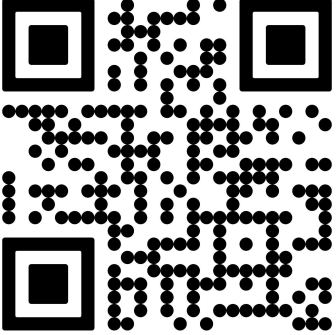
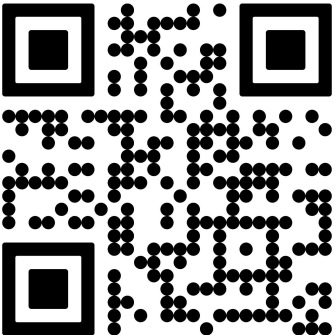
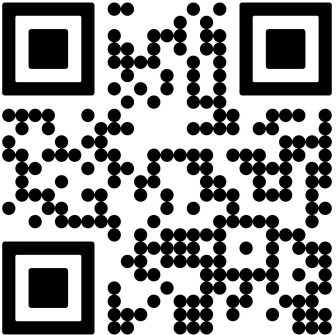
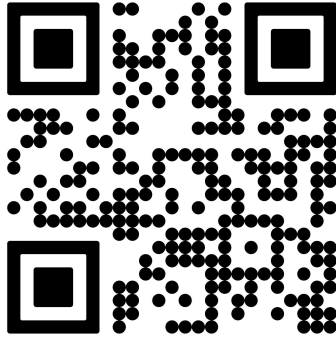


Anna Van Dyken's 50% Weight Lost 100% Healthier recipe Points Guide.

Recipe	QR Code	WeightWatchers program Points	Diabetes Tailored Plan Points
Breakfast			
Bacon and egg stuffed sweet potato		7	7
Egg crepe with ricotta, mushroom & spinach		4	4
Caramelised onion & mushrooms on sourdough		3	3

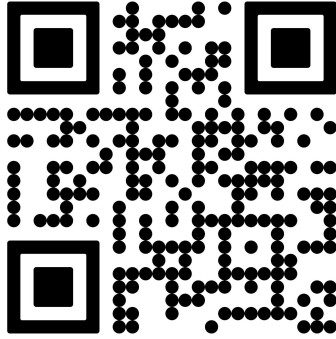
Natural cinnamon muesli



3

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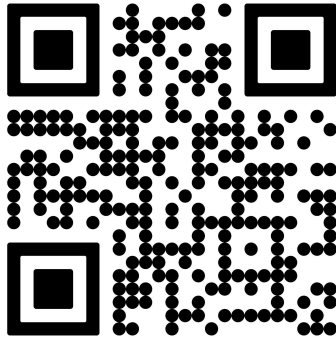
Pumpkin spiced pancakes



6

6

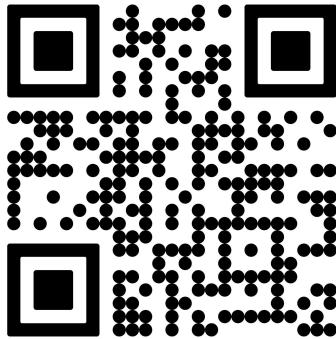
Chocolate Weet-Bix mug muffin



2

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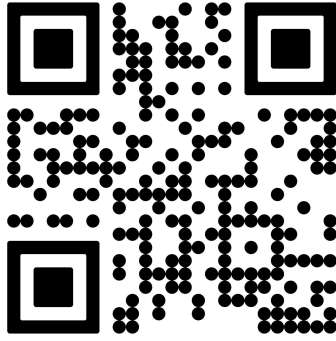
Gluten-free carrot cake mug muffin



3

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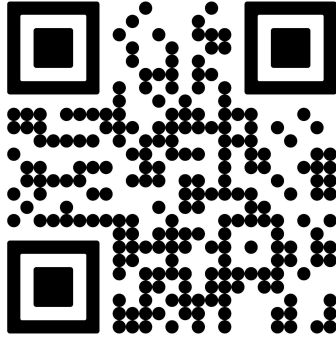
Pear & raspberry oat bran mug muffin



3

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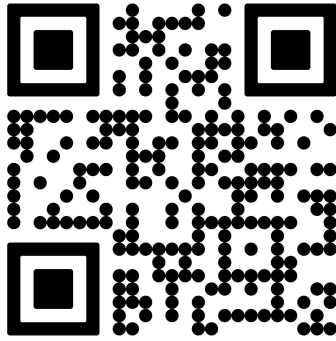
Banana mug muffin



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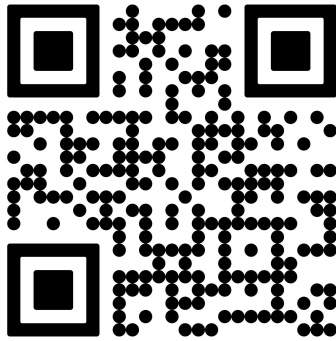
Apple & cinnamon mug muffin



3

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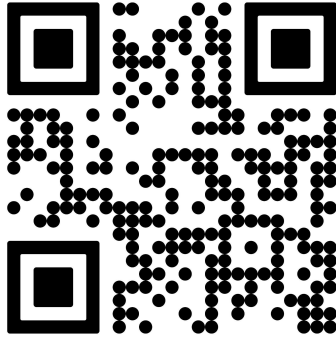
The best hearty breakfast



10

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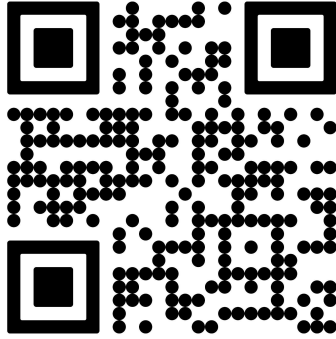
Homemade potato waffle



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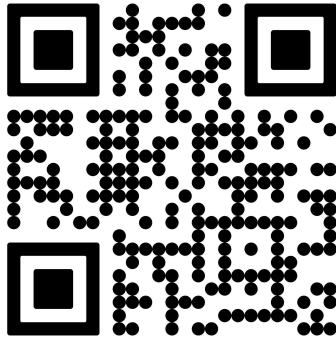
Ricotta, broccoli & caramelised onion breakfast muffins



