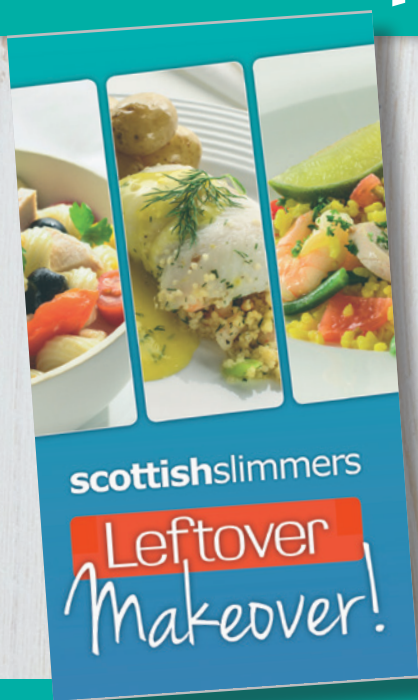


Cookbook Conversion

Feelgood Food counts for your

Leftover Makeover Recipe Book



*flexi*fs
slim
by scottishslimmers

Recipe

	Page	Feelgood Food	Classic Checks
Vegetable crepes	6	FG 4.53	8
Spiced samosas	7	FG 3 using 1 GC	10
Veggie Burger	8	FG 6	13
Veggie noodle stir-fry	10	FG 12	7
Rumbledethumps	11	FG 0 using 1 GC	10
Citrus Fish roll up	14	FG 5.5 using 1 GC	16
Moroccan chicken couscous	15	FG 2 using 1 GC	15
Stuffed pepper	16	FG 1 using 1 GC	8
Special egg-fried rice	18	FG 4.5	16
Mexican rice burgers	19	FG 1.5	11
Mediterranean chicken & pasta salad	22	FG 4	15
Malaysian Chicken Laksa	23	FG4	14
Veggie Macaroni	24	FG 10	13
Pasta Frittata	26	FG 3	14
Ham & Egg Linguine	27	FG 11	16
Chicken or Turkey paella	30	FG 8	16
Spicy Mango Devilled Chicken	31	FG 4	16
Coronation Pasta Salad	32	FG 4.5	15
Chicken or Turkey Enchiladas	34	FG 7.5	16
Creamy Chicken & Leek pie	35	FG 1.5 using 1 GC	17
Spicy Lamb Mini Burgers	38	FG 2.5	13
American Roast Beef Hash	39	FG 0 using 1 GC	13
Pork & mango Kebabs	40	FG 2	10
Salmon Salade Nicoise	44	FG 0 using 1 GC	14
Salmon & Broccoli Crisp	45	FG 3.5	14
Cullen Skink Pie with Herby Mashed Potato Topping	46	FG 1.5 using 1 GC	16
Crunchy Topped Haddock	47	FG 2.5	12
Traditional Fish Cakes	48	FG 0 using 1 GC	9