

Sweet chilli chicken tortilla = 6pp

Dress 100g cooked chicken (3pp) with 1tsp sweet chilli sauce and 1tsp low fat mayonnaise, and spread over a medium soft tortilla (3pp). Top with a salsa made from chopped tomato, cucumber, red onion, fresh mint or coriander, a squeeze of lime or lemon juice and black pepper. Roll up & enjoy!

Smoked Salmon Pitta = 7pp

Dress 100g smoked salmon (3pp) with 1tsp low fat mayonnaise, and stuff in a pitta bread (4pp). Top with a salsa made from chopped tomato, cucumber, red onion, fresh dill or parsley, a squeeze of lime or lemon juice and black pepper. Roll up & enjoy!

Butternut & sweet potato soup serves 2 - 3pp each

200g / 7 oz butternut squash, peeled, deseeded and diced

150g / 5 ¼ oz sweet potato, peeled and diced (4pp)

750ml / 1 ¼ pts vegetable stock (3 vegetable oxo cubes crumbled into 750ml boiling water)

½ tsp ground cinnamon ½ tsp ground nutmeg

2 tbsp low fat fromage frais (2pp) or not low fat for 3pp

Add the butternut squash, sweet potato, stock, cinnamon and nutmeg to a large saucepan. Bring to the boil & simmer for 15 mins, or until the vegetables are tender. Season to taste with salt & pepper. Pulse the soup in a blender until smooth. Return the blended soup to the saucepan & tip in the fromage frais. Stir to combine and divide between two bowls.

Crisp sandwich & fruit, 9pp

Bag of Walkers Crisps – any flavour, 2 tsp low fat spread, 2 slices bread, fruit of choice

Coronation chicken jacket potato = 11pp

Fill a 225g jacket potato with a

1 tablespoon Mayonnaise, Low Fat

1/2 teaspoon Curry Paste

Splash Worcestershire Sauce

Splash Lemon Juice

1 level teaspoon Half Fat Crème Fraiche

50 g cooked chicken cut into chunks

Black pepper

Whisk together all of the sauce ingredients (mayonnaise through crème fraiche), season and then mix in the chicken. When the potatoes are cooked, cut a cross in the top of each and spoon the chicken and sauce into each potato.

Cheese on toast = 9pp

2 slices bread 4pp & 40g full fat cheese 5pp

Pub Lunch – Beefeater 7oz rump steak with chips (18pp)**Dinner - Winter Vegetable Hot Pot, Serves 4 at 6pp each.****½ can Beans on 2 slices toast (9pp)****Boots Chicken & Stuffing Sandwich = 8pp**

tuna mayo pitta bread serves 2, 7pp each

Mix 1 tin 185g tuna chunks in spring water (drained) with 2tbsp low fat mayonnaise and with salad leaves, spring onion, tomatoes add to 2 pitta bread

Roe & Potato Wedges 10pp

1 x 250g baking potato (5pp) – microwave for 5m, then cut in 4 & spray with WW oil spray (1pp) & pop in hot oven to roast for 10- 15m

2 x 100g slices tinned cod roe 4pp dry fried served with veggies of choice

Frittata serves 2, 5pp each

This is great for using leftover vegetables, any combination will do! Spray a large non-stick frying pan with low fat cooking spray and cook about 6 chopped spring onions with a clove of chopped garlic until softened. Add in diced, cooked potatoes, defrosted peas, a sliced courgette and a handful of spinach leaves and cook until warmed through. Add in 5 beaten eggs, seasoned with salt and pepper and cook until set. Brown the top under a preheated grill and serve with a tomato salad. Save a portion for your lunchbox too.

Sun dried tomato & mushroom pasta.

Serves 2, 7pp each

80g dried pasta 8pp cooked as per instruction.

150g carton Dolmio stir-in sauce for pasta sun-dried tomato 5pp

Tablespoon sweetcorn 1pp

200g sliced mushrooms stir-fried in a little water.

Mix pasta, mushrooms & sweetcorn with sauce warm through.

Sweet chilli wraps, makes 2, 9pp

1 tin John west flaked crabmeat in brine (2pp)

2 x Soft tortilla wrap (6pp)

1tbsp Sweet chilli sauce (1pp)

Diced cucumber, spring onion, and salad leaves.

Mix together and roll in 2 wraps.

creamy mushroom on toast = 5pp

Simmer 200g sliced mushrooms in a non-stick frying pan with 6tbsp hot vegetable stock for 4-5minutes, until the liquid has almost evaporated. Stir in 40g low fat soft cheese (1pp) and heat through for a few minutes. Pile on top of two slices of wholemeal toast (4pp) and season with ground pepper. Add some snipped chives.

Ham Rolls= 11pp

2 teaspoon low fat spread (1pp)

60g wafer thin ham 60g (2pp)

2 bread rolls (8pp)

Creamy Carbonara serves 2, 7pp each

Dolmio creamy carbonara stir-in sauce for pasta (5pp)

80g pasta (8pp)

200g mushrooms

30g wafer thin ham (1pp)

Subway Eat Out 7pp low fat beef, turkey or ham sub

MacDonald's Eat out 14pp = cheeseburger = 8pp, small fries = 6pp

KFC Eat Out 20pp = 1 breast (7pp), 1 thigh (6pp), regular fries (7pp)

Oven Roasted Pasta, serves 2, 6pp each

Dolmio oven roasted vegetables stir-in sauce for pasta (4pp)

80g pasta (8pp)

Either serve the above alone, or add to oven roasted zero veggies such as peppers, carrots, courgettes & mushrooms

**Dinner - Toad in the tin hole, serves 4, 12pp each
zero pp soup (page 14 of Enjoy) with side salad****Chinese Chicken Noodles serves 2, 10pp each**

1 chicken oxo cube made up to 600ml with boiling water

150g sliced cooked chicken breast (4pp)

68g fine egg noodles (6pp) 120g thinly sliced baby corns

4 sliced spring onions 2 tsp soy sauce

Bread roll (4pp) & 1tsp low fat spread (1pp)

Add noodles & baby corn to a pan of boiling water and cook for 3 mins, drain & rinse in cold water. Pour the stock into pan, add soy sauce & bring to a simmer. Mix in the chicken, spring onion, cooked noodles & baby corn and heat through for 1-2 mins until piping hot & serve.