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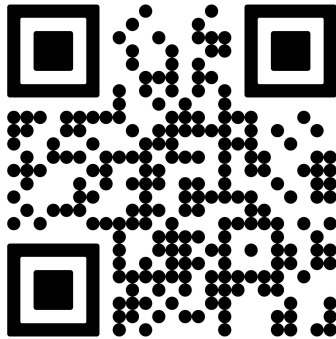
Vegetarian breakfast bowl



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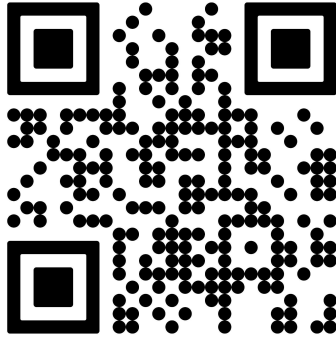
Cinnamon French toast with caramelised banana



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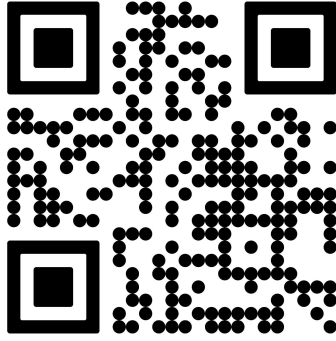
Mango & coconut overnight oats



6

12

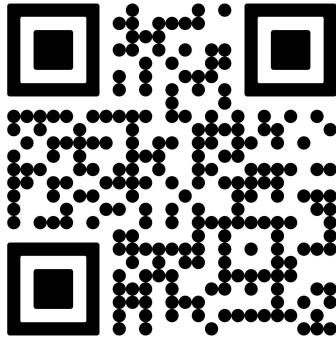
Lamington overnight oats



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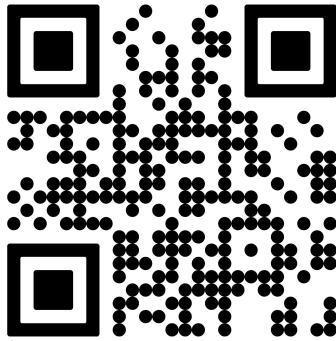
Strawberries & cream overnight oats



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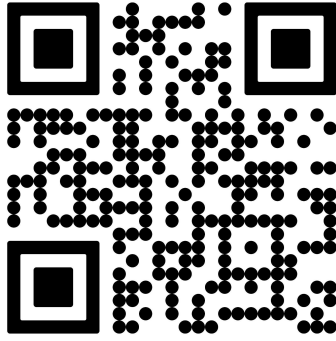
Blueberry & lemon cheesecake overnight oats



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Apple pie overnight oats with salted date caramel.

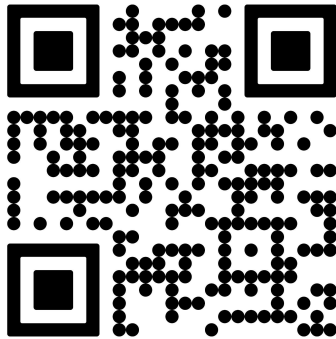


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16

Snacks

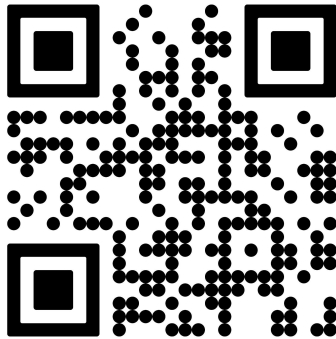
Leek, mushroom & feta frittata muffins



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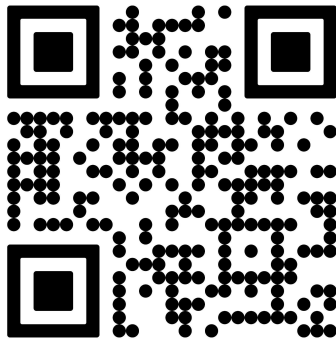
Apple pie bliss balls



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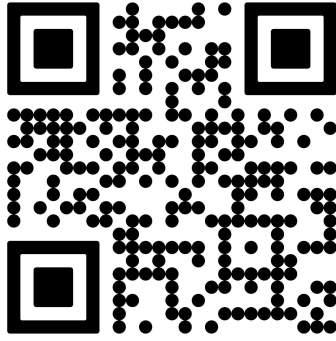
Mocha maple bliss balls



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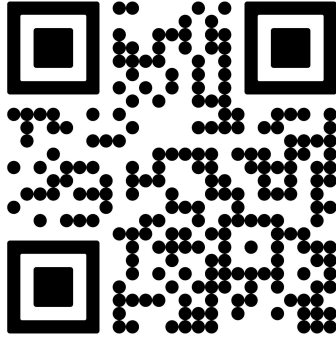
Hot cross bun bliss balls



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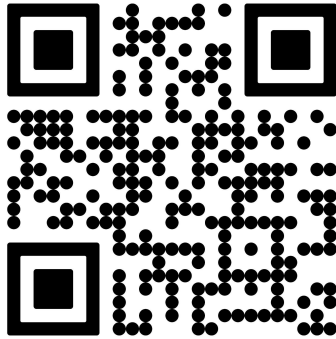
Chocolate brownie bliss balls



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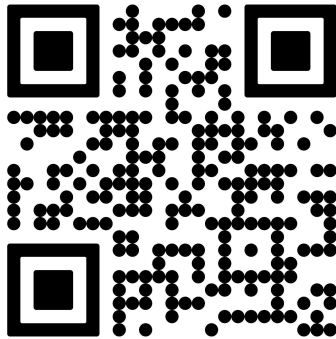
Cherry ripe bliss balls



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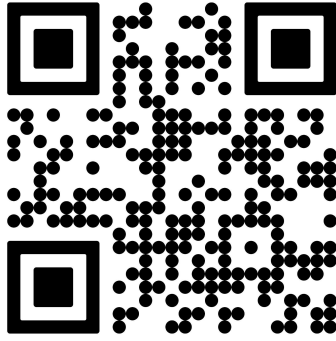
Chocolate Weet-Bix bliss balls



