

super food ideas

Index 2009

Sides, light meals and snacks

- 40 Antipasto and bean tarts** APR 09 1286kJ; 17.1g fat; 8g sat fat; 12.6g protein; 24.6g carbs; 2.9g fibre; 121mg chol; 684mg sodium.
- 78 Antipasto platter** FEB 09 1649kJ; 22g fat; 7.3g sat fat; 12.6g protein; 34.9g carbs; 5.6g fibre; 26mg chol; 1028mg sodium.
- 90 Apple ginger fizz** JUL 09 113kJ; 0g fat; 0g sat fat; 0g protein; 6.8g carbs; 0.1g fibre; 0mg chol; 28mg sodium.
- 90 Apricot soy smoothie** 971kJ; 1.9g fat; 0.1g sat fat; 9.1g protein; 44.5g carbs; 3.9g fibre; 0mg chol; 164mg sodium.
- 76 Asian greens with oyster sauce** FEB 09 143kJ; 0.2g fat; 0.03g sat fat; 2.5g protein; 3.8g carbs; 2.9g fibre; 0mg chol; 681mg sodium.
- 71 Baked corn with pesto butter** MAR 09 710kJ; 10.1g fat; 5.6g sat fat; 2.7g protein; 16.1g carbs; 2.5g fibre; 26mg chol; 101mg sodium.
- 52 Balsamic-glazed onions** MAR 09 288kJ; 3.1g fat; 0.4g sat fat; 0.9g protein; 9g carbs; 0.9g fibre; 0mg chol; 64mg sodium.
- 74 Banana and malt breakfast shake** JUL 09 1218kJ; 4.7g fat; 2.8g sat fat; 13.5g protein; 48.6g carbs; 2.5g fibre; 20mg chol; 183mg sodium.
- 41 Bean salad with chargrilled vegies** APR 09 1544kJ; 16.7g fat; 2.4g sat fat; 12.4g protein; 32.3g carbs; 11.5g fibre; 0mg chol; 366mg sodium.
- 40 Beef sausage, tomato and cheese sandwich** FEB 09 1603kJ; 10.6g fat; 4.1g sat fat; 19.6g protein; 52.8g carbs; 3.1g fibre; 46mg chol; 1271mg sodium.
- 90 Berry and banana milkshake** JUL 09 1015kJ; 2.4g fat; 1.5g sat fat; 16.3g protein; 34g carbs; 5.1g fibre; 17mg chol; 182mg sodium.
- 53 Braised red onion wedges** MAR 09 270kJ; 3.5g fat; 2.3g sat fat; 1.2g protein; 3.3g carbs; 0.9g fibre; 11mg chol; 149mg sodium.
- 75 Breakfast egg and ham muffins** JUL 09 1280kJ; 11.8g fat; 4.8g sat fat; 24.5g protein; 23.7g carbs; 3.4g fibre; 214mg chol; 840mg sodium.
- 76 Broccoli tree dip** MAR 09 606kJ; 7.1g fat; 4.1g sat fat; 9.2g protein; 9.3g carbs; 3.8g fibre; 16mg chol; 262mg sodium.
- 29 Brussels sprouts with crispy pancetta** APR 09 612kJ; 10g fat; 4.5g sat fat; 6.3g protein; 6.7g carbs; 2.8g fibre; 25mg chol; 364mg sodium.
- 41 Butter bean and vegetable patties** APR 09 2056kJ; 21g fat; 7.3g sat fat; 20.2g protein; 52.5g carbs; 9.9g fibre; 69mg chol; 712mg sodium.
- 62 Caprese toasts** MAR 09 885kJ; 12.3g fat; 2.9g sat fat; 9.4g protein; 14g carbs; 3.5g fibre; 6mg chol; 230mg sodium.
- 53 Caramelised onion salad** MAR 09 1112kJ; 13.3g fat; 6.9g sat fat; 8.5g protein; 27.4g carbs; 3.2g fibre; 29mg chol; 408mg sodium.
- 34 Chargrilled pumpkin and haloumi salad** JUL 09 1239kJ; 23.2g fat; 5.3g sat fat; 13g protein; 7.6g carbs; 3.9g fibre; 17mg chol; 918mg sodium.
