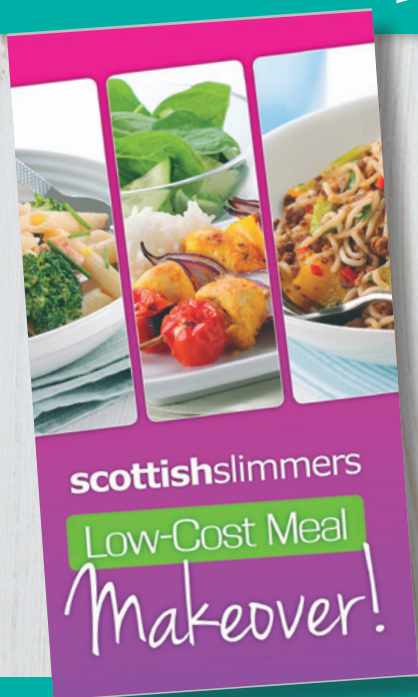


Cookbook Conversion

Feelgood Food counts for your

Low Cost Makeover Recipe Book



flexi^{fs}
slim
by scottishslimmers

Recipe

	Page	Feelgood Food	Classic Checks
Courgette and potato soup	6	FG 3	5
Pea and ham soup	7	FG 0.5	12
Smoked Haddock Pate	8	FG 0	5
Tuna & soft cheese dip	10	FG 0.5	4
Low-fat taramasalta	11	FG 3.5	4
Baked Tomatoes	14	FG 2	5
Sweetcorn Fritters	15	FG 3.5	8
Chickpea Fritters	16	FG 3	8
Lentil & Cherry Tomato salad	18	FG 0	15
Tuna & pasta mayonnaise	19	FG 8.5	16
Chicken tikka kebabs	22	FG 2.5	7
Vegetable Curry	23	FG 1 using 1 GC	9
Sticky sausages	24	FG 2.5 using 1 GC	11
Sausage & Bean Casserole	26	FG 0	8
Veggie Toad in the hole	27	FG 4	11
Bacon and broccoli pasta	30	FG 11.5	15
Mince & Mushroom Pasta	31	FG 11.5	14
Grilled herring & Mustardy Potatoes	32	FG 1.5 using 1 GC	13
Chicken Spaghetti Bolognese	34	FG 8	16
Spanish chicken casserole	35	FG 0	11
Spicy Pork Noodles	38	FG 3	12
Spiced pork with potato wedges	39	FG 1 using 1 GC	13
Turkey & broccoli Stir-fry	40	FG 0	5
Hungarian goulash	41	FG 0	6
Little lemon Puddings	44	FG 6	8
Banana split	45	FG 9	9
Fruity filo stacks	46	FG 2	5
Berry Yogurt crunch	48	FG 1	4