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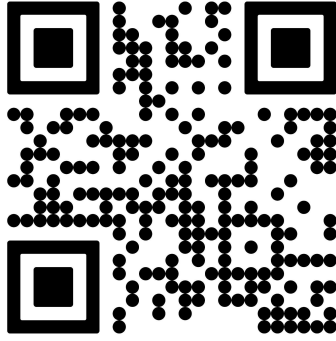
Hawaiian pizza bites



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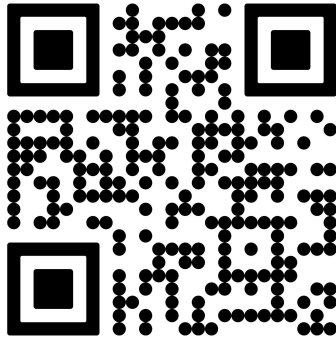
Tuna salad dip



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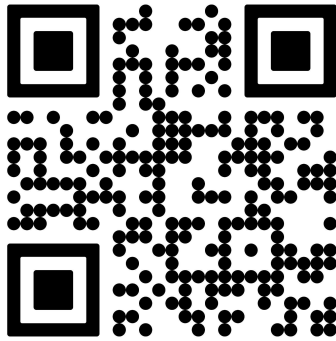
Creamy hummus



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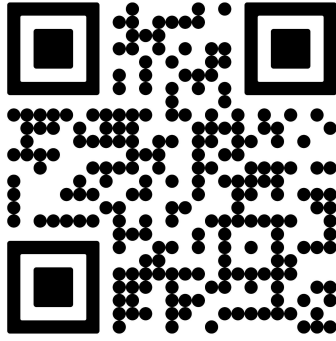
French onion dip



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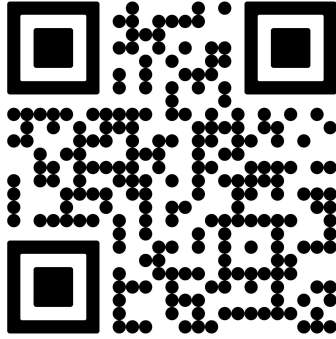
Homemade tzatziki



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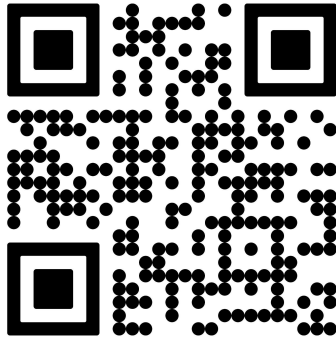
Vegan broccoli, cauliflower & carrot bites



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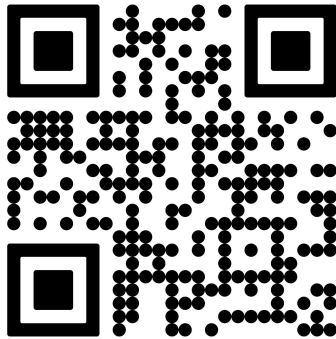
Pea, corn & bacon loaves



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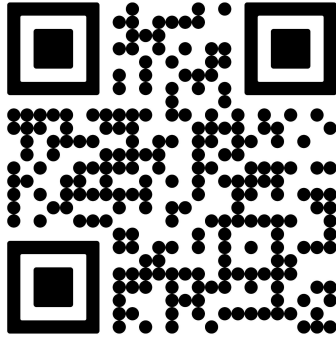
Mountain bread spring rolls



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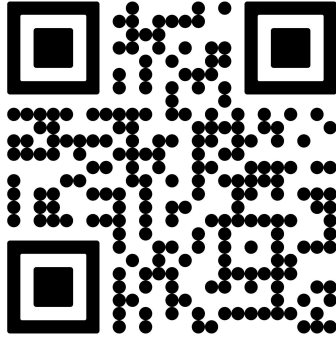
Greek mini meatballs



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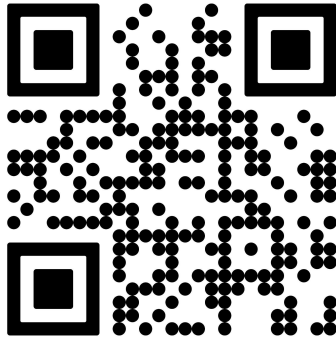
Homemade chicken nuggets



2

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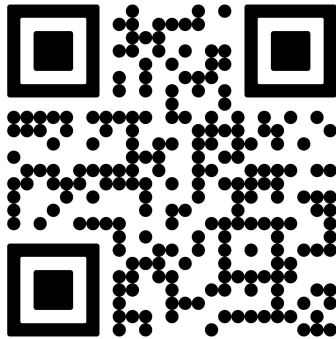
Chicken, spinach & feta patties



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Beetroot falafel

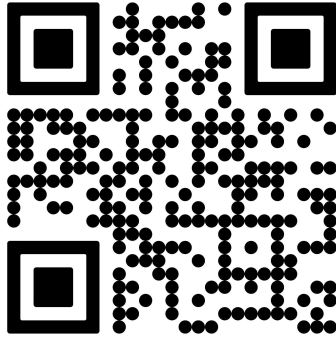


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Lunch

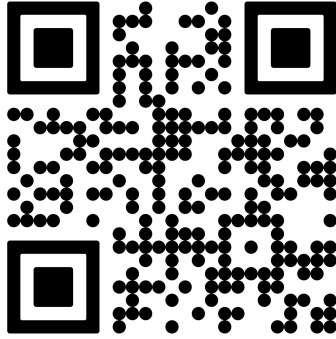
Open Greek-style burger



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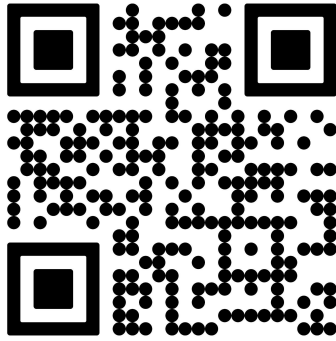
Crunchy slaw salad with chicken & sesame peanut dressing