- 76 Cheesy pasta gratin** APR 09 2041kJ; 22.6g fat; 13.1g sat fat; 23.5g protein; 46.3g carbs; 2.3g fibre; 193mg chol; 238mg sodium.
- 70 Cheesy Vegemite pull-apart** MAR 09 1100kJ; 8.1g fat; 4.9g sat fat; 11.3g protein; 35g carbs; 1.8g fibre; 24mg chol; 603mg sodium.
- 76 Chorizo, egg and ciabatta salad** APR 09 2382kJ; 43.6g fat; 12.9g sat fat; 25g protein; 18.3g carbs; 1.5g fibre; 269mg chol; 1206mg sodium.
- 52 Chunky onion salsa** MAR 09 243kJ; 3.2g fat; 0.4g sat fat; 2g protein; 4.2g carbs; 1.9g fibre; 0mg chol; 46mg sodium.
- 60 Corn mini quiches** APR 09 (each) 525kJ; 7.9g fat; 4.2g sat fat; 3.1g protein; 10.3g carbs; 0.7g fibre; 43mg chol; 145mg sodium.
- 77 Cream cheese and smoked salmon mini vol au vents** JUN 09 (each) 274kJ; 5g fat; 3g sat fat; 2.2g protein; 2.6g carbs; 0.1g fibre; 14mg chol; 143mg sodium.
- 30 Creamed spinach polenta** MAY 09 1227kJ; 16.8g fat; 10.4g sat fat; 8.1g protein; 25.9g carbs; 3.4g fibre; 53mg chol; 731mg sodium.
- 78 Creamy mash** JUN 09 1064kJ; 13.7g fat; 8.9g sat fat; 5.5g protein; 25.5g carbs; 2.9g fibre; 42.6mg chol; 126mg sodium.
- 62 Creamy mushroom soup** APR 09 1156kJ; 23.6g fat; 15.2g sat fat; 8g protein; 6.8g carbs; 4.1g fibre; 73mg chol; 769mg sodium.
- 62 Crispy corn tortillas with dips** 9 FEB 09 78kJ; 16.5g fat; 3.9g sat fat; 4.1g protein; 15.4g carbs; 3.7g fibre; 3mg chol; 165mg sodium.
- 79 Crostini with 2 toppings** FEB 09 768kJ; 7.3g fat; 1.8g sat fat; 11.7g protein; 17.3g carbs; 1.2g fibre; 22mg chol; 189mg sodium.
- 40 Falafel and hommus wrap** FEB 09 1619kJ; 15.9g fat; 3.5g sat fat; 13.2g protein; 41.1g carbs; 19.1g fibre; 3mg chol; 350mg sodium.
- 78 Garlic and herb bread** MAY 09 910kJ; 16.4g fat; 10.3g sat fat; 2.7g protein; 14.5g carbs; 1.4g fibre; 48mg chol; 309mg sodium.
- 29 Garlic and thyme scalloped potatoes** APR 09 1927kJ; 34.8g fat; 22.8g sat fat; 6.5g protein; 29g carbs; 3.9g fibre; 109mg chol; 83mg sodium.
- 78 Garlicky green beans** JUN 09 174kJ; 2.7g fat; 1.7g sat fat; 1.6g protein; 1.7g carbs; 1.9g fibre; 8mg chol; 25mg sodium.
- 30 German potato salad** 1 FEB 09 484kJ; 21.3g fat; 3.2g sat fat; 10.7g protein; 27.4g carbs; 4.4g fibre; 171mg chol; 385mg sodium.
- 40 Greek salad sandwich** FEB 09 1540kJ; 7.4g fat; 4.2g sat fat; 14.3g protein; 58.3g carbs; 4.1g fibre; 17mg chol; 963mg sodium.
- 53 Green olive and prosciutto risotto** MAY 09 1356kJ; 9.8g fat; 4.6g sat fat; 11.9g protein; 42.8g carbs; 2.6g fibre; 28mg chol; 1597mg sodium.
- 82 Green salad with mustard vinaigrette** JUL 09 202kJ; 4.8g fat; 0.6g sat fat; 0.5g protein; 0.5g carbs; 0.7g fibre; 0mg chol; 49mg sodium.
- 40 Ham, tomato, cheese and pesto towers** FEB 09 1247kJ; 10.1g fat; 3g sat fat; 16.4g protein; 33.3g carbs; 3.4g fibre; 23mg chol; 1068mg sodium.
