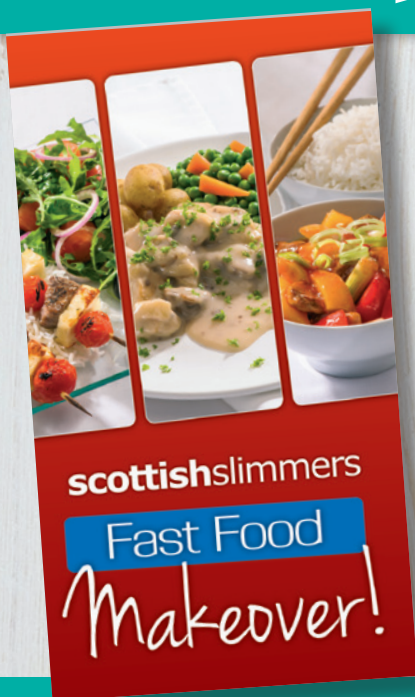


# Cookbook Conversion

Feelgood Food counts for your

## Fast Food Makeover Recipe Book



*flexi*fs  
*slim*  
by scottishslimmers

## Recipe

Page

Feelgood  
Food

Classic  
Checks

	Page	Feelgood Food	Classic Checks
Speedy Sweet & Sour Pork	6	FG 9.5	16
Pizza Pittas	7	FG 7 using 1 GC	11
Prawn Noodles	8	FG 4.5	11
Spicy Bean & Cheddar Burgers	10	FG 1 using 1 GC	16
Oven-baked Fish & Chips	11	FG 4 using 1 GC	15
Tuna & bean Salad	14	FG 0	11
Greek-Style Ciabattas	15	FG 12	12
Refried Bean Wrap	16	FG 9.5	11
Red Pepper Houmous	18	FG 0 using 1 GC	10
Grilled Halloumi Burgers	19	FG 11	13
Greek kebabs with Watermelon Salad	22	FG 8.5	15
Orange, Lime & Avocado Fillets	23	FG 4	13
Turkey Meatballs with Lemon Pasta	24	FG 8.5	16
Pork Stroganoff	26	FG 7	14
Pork Escalopes	27	FG 2.5 using 1 GC	14
Vegetable Korma with Red Onion Chutney	30	FG 7 using 1 GC	14
Turkey Tikka Masala	31	FG 11	14
Chicken & Mango Curry	32	FG 4	12
Thai Prawn & Green Bean Curry	34	FG 5.5	11
Vietnamese Sweet Potato & Chicken Curry	35	FG 5	16
Speedy Chicken & Mushroom Casserole	38	FG 1.5 using 1 GC	13
Butternut squash & bacon pasta	39	FG 9	14
Veggie Tagine	40	FG 3.5 using 1 GC	16
Tomato & feta Falafel	41	FG 4.5	16
Moroccan Lemon Chicken	44	FG 0	7
Griddled Chicken with Mango Couscous	45	FG 1 using 1 GC	15
Griddled Lamb Steaks with Spicy Chickpea Mash	46	FG 0	15
Cajun Fish Fillets with Sweetcorn Salad	47	FG 5	13
Steak with Red Pesto Sauce	48	FG 2	12