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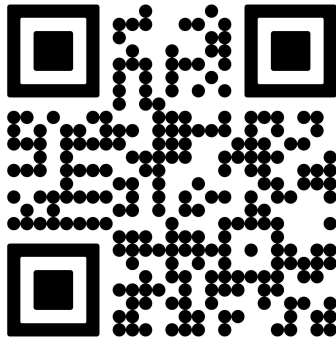
Chicken Caesar salad



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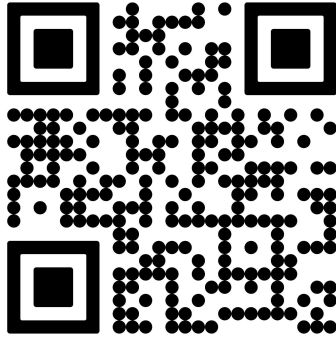
Seriously good steak sandwich



4

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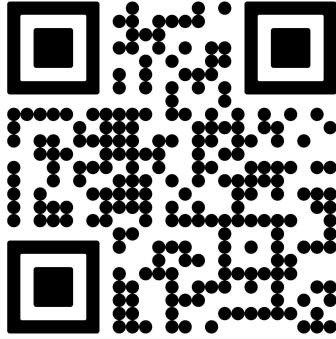
Tomato bruschetta



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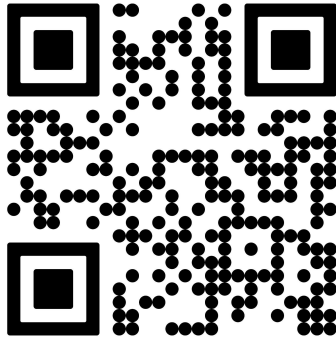
Cheesy chickpea & sweetcorn fritters



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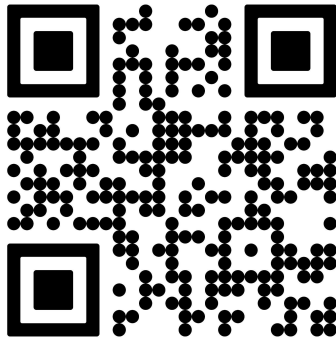
Portuguese chicken burrito bowl



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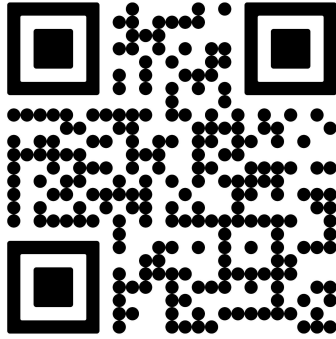
Cheesy rice slice



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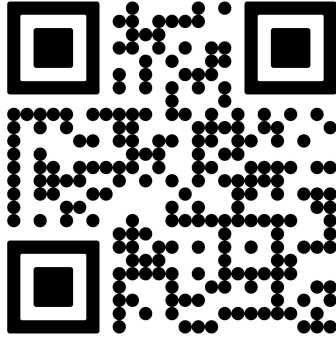
Sweet chilli chicken & rice bowl



4

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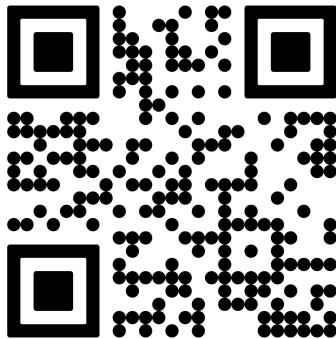
Sticky barbecue glazed meatballs



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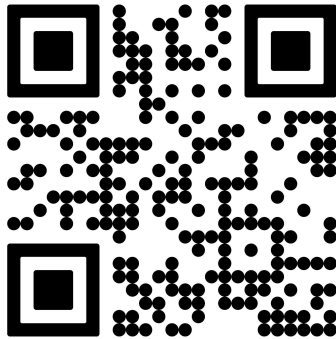
Open chicken, bacon & poached egg sandwich



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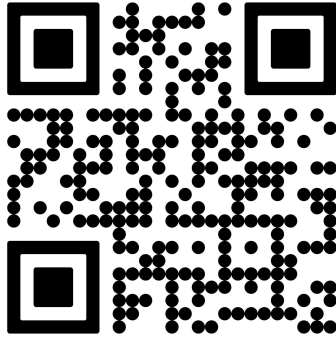
Pork & mushroom larb lettuce wraps



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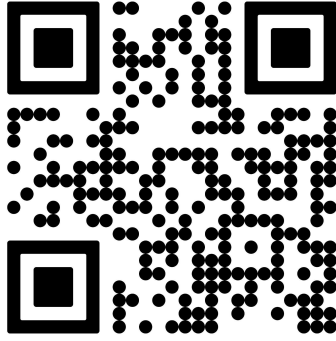
Creamy pumpkin & maple soup



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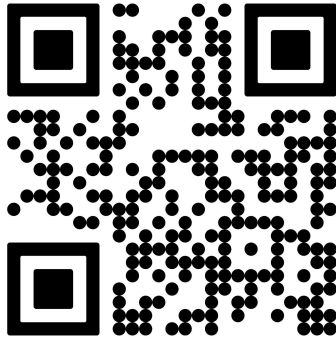
Cauliflower & pear soup



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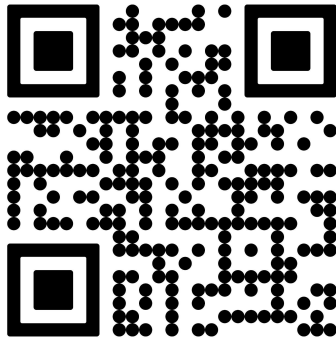
BLT with garlic herb dressing



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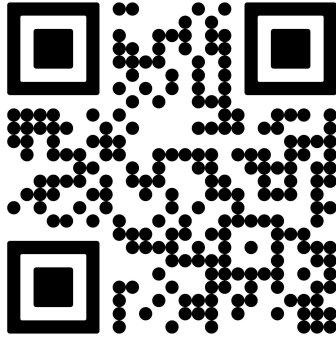
Edible crunchy wrap bowl



4

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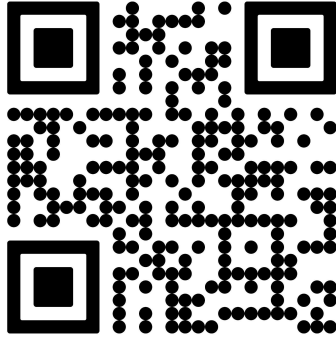
Slow-cooker pea & ham soup