- 78 Honeyed Dutch carrots** JUN 09 200kJ; 1.6g fat; 1g sat fat; 0.3g protein; 7.9g carbs; 1.1g fibre; 5mg chol; 31mg sodium.
- 76 Jungle bones** MAR 09 (each) 374kJ; 3.8g fat; 1.4g sat fat; 9.2g protein; 4.7g carbs; 0.1g fibre; 29mg chol; 240mg sodium.
- 80 Lemon and herb baked potatoes** APR 09 702kJ; 4.3g fat; 0.6g sat fat; 4.6g protein; 24.9g carbs; 3.4g fibre; 0mg chol; 50mg sodium.
- 69 Little devils** FEB 09 476kJ; 9.6g fat; 2.1g sat fat; 6.7g protein; 0.3g carbs; 0g fibre; 220mg chol; 81mg sodium.
- 60 Little Mediterranean scrolls** APR 09 (each) 207kJ; 3.4g fat; 1.6g sat fat; 1.2g protein; 3.5g carbs; 0.2g fibre; 4mg chol; 107mg sodium.
- 80 Lebanese platter** FEB 09 2031kJ; 20.8g fat; 6.8g sat fat; 30.8g protein; 39.8g carbs; 6.2g fibre; 98mg chol; 388mg sodium.
- 79 Meatlovers' platter** FEB 09 3794kJ; 45.9g fat; 14.3g sat fat; 70.2g protein; 51.2g carbs; 5.5g fibre; 266mg chol; 1004mg sodium.
- 63 Mediterranean omelette wraps** MAR 09 781kJ; 11.4g fat; 3.1g sat fat; 15.8g protein; 4.8g carbs; 0.6g fibre; 295mg chol; 623mg sodium.
- 75 Mexican bean toasties** JUL 09 1268kJ; 9.1g fat; 4.1g sat fat; 17.8g protein; 34.9g carbs; 5.9g fibre; 18mg chol; 729mg sodium.
- 40 Mexican chicken wrap** FEB 09 1319kJ; 16.1g fat; 5.1g sat fat; 18.3g protein; 22g carbs; 4.2g fibre; 48mg chol; 659mg sodium.
- 69 Mexican frittatas** FEB 09 367kJ; 5g fat; 2g sat fat; 7.4g protein; 2.9g carbs; 0.7g fibre; 130mg chol; 158mg sodium.
- 39 Mini picnic loaves** FEB 09 1574kJ; 15.3g fat; 5.1g sat fat; 17.1g protein; 40.5g carbs; 3.2g fibre; 184mg chol; 1032mg sodium.
- 82 Mixed mushroom tarts** JUL 09 1192kJ; 22.5g fat; 12.5g sat fat; 4.8g protein; 15g carbs; 2.7g fibre; 46mg chol; 256mg sodium.
- 30 Mixed vegetables in cheese sauce** JUN 09 1403kJ; 20.7g fat; 13.1g sat fat; 15.6g protein; 19.6g carbs; 5.1g fibre; 62mg chol; 320mg sodium.
- 30 Mushroom rosemary polenta bake** MAY 09 760kJ; 4.4g fat; 2.4g sat fat; 10g protein; 23.8g carbs; 2.6g fibre; 10mg chol; 474mg sodium.
- 52 Olive and parmesan bread** MAY 09 1274kJ; 10.3g fat; 4.8g sat fat; 8.8g protein; 42.7g carbs; 2.3g fibre; 20mg chol; 405mg sodium.
- 30 Olive and thyme polenta chips** MAY 09 299kJ; 1.6g fat; 0.8g sat fat; 3.6g protein; 10.4g carbs; 0.5g fibre; 3mg chol; 570mg sodium.
- 40 Pastrami, rocket and sun-dried tomato on rye** FEB 09 1681kJ; 4.9g fat; 0.7g sat fat; 17.7g protein; 64.6g carbs; 11g fibre; 8mg chol; 1818mg sodium.
- 51 Pea and prosciutto arancini** JUN 09 (each) 395kJ; 3.2g fat; 1g sat fat; 4g protein; 11.7g carbs; 0.6g fibre; 29mg chol; 170mg sodium.
- 80 Pear and parmesan salad** APR 09 239kJ; 3.4g fat; 0.9g sat fat; 1.7g protein; 4.7g carbs; 1.1g fibre; 3mg chol; 56mg sodium.
