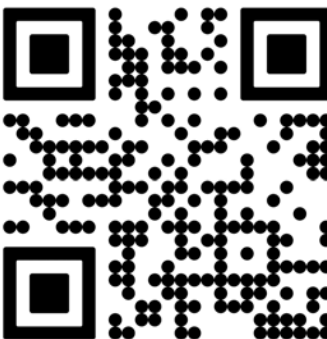
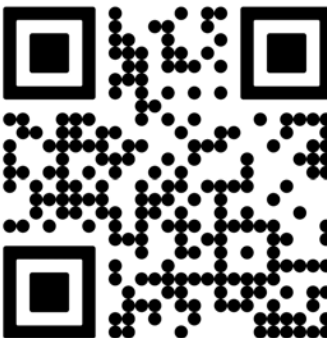


3-8

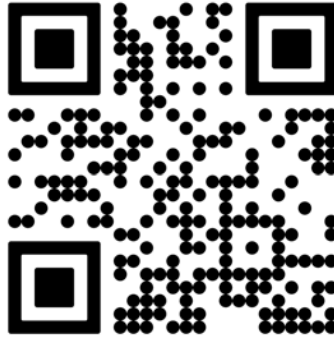
Ricotta, pumpkin & spinach strudel		4
Black bean pasta with chicken & cherry tomato		2-6
Quiche taco boats		7-9
Baked barramundi in white wine with vegetables		3-6
Sweets		

<p>Chocolate mousse</p>		<p>3-5</p>
<p>Apple, raspberry & white chocolate muffins</p>		<p>4</p>
<p>Lemon & raspberry cheesecakes</p>		<p>4-5</p>
<p>Spiced fruit crumble</p>		<p>3-7</p>

Banoffee trifles		6-10
Vanilla yoghurt pannacotta with raspberries		2-3
Date, coffee & walnut cake		3-5
Honey, ricotta & date rolls		1-2

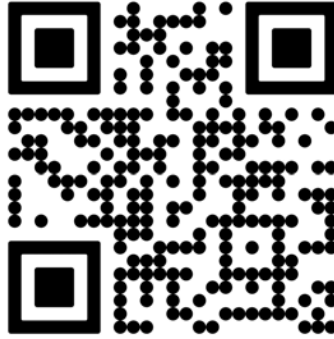
<p>Apple & rhubarb tea cake</p>		<p>7</p>
<p>Almond & pistachio biscuits</p>		<p>1</p>
<p>Cinnamon sugar almond macaroons</p>		<p>3</p>
<p>Lemon & poppy seed roulade</p>		<p>3-4</p>

Chai-spiced pears in syrup



4-9

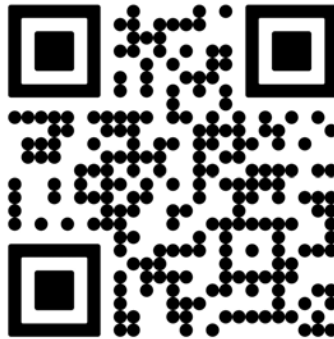
Italian ricotta & rice cake



5-6

Let's Celebrate

Green beans with orange, hazelnut & cranberry gremolata



2

Mustard & maple baby carrots



2

<p>Classic Italian potato salad</p>		<p>2-4</p>
<p>Cheat's roast turkey</p>		<p>5</p>
<p>Bacon & sage stuffing</p>		<p>2-3</p>
<p>Cranberry apple relish</p>		<p>1-3</p>

Mum's braised prawn-stuffed squid		2-5
Fruit mince pie tartlets		2-4
The best honey-glazed ham		5
My trifle		2-3