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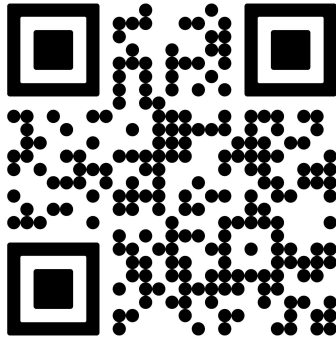
Portuguese chicken burger



7

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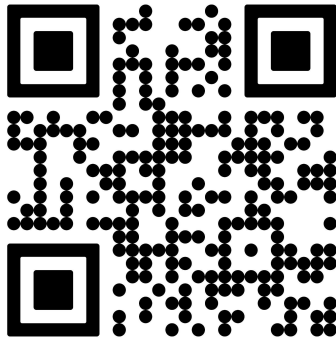
Nonna's chicken soup



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Salmon Buddha bowl

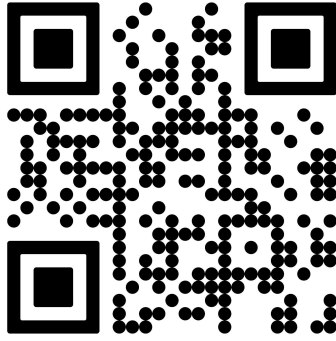


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Entertaining

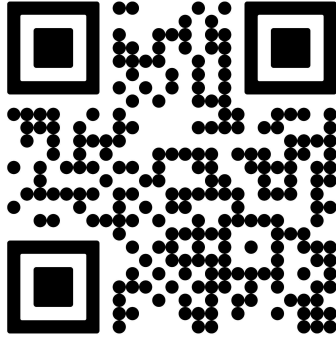
Pork, apple & thyme sausage rolls



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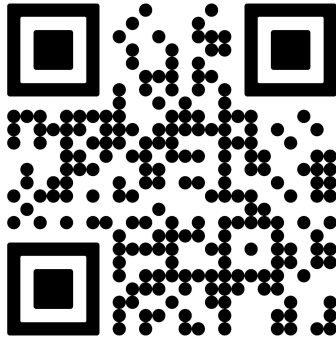
Cheesy asparagus with prosciutto



4

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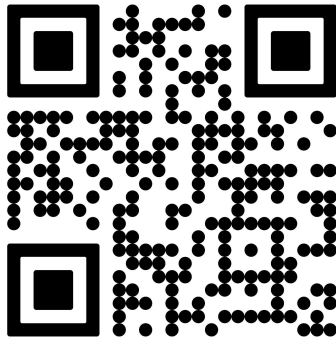
Barbecued veg, quinoa & feta salad



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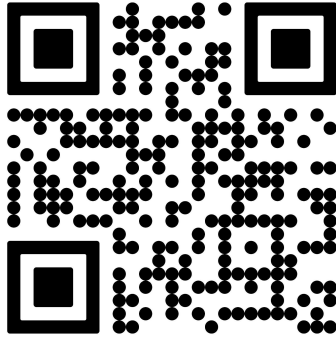
Spinach & cashew salad



3

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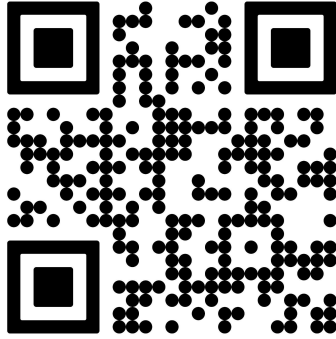
Mango salad with citrus dressing



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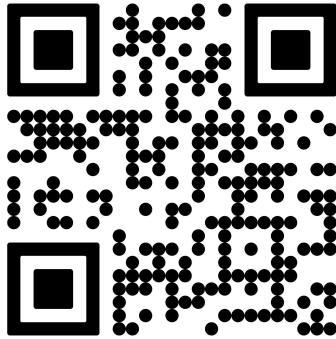
Lamb with pumpkin & couscous salad



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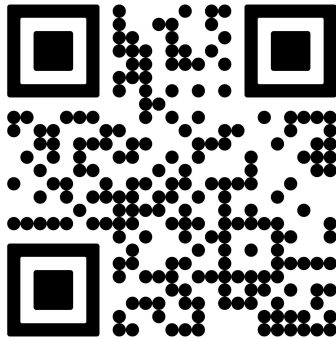
Lemon, herb & garlic chicken



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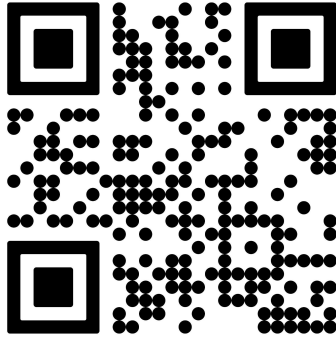
Tiramisu sponge cake



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Cinnamon apple tartlets

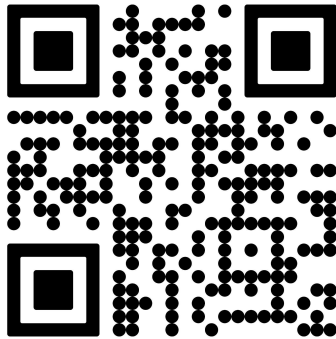


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Dinner

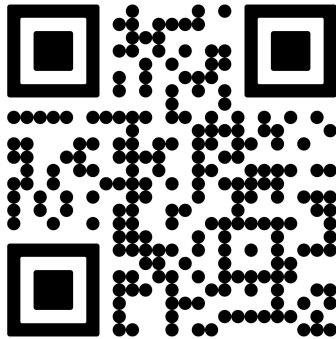
Three-ingredient pizza dough with prosciutto, rocket & feta



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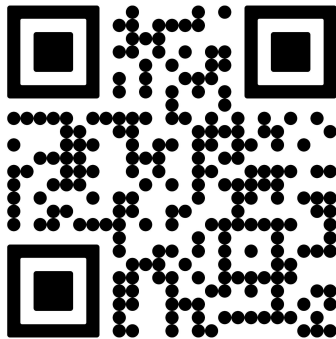
Steak burgers in brioche



