



Family favourites				
	Toad in the hole	11	10	10
12	<i>Recipe with Cook's tip - add boiled new potatoes</i>	14	13	10
14	Simple fish pie	9	4	2
16	Tuna pasta bake	11	9	9
18	Cottage pie	8	6	3
20	Easy chicken & mushroom pie	11	10	8
	Chicken & vegetable soup	3	0	0
22	<i>Recipe with Cook's tip - serve with a toasted sandwich thin</i>	6	3	3
24	Roast pork with onion gravy	8	8	5
26	Beef stroganoff with celeriac mash	6	6	6
28	Turkey lasagne	8	7	7
30	Gammon, egg & butternut squash chips	9	7	7
32	Chicken Kiev	9	7	4
	Pasta Bolognese	9	9	9
34	<i>Recipe with Cook's tip - swap 125ml of the water for red wine</i>	10	10	10
36	Chilli con carne	13	9	4
38	Smoky sausage & bean stew	13	10	7
40	Moussaka	5	5	5
	Baked potato			
	BLT topping	9	9	2
42	Tuna melt topping	10	9	2
	Smoky beans topping	10	8	0
	Cheese & ham soufflé topping	10	9	1
Vegetarian				
46	Quorn & lentil cottage pie	10	7	3
48	Bubble & squeak cakes with fried eggs	5	4	1
50	Garlic cauliflower steaks with roast veg	5	5	2
52	French onion risotto	8	8	8
54	Spanish omelette	7	3	1
56	Red lentil & butternut squash dhal	12	7	1
58	Mushroom stroganoff	6	6	6
60	Roasted tomato soup with cheese toasties	4	4	4
	Ratatouille	5	5	5
62	<i>Recipe with Cook's tip - serve without bread</i>	0	0	0
	Lentil hash with poached eggs	7	2	0
64	<i>Recipe with Cook's tip - swap lentils for chickpeas</i>	7	2	0
	Veggie lasagne	6	6	6
66	<i>Recipe with Cook's tip - swap pasta for slices of butternut squash</i>	3	3	3
68	Creamy spinach & mushroom gnocchi	7	7	7
70	Cauliflower curry	6	6	6
	Veggie meatballs with carrot 'spaghetti'	3	1	1
72	<i>Recipe with Cook's tip - swap carrots for wholewheat spaghetti</i>	8	6	1
74	Mac 'n' cheese	12	12	12
	Porridge			
	Spiced fruit	6	6	3
76	Banana & hazelnut	6	6	3
	Tropical bliss	7	7	4
	Pear & cinnamon	6	5	2



Fakeaways				
	Fish & butternut squash chips	7	4	4
80	<i>Recipe with Cook's tip - swap butternut squash for sweet potatoes</i>	12	9	4
	Chicken curry	8	6	6
82	<i>Recipe with Cook's tip - swap rice for cauliflower rice</i>	3	1	1
84	Beef & black bean burgers	9	8	8
	Steak burritos	10	10	9
86	<i>Recipe with Cook's tip - swap steak for chicken breast fillet</i>	9	8	7
	Sticky barbecued chicken	8	7	2
88	<i>Recipe with Cook's tip - swap sweet potatoes for normal skin-on potatoes</i>	7	6	2
90	Tomato & mushroom pizza	6	6	6
92	Beef ramen	9	9	9
	Sweet & sour pork with egg fried rice	13	11	6
94	<i>Recipe with Cook's tip - swap pork for chicken breast fillet</i>	12	9	3
	Lamb doner kebabs	9	9	9
96	<i>Recipe with Cook's tip - swap pitta for WW Wraps</i>	8	8	8
98	Thai prawn curry with noodles	7	7	7
	Quesadillas			
	Roast vegetable	6	6	6
100	Pesto chicken	8	8	8
	Feta & black bean	9	8	8
	Steak & pepper	7	7	7
Desserts & bakes				
	Apple & rhubarb crumble	8	8	7
104	<i>Recipe with Cook's tip - swap custard for 0% fat natural Greek yogurt</i>	7	6	5
106	Rice pudding with honey & walnuts	8	7	7
108	Blueberry muffins	5	4	4
	Chocolate self-saucing pudding	8	8	8
110	<i>Recipe with Cook's tip - serve with fresh berries & 0% fat natural Greek yogurt</i>	8	8	8
112	Apple tarte tatin	7	7	7
	Spiced ginger scones	5	5	5
114	<i>Recipe with Cook's tip - serve with low-calorie jam & half-fat crème fraîche</i>	8	8	8
	Sticky pudding	8	7	7
116	<i>Recipe with Cook's tip - serve with low-fat custard</i>	12	11	11
118	Steamed lemon pudding	7	6	6
	Earl Grey fruit loaf	8	7	7
120	<i>Recipe with Cook's tip - toast slice of loaf and serve with low-fat spread</i>	8	8	8
122	Chocolate brownies	4	3	3
124	Fruit trifle	7	7	7
	Cookies			
	Chocolate chip	6	6	6
126	Peanut butter	6	6	6
	Spiced orange & cranberry	6	6	6
	Oat & raisin	6	6	6