- 74 Pearl balls** FEB 09 (each) 354kJ; 1.9g fat; 0.4g sat fat; 6.2g protein; 10g carbs; 0.4g fibre; 7mg chol; 334mg sodium.
- 30 Peas and beans with minted garlic butter** APR 09 500kJ; 5.6g fat; 3.4g sat fat; 6g protein; 8g carbs; 6.6g fibre; 16mg chol; 93mg sodium.
- 29 Pesto polenta** MAY 09 1297kJ; 18g fat; 6.6g sat fat; 9.8g protein; 26.3g carbs; 2.4g fibre; 32mg chol; 720mg sodium.
- 68 Pizza scrambled eggs** FEB 09 1126kJ; 11.9g fat; 4g sat fat; 18.7g protein; 20.8g carbs; 2g fibre; 294mg chol; 547mg sodium.
- 60 Pizza triangles** APR 09 (each) 388kJ; 5.6g fat; 3.4g sat fat; 3.5g protein; 7g carbs; 0.5g fibre; 17mg chol; 234mg sodium.
- 61 Pizza wraps** FEB 09 1529kJ; 8g fat; 3.2g sat fat; 17.2g protein; 54g carbs; 3.7g fibre; 23mg chol; 841mg sodium.
- 70 Portuguese chicken wraps** APR 09 2087kJ; 27.9g fat; 5.4g sat fat; 27.3g protein; 33.4g carbs; 3.6g fibre; 87mg chol; 647mg sodium.
- 30 Potato and avocado salad with mixed herb dressing** FEB 09 1953kJ; 37g fat; 7.6g sat fat; 9.7g protein; 21.5g carbs; 4.9g fibre; 13mg chol; 205mg sodium.
- 29 Potato, beetroot and broad bean salad** FEB 09 743kJ; 3g fat; 0.3g sat fat; 7.1g protein; 26.8g carbs; 6.4g fibre; 0mg chol; 365mg sodium.
- 78 Prawn cocktail** JUN 09 991kJ; 18.9g fat; 3.6g sat fat; 11.4g protein; 4.7g carbs; 1.8g fibre; 89mg chol; 398mg sodium.
- 33 Pumpkin and chive mash** JUL 09 758kJ; 2.8g fat; 1.8g sat fat; 7.2g protein; 28.9g carbs; 4.2g fibre; 7mg chol; 55mg sodium.
- 34 Pumpkin bread** JUL 09 1467kJ; 17.1g fat; 10.4g sat fat; 9.1g protein; 38.5g carbs; 3.1g fibre; 108mg chol; 515mg sodium.
- 30 Pumpkin, spinach and ricotta gratin** JUN 09 1232kJ; 17g fat; 11.1g sat fat; 17.8g protein; 15.9g carbs; 4g fibre; 61mg chol; 308mg sodium.
- 29 Sweet potato and parsnip gratin** JUN 09 1510kJ; 16.6g fat; 10.7g sat fat; 7.6g protein; 42.3g carbs; 6.9g fibre; 51mg chol; 589mg sodium.
- 77 Radicchio, fennel and borlotti bean salad** MAY 09 301kJ; 2.5g fat; 0.4g sat fat; 2.8g protein; 6.9g carbs; 2.7g fibre; 0mg chol; 111mg sodium.
- 40 Roast beef, watercress and caramelised onion salsa sandwich** FEB 09 1557kJ; 11.1g fat; 5.1g sat fat; 23.5g protein; 41.3g carbs; 5.3g fibre; 44mg chol; 678mg sodium.
- 30 Roast winter vegetables** APR 09 957kJ; 9.5g fat; 1.6g sat fat; 6.4g protein; 26.3g carbs; 5.6g fibre; 0mg chol; 56mg sodium.
- 70 Roasted carrot hommus** MAY 09 883kJ; 10.8g fat; 1.4g sat fat; 4.7g protein; 22g carbs; 4.2g fibre; 0mg chol; 254mg sodium.
- 30 Roasted chat potato and bacon salad** FEB 09 1241kJ; 18.8g fat; 8.4g sat fat; 9.6g protein; 19.8g carbs; 3.8g fibre; 42mg chol; 720mg sodium.