Fish finger sandwich = 11pp

Grill 4 Fish fingers (6pp), then mix together 1tbsp low fat mayo (1pp), diced cucumber & capers, serve on 2 slices bread (4pp),

TLT Sandwich (6pp)

2 Turkey rasher (2pp), lettuce, tomato, 2 slices bread (4pp).

Picnic ham and eggs, serves 6, 7pp**Each serving = 2 parcels**

12 slices premium ham (14pp)

12 low fat cheese triangles (6pp)

12 eggs (22pp)

Take a muffin baking tray and spray each muffin tin with calorie controlled oil spray. Line each tin with a slice of good ham. (1pp) Unwrap a low fat cheese spread triangle for each muffin tin and place on top of the ham inside the tin.

Break a whole egg into each muffin tin on top of the low fat cheese & season with salt and pepper. Place into a pre heated oven 160c for ten minutes until the white of the egg is set and the yolk is just set. Take out of the oven and allow to cool. When cool remove each ham and egg parcel and wrap in greaseproof paper. Delicious alternative to scotch eggs.

Ham & rice cakes = 3pp

Spread 2 tsp mustard over 3 rice crackers (2pp), top with 2 lettuce leaves, 1 sliced tomato, 4 slices of cucumber, 40g wafer thin ham (1pp) & 2 sliced gherkins. Serve

Egg and cress Sandwich = 7pp

2 medium slice bread (4pp)

1 medium hard-boiled egg (2pp) mashed, mixed with

1 tablespoon low-fat mayonnaise and 1 tsp mustard (1pp),

& Cress. Serve with fruit & side salad

Chicken noodle soup 4pp

Bring 1.2litres (2pts) chicken stock to a steady simmer. Add 225g skinless chicken breast, sliced finely and cook for 5 mins. Add 100 dried egg noodles, 4 chopped spring onions & a medium red pepper, chopped, & simmer for further 5mins. Stir in 2tbsp soy sauce & 1tbsp fresh coriander before serving.

Rocket Cheesy Chicken Pasta serves 4 – 10pp each

250g dried penne pasta (24pp) low fat cooking spray
300g diced chicken breast (7pp) 3 tbsp pesto sauces (7pp)
75g low fat soft cheese (2pp) 40g rocket leaves
175g broccoli, (break into small florets)

Cook pasta according to packet instructions, add broccoli for the last 3 mins of cooking time. Heat a non-stick frying pan & spray with low fat spray. Stir fry chicken for about 8 minutes over a medium heat until golden brown and cooked through. Drain pasta and broccoli, reserving a little of the cooking water. Return to the pan and mix in the pesto, soft cheese and 4 tbsps of the cooking water until evenly coated. Stir in the chicken and rocket leaves & serve immediately in warmed bowls.

Brunch = 6pp 2 slices back bacon (2pp) & egg (2pp)

1 medium slice bread toasted (2pp)
1 small tomato(s) sliced and grilled or tinned tomatoes
Portion mushrooms sliced and grilled

Scotch broth serves 4, 2pp each

115 g Lamb, Mince, Raw, lean 30 g Pearl Barley, Dried
1 large Onion, All Types, finely chopped 2 medium Leek, thinly sliced
2 medium Carrots, Old, Raw, finely chopped 4 tbsp Parsley, fresh
2 portion(s) (medium) Turnip, chopped Salt & pepper

Dry fry the mince in a large saucepan for 5 minutes, stirring frequently to separate and lightly brown it. Pour on 1.2 litres (2 pints) of cold water. Bring it to the boil and then use a large, shallow spoon to remove any scum that forms on the surface.

Reduce the heat; add the pearl barley and prepared vegetables and season with salt and pepper. Cover and leave to simmer gently for 50-60 minutes. Adjust the seasoning to taste. Stir in the parsley, ladle into warm soup bowls and serve immediately.

shop brought sandwich up to 10pp such as Weight Watchers Triple Pack: Prawn, Egg & Chicken Sandwich

Spinach and broccoli soup, serves 4, 4pp each

Cook 1 chopped onion in 1tbsp olive oil (4pp). Add 225g well-washed spinach, 175g broccoli and 450ml vegetable stock. Cook for 20mins, and then blend with 200g low fat soft cheese (6pp) and 600ml skimmed milk (6pp). Reheat, season and serve, topping each portion with 1 tbsp plain low fat yogurt (1pp) and black pepper. Serve each portion with a crusty bread roll (5pp) spread with 2tsp low fat spread (1pp)

Dinner – Beef dinner (3pp)

The Co-Operative 200g Sliced Beef in Gravy, Frozen (3pp)
Roasted vegetables such as carrots, peppers, onions, Butternut squash using WW oil spray (1pp)