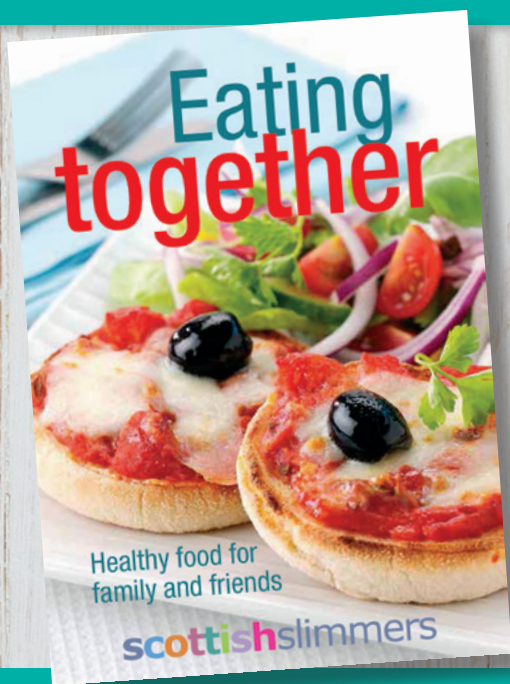


Cookbook Conversion

Feelgood Food counts for your

Eating Together Recipe Book



flexi^{fs}
slim
by scottishslimmers

Recipe

	Page	Feelgood Food	Classic Checks
Cheesy chilli quesadillas	6	FG 9	9
Cauli cheese jackets	7	FG 4.5 using 1 GC	10
Chilli beetroot and chicken wraps	8	FG 3 using 1 GC	11
Turkey burgers	11	FG 2	7
Noodle kilner jar salad	12	FG 10	12
Mini croque monsieur	15	FG 10	11
Quick herby falafels	16	FG 0	6
Stir-fried quinoa	20	FG 2.5 using 1 GC	12
Asian veggie hotpot	21	FG 4	8
Salmon and watercress frittata	22	FG 0	9
Thai red salmon curry	25	FG 3.5	12
Crab balls with noodles	26	FG 12	14
Pork ragu with pasta	27	FG 12	18
Spaghetti carbonara	28	FG 12.5	17
Singapore noodles	32	FG 8	16
Pork and mushroom casserole	33	FG 4.5	12
Nutritious chicken nuggets	34	FG 2	7
Chilli beef tacos	37	FG 7.5	13
Sausage and cherry tomato bake	38	FG 0 using 1 GC	13
Crunchy fish fingers	39	FG 1 using 1 GC	11
Venison meatballs with veggi 'spaghetti'	41	FG 4	12
Quick and easy pizzas	42	FG 10	10
Roasted vegetable pasta salad	44	FG 0 using 1 GC	9
Cheesy potato pie	46	FG 3 using 1GC	9
Veggie falafel burgers	47	FG 2.5 using 1 GC	17
Creamy salmon and leeks	50	FG 0.5 using 1 GC	12
Baked herby lemon chicken	51	FG 0 using 1 GC	11
Summer chicken risotto	52	11.5	17
Easy Italian chicken	54	FG 1 using 1 GC	12
Stuffed pork roll	55	FG 2	9
Veggie squash lasagne	56	FG 4.5	9
Chilli cheese nachos	59	FG 5.5	9
Black forest crumble	60	FG 6	8
Key lime pie	63	FG 4	5