- 33 Roasted honey mustard pumpkin** JUL 09 670kJ; 5.4g fat; 1.2g sat fat; 4g protein; 23.3g carbs; 2.5g fibre; 0mg chol; 90mg sodium.
- 34 Roasted pumpkin couscous** JUL 09 1650kJ; 13.8g fat; 1.7g sat fat; 13.1g protein; 52g carbs; 4.7g fibre; 0mg chol; 602mg sodium.
- 77 Rocket, tomato and parmesan salad** MAY 09 375kJ; 5.9g fat; 1.6g sat fat; 3.2g protein; 5.4g carbs; 0.7g fibre; 5mg chol; 199mg sodium.
- 90 Ruby red grapefruit and orange juice** JUL

super food ideas

Index 2009

- 09 174kJ; 0.1g fat; 0g sat fat; 0.7g protein; 9g carbs; 0.1g fibre; 0mg chol; 35mg sodium.
- 40 Sausage and cannellini bean frittata** APR 09 1554kJ; 26.1g fat; 12g sat fat; 21.1g protein; 13.2g carbs; 5.9g fibre; 234mg chol; 674mg sodium.
- 76 Sausage safari rolls** MAR 09 (each) 545kJ; 7.3g fat; 3.5g sat fat; 5.8g protein; 10g carbs; 1.1g fibre; 27mg chol; 229mg sodium.
- 83 Sautéed potatoes** JUL 09 962kJ; 9.3g fat; 3.2g sat fat; 5.3g protein; 28.9g carbs; 3.5g fibre; 10mg chol; 65mg sodium.
- 70 Semi-dried tomato meatballs and veggie stick platter** APR 09 1372kJ; 21.7g fat; 9.4g sat fat; 16.9g protein; 15.4g carbs; 2.9g fibre; 104mg chol; 531mg sodium.
- 75 Sesame longevity noodles** FEB 09 1160kJ; 4.4g fat; 0.6g sat fat; 9.2g protein; 48.6g carbs; 1.9g fibre; 0mg chol; 1251mg sodium.
- 66 Soft-boiled eggs** FEB 09 782kJ; 8.1g fat; 2.6g sat fat; 9.8g protein; 18.2g carbs; 1.2g fibre; 193mg chol; 289mg sodium.
- 79 Smoked salmon platter** APR 09 874kJ; 11g fat; 5.5g sat fat; 12.2g protein; 14.5g carbs; 1.9g fibre; 40mg chol; 786mg sodium.
- 41 Spicy bean soup** APR 09 764kJ; 6g fat; 0.9g sat fat; 8.1g protein; 19.9g carbs; 7.7g fibre; 0mg chol; 1336mg sodium.
- 60 Spicy Moroccan dippers** APR 09 (each) 64kJ; 1g fat; 0.5g sat fat; 0.2g protein; 1.3g carbs; 0.1g fibre; 1mg chol; 30mg sodium.
- 29 Spicy polenta wedges** MAY 09 770kJ; 8g fat; 2.5g sat fat; 8.9g protein; 19g carbs; 1.2g fibre; 11mg chol; 739mg sodium.
- 71 Steamed chicken dumplings** FEB 09 (each) 199kJ; 1.2g fat; 0.3g sat fat; 3.3g protein; 5.3g carbs; 0.4g fibre; 12mg chol; 149mg sodium.
- 30 Stir-fried Asian greens** APR 09 502kJ; 7.7g fat; 0.9g sat fat; 4.1g protein; 6.8g carbs; 3.6g fibre; 0mg chol; 736mg sodium.
- 53 Sweet baked onions** MAR 09 582kJ; 9.4g fat; 3.9g sat fat; 2.3g protein; 11g carbs; 1.6g fibre; 17mg chol; 125mg sodium.
- 71 Sweet chilli chicken noodles** MAR 09 1149kJ; 9.9g fat; 2.1g sat fat; 14.5g protein; 30.1g carbs; 3.2g fibre; 45mg chol; 996mg sodium.
- 77 Tarzan strips** MAR 09 (each) 580kJ; 1.8g fat; 0.6g sat fat; 15.3g protein; 14.5g carbs; 0.6g fibre; 71mg chol; 276mg sodium.
- 60 Tex-Mex sausage rolls** APR 09 (each) 463kJ; 6.2g fat; 3.1g sat fat; 5.4g protein; 8g carbs; 0.3g fibre; 23mg chol; 148mg sodium.