11

11

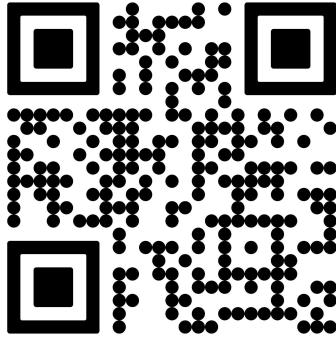
Cheesy roasted butternut pumpkin with vegetable rice filling



4

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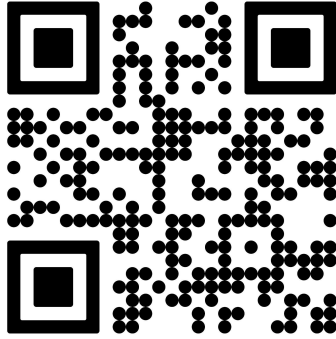
Chilli chicken tacos



6

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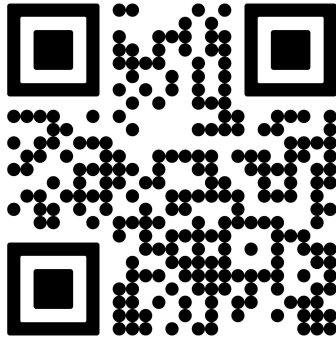
Crispy crunchy cornflake chicken



4

4

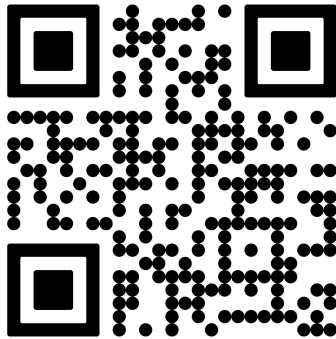
Corn, polenta & parmesan fritters



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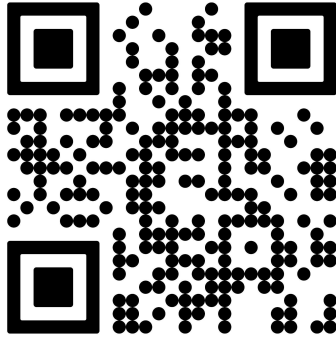
Slow-cooker Italian pork stew



4

4

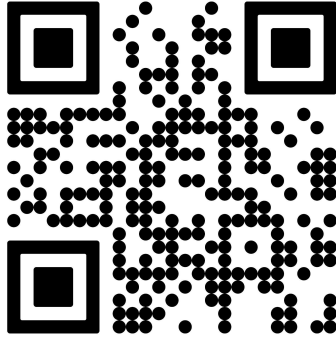
Haloumi & chickpea tray bake



6

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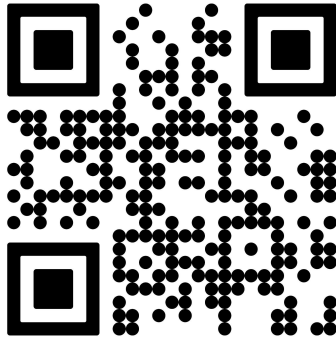
Maple mustard pork & apple tray bake



8

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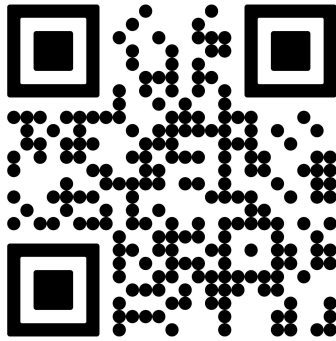
Mediterranean lamb tray bake



5

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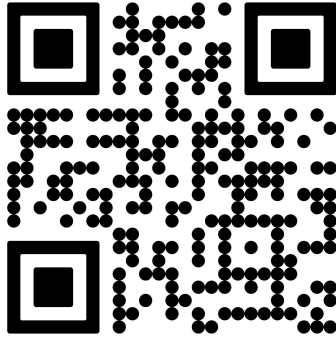
Easy salmon tray bake



4

4

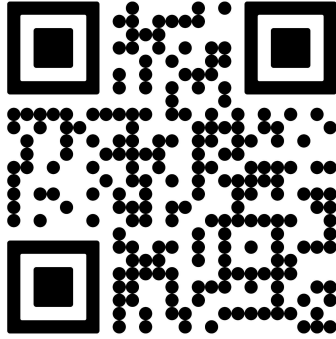
Swedish meatballs my way



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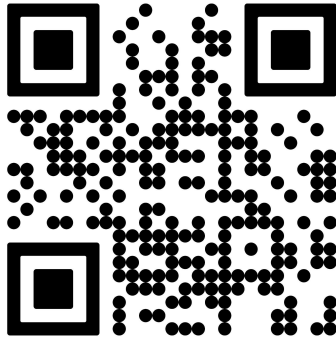
Mac & cheese bake with roasted tomatoes



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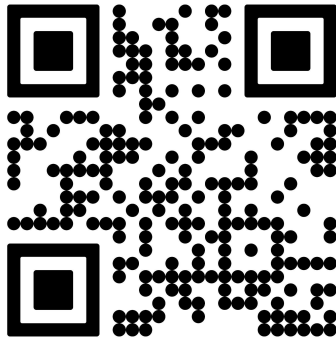
Mediterranean sausage & vegetable bake



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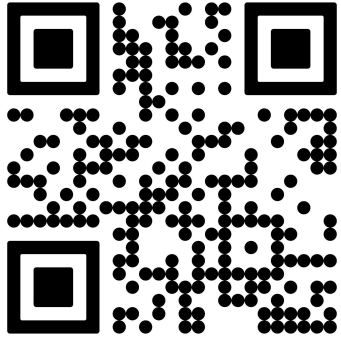
Sweet & sour chicken



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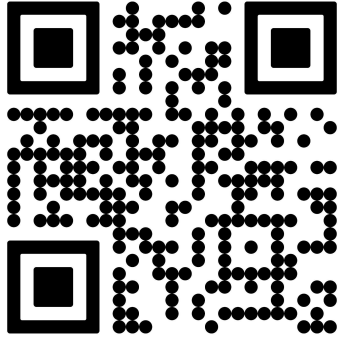
Bacon, cheese & corn filo tarts



