

Cookbook Conversion

Feelgood Food counts for your

Treat Yourself Recipe Book



flexi's
slim

by scottishslimmers

Recipe

	Page	Feelgood Food	Classic Checks
Sweetcorn Fritters	6	FG 4.5	10
Spinach and pepper mini tortilla	8	FG 1 using 1 GC	15
Baked eggs Florentine	9	FG 4.5	13
Crunchy vegetable croquettes	10	FG 5	9
Crispy Spring Rolls	12	FG 7.5	10
White fish goujons	13	FG 6	16
Tuna egg Benedict	14	FG 4 using 1 GC	13
Roast tomato linguine with prawns	16	FG 13.5	16
Steak with sweet potato 'fries'	17	FG 0 using 1 GC	14
Tandoori chicken wrap	18	FG 10	10
Great American cheeseburger	20	FG 8	16
Sizzling steak fajita	21	FG 2 using 1 GC	12
Root vegetable stew with dumplings	24	FG 4 using 1 GC	9
Squash and lentil stew	25	FG 1.5	8
Italian mushroom melt	26	FG 4	5
Leek and potato rosti	28	FG 1 using 1 GC	10
Bean and leek meal in a bowl	29	FG 3 using 1 GC	14
Spanish summer bake	30	FG 0 using 1 GC	8
Spicy chicken crispbake	32	FG 5.5	14
Chicken and mozzarella bake	33	FG 3	13
Scottish pesto mussels	34	FG 6	14
Quick moussaka	36	FG 1	12
Cheesy turkey roll-ups	37	FG 4.5	10
Chunky chilli con carne	38	FG 1	14
Salmon with lemon oat crust	42	FG 3 using 1 GC	14
Fish fillets with salsa verde	43	FG 1.5 using 1 GC	10
Salmon with watercress sauce	44	FG 2 using 1 GC	14
Smoked salmon fishcakes	46	FG 0 using 1 GC	10
Spanish tapas platter	47	FG 3.5 using 1 GC	14
Indonesian prawn and tomato curry	48	FG 7	10
Steaks with onion marmalade	50	FG 3 using 1 GC	15

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	Page	Feelgood Food	Classic Checks
Sauteed chicken and mushrooms	51	FG 2.5 using 1 GC	14
Chicken and spinach cannelloni	52	FG 4	14
Mozzarella chicken parcels	54	FG 2.5	9
Greek-style roast chicken	55	FG 0 using 1 GC	11
Lebanese chicken	56	FG 0 using 1 GC	12
Summer fruit pavlova	60	FG 6.5	8
Caramel drizzled barbecued fruit	62	FG 2	7
Spicy banana tea loaf	63	FG 6	8
Apple strudel	64	FG 5	8
Skinny chocolate mousse	66	FG 0	7
Chocolate berry pancakes	67	FG 7.5	8
No-cook chocolate cake	68	FG 7	7
Coconut raspberry buns	70	FG 5	6