- 68 Thyme and garlic roasted vegetables** MAY 09 633kJ; 8.1g fat; 1.1g sat fat; 4.1g protein; 13.5g carbs; 3.9g fibre; 0mg chol; 52mg sodium.
- 69 Toasty eggs** FEB 09 741kJ; 8g fat; 2.9g sat fat; 9.4g protein; 17.2g carbs; 0.9g fibre; 193mg chol; 270mg sodium.
- 68 Tomato and basil bruschetta** MAY 09 1119kJ; 11.8g fat; 1.7g sat fat; 6.9g protein; 30.6g carbs; 5.1g fibre; 0mg chol; 374mg sodium.
- 63 Traffic light sandwiches** FEB 09 744kJ; 4.3g fat; 2g sat fat; 9.3g protein; 23.5g carbs; 3.6g fibre; 10mg chol; 397mg sodium.
- 40 Tuna and corn sandwich sushi** FEB 09 1142kJ; 5.6g fat; 2.5g sat fat; 18.3g protein; 34.9g carbs; 4.3g fibre; 26mg chol; 623mg sodium.
- 62 Tuna pasta salad** FEB 09 1496kJ; 14g fat; 1.8g sat fat; 12g protein; 43.9g carbs; 3g fibre; 27mg chol; 75mg sodium.
- 59 Vegetable and ham fritters** FEB 09 746kJ; 7.6g fat; 2.5g sat fat; 11g protein; 15.7g carbs; 1.6g fibre; 106mg chol; 308mg sodium.
- 40 Vietnamese turkey rolls** FEB 09 1788kJ; 17.3g fat; 2.2g sat fat; 18.5g protein; 47.3g carbs; 3.7g fibre; 43mg chol; 685mg sodium.
- 29 Warm potato and capsicum salad** FEB 09 728kJ; 6g fat; 0.8g sat fat; 4.9g protein; 22.6g carbs; 3.6g fibre; 0mg chol; 50mg sodium.
- 30 Zucchini and eggplant gratin** JUN 09 746kJ; 10.2g fat; 4.7g sat fat; 10.8g protein; 9.4g carbs; 4.1g fibre; 19mg chol; 520mg sodium.
- Vegetables and vegetarian**
- 56 Agnolotti with roasted pumpkin and sage** JUL 09 2837kJ; 41.5g fat; 17.1g sat fat; 14.3g protein; 59g carbs; 9.3g fibre; 81mg chol; 1135mg sodium.
- 52 Baked mushroom risotto** APR 09 2395kJ; 13.6g fat; 8.4g sat fat; 16.4g protein; 88g carbs; 3.7g fibre; 42mg chol; 682mg sodium.
- 38 Barbecued asparagus with pistachio and lemon dressing** MAR 09 434kJ; 9g fat; 1.2g sat fat; 3g protein; 2g carbs; 1.6g fibre; 0mg chol; 25mg sodium.
- 37 Broad bean and silverbeet soup** JUL 09 1708kJ; 9g fat; 1.4g sat fat; 22.2g protein; 45g carbs; 16g fibre; 0mg chol; 2237mg sodium.
- 73 Chickpea and veggie burgers** JUL 09 1368kJ; 8.6g fat; 1.6g sat fat; 14.4g protein; 43.9g carbs; 8.3g fibre; 94mg chol; 570mg sodium.
- 50 Chickpea, haloumi and rocket salad** FEB 09 1398kJ; 17.9g fat; 7.8g sat fat; 21.5g protein; 18.2g carbs; 8g fibre; 33mg chol; 2038mg sodium.
- 45 Corn, zucchini and chickpea fritters** JUL 09 1349kJ; 6.6g fat; 1.5g sat fat; 14g protein; 48.2g carbs; 7.3g fibre; 96mg chol; 575mg sodium.
- 48 Creamy silverbeet soup** JUN 09 2544kJ; 34.8g fat; 19g sat fat; 12.2g protein; 55.1g carbs; 7.5g fibre; 87mg chol; 998mg sodium.
- 56 Creamy tomato and white wine pasta sauce** MAY 09 1769kJ; 17.5g fat; 4g sat fat; 8.4g protein; 50.2g carbs; 8.4g fibre; 10mg chol; 858mg sodium.