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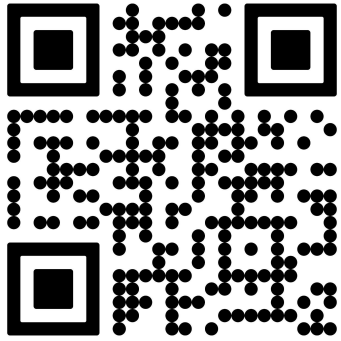
Maple, soy & sweet chilli salmon



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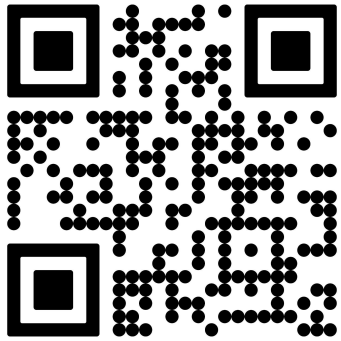
Chilli garlic prawns



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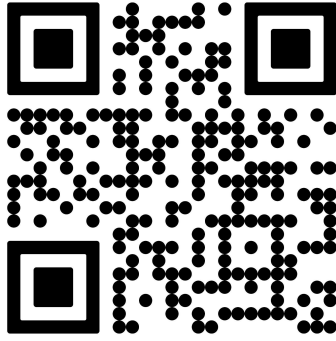
Old-fashioned tuna patties



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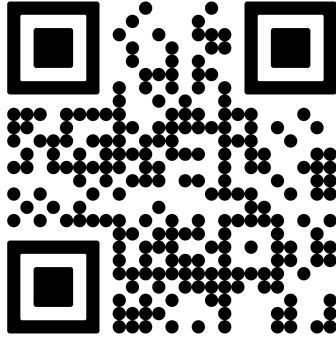
Sesame tuna with mango salsa



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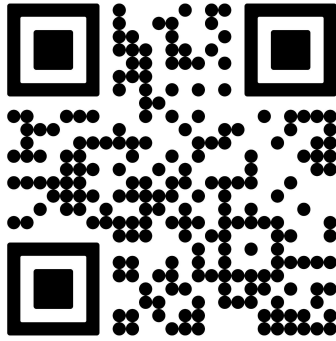
Ricotta, pumpkin & spinach strudel



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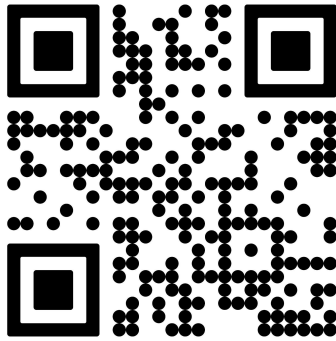
Black bean pasta with chicken & cherry tomato



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Quiche taco boats

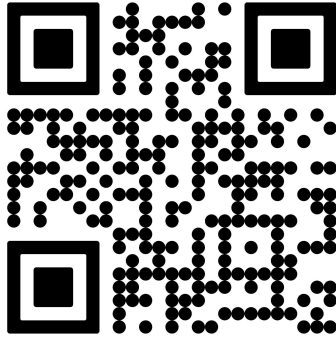


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<p>Baked barramundi in white wine with vegetables</p>		<p>3</p>	<p>3</p>
<p>Sweets</p>			
<p>Chocolate mousse</p>		<p>3</p>	<p>5</p>
<p>Apple, raspberry & white chocolate muffins</p>		<p>4</p>	<p>4</p>
<p>Lemon & raspberry cheesecakes</p>		<p>4</p>	<p>5</p>

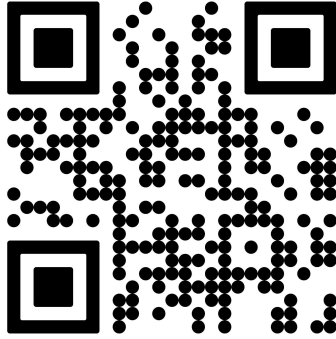
Spiced fruit crumble



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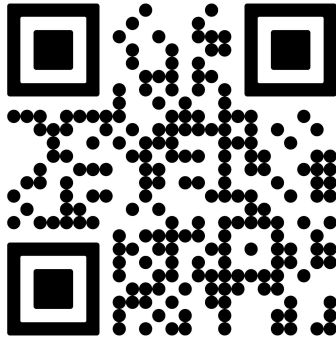
Banoffee trifles



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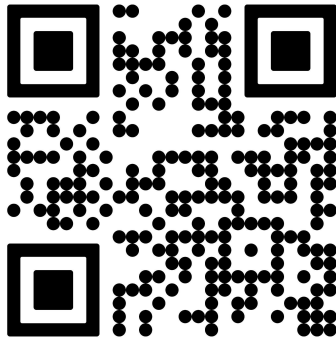
Vanilla yoghurt pannacotta with raspberries



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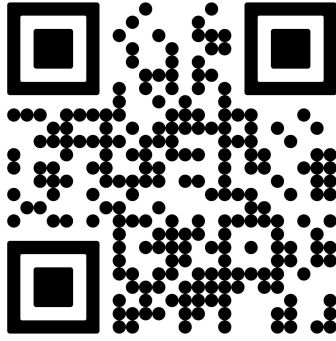
Date, coffee & walnut cake



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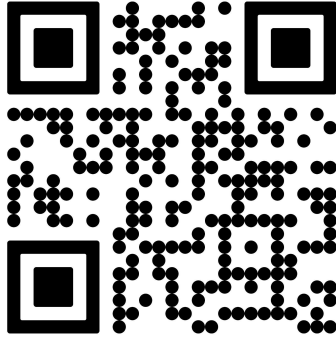
Honey, ricotta & date filo rolls



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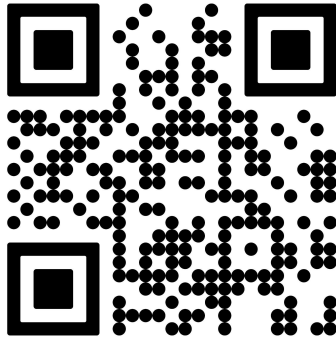
Apple & rhubarb tea cake



