

Anna Van Dyken's 'How I've Kept The Weight Off' Recipe PersonalPoints Guide

Recipe	PersonalPoints per serve
Breakfast	
Berry breakfast bars	0-3
Caramel latte overnight oats	2-9
Peanut butter granola clusters	2-4
Breakfast banana split	2-10
Berry good stuffed sweet potato	6-10
Granola muffins	3-6
Ham & cheese herby crepes	4-7
One pan haloumi brunch	6-10
Double bacon, egg & cheese muffin	7-9
Avocado, tomato & haloumi muffin	5-6
Scrambled egg & mushroom muffin	5-8
Smoked salmon & chive scrambled egg muffin	6-8
Homemade baked beans	1-3
Cheese & bacon breakfast loaf	3-5
Vegan breakfast bowl	3-4
Lunch	
Roast veggie & hummus buddha bowl	4-8
Slow cooker chicken, bacon & sweet corn soup	2-7
Crustless quiche	4-6
Greek-style grazing board	10-15
Greek fava dip	0-1
Turkey & cranberry grazing board	10-14
Homemade cranberry sauce	2
Sushi grazing board	4-9
Open pumpkin & horseradish roast beef sandwich	7
Chicken waldorf salad	3-13
Spinach and ricotta stuffed mushrooms	2
Loaded tuna pasta salad	5-6
Lamb & garlic dip flatbread	8

Lamb meatballs	1
Herb & lemon chicken meatballs	0
Mexican chicken meatballs	0
Turkey, chilli & lime meatballs	0
Nonna's polpette	2
Pumpkin, chickpea and kale salad with spicy tahini dressing	3-4
Sweet potato & chicken patties	1-2
Dinner	
Pan-fried pumpkin gnocchi	10
Ginger maple chicken	7
Spanish-inspired prawns & rice	7-8
Cheesy broccoli tuna pasta bake	7-9
Fettuccine marinara	2-8
Pumpkin schnitzel burgers	4-6
Nonna's Bolognese sauce	2
Shepherd's pie with parmesan mash	7-10
Herb & parmesan crumbed fish with seasoned wedges	5-11
Turkey & leek deep-dish slice	2-5
Chicken sausage tray bake	7
Cauliflower parmigiana tray bake	6
Dukkah-cruste d citrus salmon tray bake	2-10
Nonna's Italian chicken tray bake	5-7
Slow cooker Italian steak pizzaiola	5
Italian meatloaf with ricotta	5-6
Italian rice bake	9
Eggplant veggie burger	8
Bruschetta' chicken	2-4
Cheat's cabbage roll	10-11
One pot sausage casserole	5-8
Cheesy chicken lasagne	7-10
Sweets & Snacks	
Fried rice cups	1-3

Spinach & ricotta rolls	2
Pizza melt corn stack	3
Tuna melt corn stack	3-5
Mashed avocado, tomato & balsamic corn stacks	1-2
Peanut butter, berry & banana corn stacks	4-5
Vegemite & egg corn stacks	1-3
Hummus, cucumber & feta corn stacks	4
Dukkah fruit yoghurt pot	1-7
Sweet cinnamon & almond dukkah	2
Chocolate almond slice	3-6
Lemon slice bliss balls	1-2
Cheesecake bliss ball bites	3
Blueberry coconut bliss balls	1-2
Chocolate crackle bliss balls	3
Mango yoghurt popsicles	2-4
Pineapple coconut mojito granita	1-3
Fruit and honey popcorn cups	3-4
Spiced apple slice	4-5
Entertaining	
Strawberry apple compote	1-2
Roast pumpkin & bean patties	1
BBQ steak with caramelised onions & mushrooms	8
Brown rice & broccoli salad with citrus dressing	1-4
Caramelised roast pumpkin with whipped feta	5
Mum's Greek-style beans (fasolia)	1
Blueberry jam	0-1
Cinnamon ricotta cream	1
Lemon cheesecake dip	1-2
Apple pikelets	1
Lemon ricotta cream tart	3-6
Ginger & pear cake with ginger cream	9-10
Cheat's ice-cream sandwich	7

Orange cake with candied orange	6-7
Peach & blueberry crumbles	5-8