- 33 Curried lentil patties with minted yoghurt** APR 09 1515kJ; 13.7g fat; 4.1g sat fat; 14.9g protein; 40.6g carbs; 7.8g fibre; 17mg chol; 561mg sodium.
- 41 Easy spinach and ricotta cannelloni** MAY 09 2170kJ; 25.8g fat; 15.2g sat fat; 33.4g protein; 37.6g carbs; 4.2g fibre; 77mg chol; 1061mg sodium.
- 64 Egg and lettuce salad with garlic and herb croutons** APR 09 1278kJ; 23.2g fat; 3.9g sat fat; 10.1g protein; 13.6g carbs; 2.4g fibre; 232mg chol; 275mg sodium.
- 51 Eggplant, olive and feta patties** MAY 09 1678kJ; 19.5g fat; 7.6g sat fat; 16.6g protein; 37.6g carbs; 5.4g fibre; 74mg chol; 957mg sodium.
- 38 Feta and tomato topped mushrooms** MAR 09 680kJ; 14.6g fat; 4.2g sat fat; 5.4g protein; 2g carbs; 1.4g fibre; 13mg chol; 226mg sodium.
- 23 Gnocchi salad** MAR 09 1739kJ; 15.8g fat; 1.8g sat fat; 8.2g protein; 58.6g carbs; 6.8g fibre; 1mg chol; 814mg sodium.
- 22 Greek roasted vegetable risoni** MAY 09 2096kJ; 25.1g fat; 6.3g sat fat; 15.3g protein; 50.9g carbs; 4.8g fibre; 17mg chol; 320mg sodium.
- 33 Indian spiced red lentil soup** JUN 09 2058kJ; 14.3g fat; 1.7g sat fat; 17.7g protein; 67.7g carbs; 10.6g fibre; 0mg chol; 1858mg sodium.
- 34 Italian vegetable risotto** FEB 09 2185kJ; 12.3g fat; 2.7g sat fat; 10.9g protein; 88.5g carbs; 3.2g fibre; 5mg chol; 1117mg sodium.
- 61 Japanese tofu, bok choy and miso noodle soup** JUN 09 1419kJ; 11.8g fat; 1.6g sat fat; 25.2g protein; 32.9g carbs; 5g fibre; 0mg chol; 1146mg sodium.
- 55 Leftover spaghetti frittata** MAR 09 1131kJ; 13g fat; 3.5g sat fat; 14.2g protein; 22.5g carbs; 3.7g fibre; 239mg chol; 315mg sodium.
- 45 Lentil and ricotta cannelloni** MAY 09 1716kJ; 15.5g fat; 7g sat fat; 22.3g protein; 42.7g carbs; 7.4g fibre; 37mg chol; 922mg sodium.
- 52 Mediterranean fettuccine** MAY 09 2261kJ; 15.3g fat; 4.4g sat fat; 16.8g protein; 77.2g carbs; 4.7g fibre; 35mg chol; 377mg sodium.
- 57 Mexican salad** MAR 09 1937kJ; 28.2g fat; 7.4g sat fat; 9.6g protein; 39.3g carbs; 10.7g fibre; 0mg chol; 317mg sodium.
- 23 Mexican vegetable fritters** MAR 09 1650kJ; 18.6g fat; 7.9g sat fat; 11g protein; 43.1g carbs; 5.3g fibre; 80mg chol; 1261mg sodium.
- 68 Mini Mexican quesadillas** APR 09 1543kJ; 20.7g fat; 6.2g sat fat; 10.1g protein; 33.4g carbs; 4.9g fibre; 5mg chol; 633mg sodium.
- 78 Pizza bianca** 709kJ; 7.8g fat; 3.7g sat fat; 7.9g protein; 16.3g carbs; 1.1g fibre; 18mg chol; 221mg sodium.
- 72 Potato and parmesan gnocchi** MAY 09 1255kJ; 9.7g fat; 3.4g sat fat; 12.2g protein; 37g carbs; 6.1g fibre; 13mg chol; 440mg sodium.
- 25 Potato, leek and rosemary soup** JUL 09 1470kJ; 14.4g fat; 4.3g sat fat; 12.2g protein; 39.5g carbs; 6.2g fibre; 14mg chol; 1690mg sodium.