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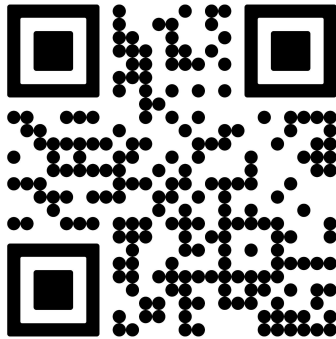
Almond & pistachio biscuits



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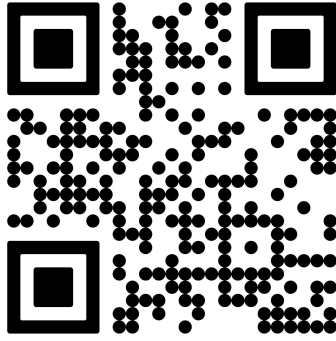
Cinnamon sugar almond macaroons



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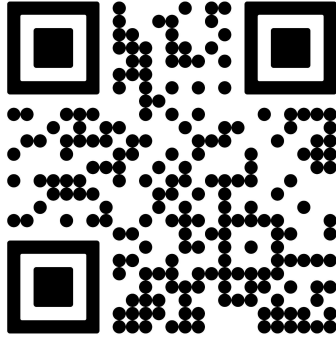
Lemon & poppy seed roulade



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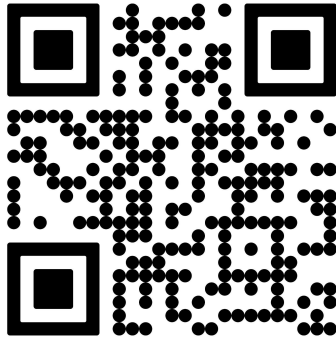
Chai-spiced pears in syrup



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Italian ricotta & rice cake

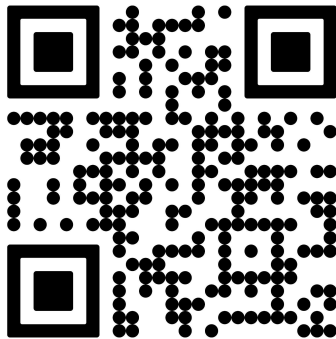


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Let's Celebrate

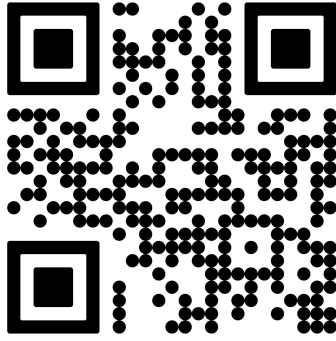
Green beans with orange, hazelnut & cranberry gremolata



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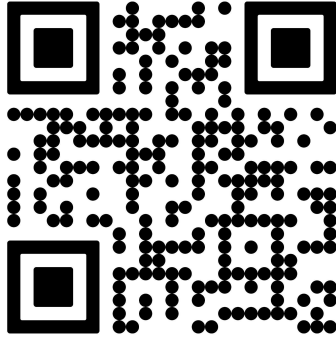
Mustard & maple baby carrots



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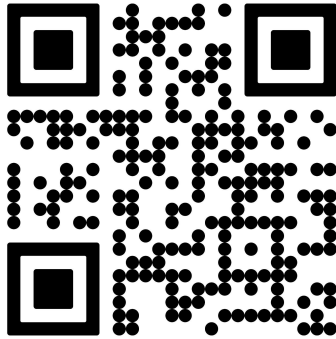
Classic Italian potato salad



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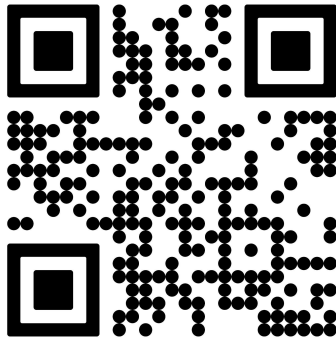
Cheat's roast turkey



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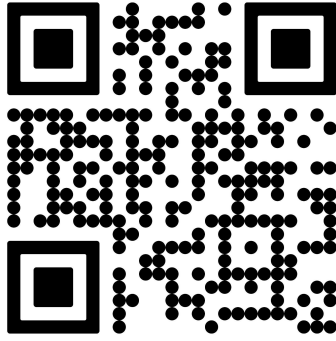
Bacon & sage stuffing



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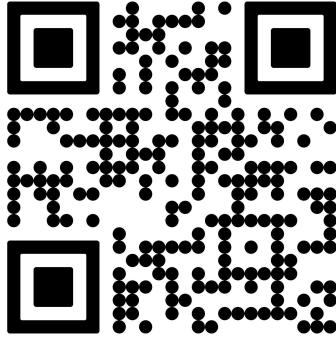
Cranberry apple relish



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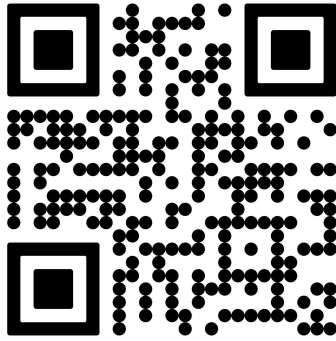
Mum's braised prawn-stuffed squid



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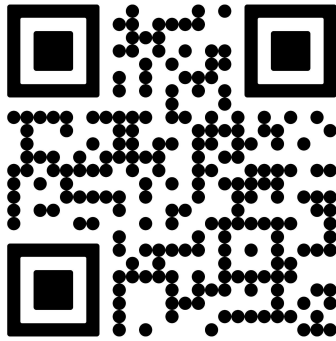
Fruit mince pie tartlets



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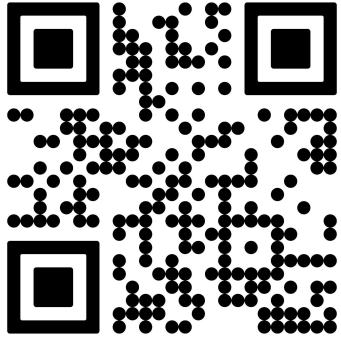
The best honey-glazed ham



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My trifle



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