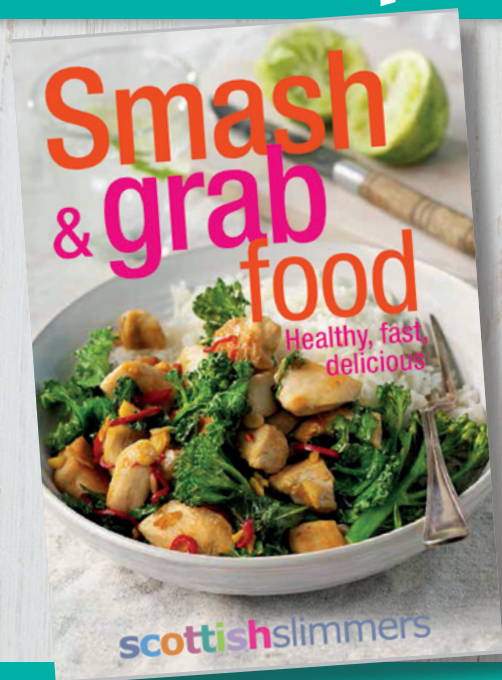


# Cookbook Conversion

Feelgood Food counts for your

## Smash & Grab Recipe Book



flexi<sup>fs</sup>  
slim  
by scottishslimmers

## Recipe

	Page	Feelgood Food	Classic Checks
Seafood courgettini	6	FG 1	4
Spicy chick pea cakes	7	FG 1.5 using 1 GC	12
Cheesy chorizo tortilla	8	FG 2 using 1 GC	10
Easy chicken lasagne	10	FG 6.5	16
Creamy chicken bake	12	FG 6	15
Lemony crab noodles	13	FG 13.5	15
Bacon and tomato gnocchi	14	FG 10	12
Chicken and kale quick fry	18	FG 6.5	13
Cajun spiced chicken	19	FG 2	12
15-minute chunky chowder	20	FG 0 using 1 GC	10
Microwave ham scramble	22	FG 1	10
Turkey fajitas with guacamole	23	FG 3 using 1 GC	12
Quick pesto prawn pasta	24	FG 13	16
Creamy chicken noodles	26	FG 12	16
Speedy cheesy chicken	27	FG 2.5	11
Bean and Halloumi salad	29	FG 0	12
Creamy spinach pasta	30	FG 12.5	13
Prawn and noodle lunchbox	34	FG 3.5	10
Bean chimichurri salad	35	FG 4	13
Prawn and peach chilli wraps	37	FG 1 using 1 GC	8
Chicken avocado wraps	38	FG 7.5	10
Ham omelette wraps	39	FG 0 using 1 GC	10
Fruity couscous lunchbox	40	FG 2 using 1 GC	8
Tomato avocado toasties	43	FG 4 using 1 GC	7
Chicken and cheese quesadillas	44	FG 0 using 1 GC	9
Red pepper rarebits	46	FG 4.5	5
Carrot and houmous cruncher	47	FG 0 using 1 GC	7
Spicy beans on toast	48	FG 0 using 1 GC	8
Curried sweet potato wedges	50	FG 1 using 1 GC	8
BLT toastie	51	FG 1 using 2 GC	8
Chicken provencal	54	FG 5.5	12
Meatball curry	55	FG 8	12
Apricot chicken tagine	56	FG 2	17
Salmon and spinach bake	58	FG 3 using 1 GC	13
Green Thai fish curry	59	FG 5	14
Traditional fish pie	60	FG 0.5 using 1 GC	14
Lentil cottage pie	62	FG 6 using 1 GC	12
Veggie lentil goulash	63	FG 0.5 using 1 GC	9