

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

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

Lamb meatballs	1
Herb & lemon chicken meatballs	0
Mexican chicken meatballs	0
Turkey, chilli & lime meatballs	0
Nonna's polpette	2
Pumpkin, chickpea and kale salad with spicy tahini dressing	3
Sweet potato & chicken patties	1
Dinner	
Pan-fried pumpkin gnocchi	9
Ginger maple chicken	7
Spanish-inspired prawns & rice	6
Cheesy broccoli tuna pasta bake	7
Fettuccine marinara	5
Pumpkin schnitzel burgers	5
Nonna's Bolognese sauce	2
Shepherd's pie with parmesan mash	9
Herb & parmesan crumbed fish with seasoned wedges	6
Turkey & leek deep-dish slice	2
Chicken sausage tray bake	7
Cauliflower parmigiana tray bake	6
Dukkah-cruste d citrus salmon tray bake	2
Nonna's Italian chicken tray bake	7
Slow cooker Italian steak pizzaiola	4
Italian meatloaf with ricotta	5
Italian rice bake	9
Eggplant veggie burger	8
Bruschetta' chicken	2
Cheat's cabbage roll	10
One pot sausage casserole	8
Cheesy chicken lasagne	7
Sweets & Snacks	

Fried rice cups	2
Spinach & ricotta rolls	2
Pizza melt corn stack	3
Tuna melt corn stack	3
Mashed avocado, tomato & balsamic corn stacks	2
Peanut butter, berry & banana corn stacks	4
Vegemite & egg corn stacks	1
Hummus, cucumber & feta corn stacks	4
Dukkah fruit yoghurt pot	1
Sweet cinnamon & almond dukkah	2
Chocolate almond slice	3
Lemon slice bliss balls	1
Cheesecake bliss ball bites	3
Blueberry coconut bliss balls	1
Chocolate crackle bliss balls	3
Mango yoghurt popsicles	2
Pineapple coconut mojito granita	1
Fruit and honey popcorn cups	4
Spiced apple slice	4
Entertaining	
Strawberry apple compote	1
Roast pumpkin & bean patties	1
BBQ steak with caramelised onions & mushrooms	11
Brown rice & broccoli salad with citrus dressing	4
Caramelised roast pumpkin with whipped feta	5
Mum's Greek-style beans (fasolia)	1
Blueberry jam	0
Cinnamon ricotta cream	1
Lemon cheesecake dip	1
Apple pikelets	1
Lemon ricotta cream tart	3
Ginger & pear cake with ginger cream	9

Cheat's ice-cream sandwich	7
Orange cake with candied orange	6
Peach & blueberry crumbles	6