- 42 Potato, onion and mushroom cake** JUL 09 1739kJ; 24.8g fat; 6g sat fat; 26.2g protein; 19g carbs; 6.5g fibre; 562mg chol; 305mg sodium.
- 79 Rainbow risotto** JUL 09 1873kJ; 11.3g fat; 2.5g sat fat; 27.6g protein; 56.5g carbs; 3g fibre; 78mg chol; 400mg sodium.
- 54 Ratatouille pies** JUN 09 2419kJ; 34.6g fat; 14g sat fat; 12.2g protein; 53.2g carbs; 7.6g fibre; 56mg chol; 828mg sodium.
- 56 Roasted capsicum and rocket pasta sauce** MAY 09 2097kJ; 10.9g fat; 1.5g sat fat; 15g protein; 80.9g carbs; 7.1g fibre; 0mg chol; 415mg sodium.
- 62 Satay tempeh burgers** JUN 09 2856kJ; 22.8g fat; 5.4g sat fat; 25.6g protein; 90.6g carbs; 8.3g fibre; 0mg chol; 1349mg sodium.
- 64 Silverbeet and feta parcels** MAY 09 2368kJ; 41.4g fat; 22.8g sat fat; 19.7g protein; 26.5g carbs; 5.8g fibre; 192mg chol; 1222mg sodium.
- 56 Spicy tomato, ricotta and thyme pasta sauce** MAY 09 2118kJ; 11.6g fat; 3.7g sat fat; 17.7g protein; 78.1g carbs; 7.1g fibre; 18mg chol; 276mg sodium.
- 42 Spinach and sweet potato cannelloni** JUN 09 1393kJ; 6.1g fat; 2.5g sat fat; 16.8g protein; 51.1g carbs; 8.5g fibre; 54mg chol; 650mg sodium.
- 65 Spinach crêpes with creamy mushroom and mascarpone filling** MAY 09 1887kJ; 27.1g fat; 15.5g sat fat; 15.7g protein; 34.3g carbs; 4.8g fibre; 152mg chol; 265mg sodium.
- 21 Thai sweet potato and lentil soup** JUL 09 1248kJ; 5.3g fat; 0.6g sat fat; 13.6g protein; 45.6g carbs; 8g fibre; <1mg chol; 1397mg sodium.
- 62 Tofu pad Thai** JUN 09 1636kJ; 22.9g fat; 4.2g sat fat; 16.2g protein; 31.2g carbs; 3.6g fibre; 94mg chol; 963mg sodium.
- 43 Tomato, chickpea and vegetable pilaf** APR 09 1724kJ; 8.6g fat; 1.1g sat fat; 11.6g protein; 68.2g carbs; 6.8g fibre; 0mg chol; 915mg sodium.
- 64 Tomato, spinach and potato dhal** JUL 09 2685kJ; 20g fat; 5.3g sat fat; 26.7g protein; 81.6g carbs; 14.7g fibre; 8mg chol; 988mg sodium.
- 54 Mushroom and parmesan pizza** FEB 09 1660kJ; 12.1g fat; 4.9g sat fat; 16g protein; 57.4g carbs; 1.8g fibre; 16mg chol; 714mg sodium.
- Fish and seafood**
- 36 Baked fish with tomatoes and potatoes** MAY 09 1166kJ; 3.3g fat; 0.7g sat fat; 31.4g protein; 27.6g carbs; 4.6g fibre; 90mg chol; 363mg sodium.
- 57 Cheese and salmon bake** JUL 09 3039kJ; 39.1g fat; 21.7g sat fat; 40g protein; 51.8g carbs; 2.3g fibre; 142mg chol; 601mg sodium.
- 37 Coconut chilli fish** APR 09 2675kJ; 22.2g fat; 13.6g sat fat; 49.7g protein; 55.9g carbs; 5.8g fibre; 151mg chol; 217mg sodium.
- 78 Coconut fish and oven-baked wedges** JUL 09 1500kJ; 9.7g fat; 4.8g sat fat; 39.1g protein; 33.7g carbs; 4.9g fibre; 74mg chol; 352mg sodium.
- 55 Creamy smoked fish pies** JUN 09 2075kJ; 25g fat; 13.8g sat fat; 36.9g protein; 29.6g carbs; 2.8g fibre; 152mg chol; 842mg sodium.
- 32 Fish with chilli lime noodle salad** APR 09 1313kJ; 7.1g fat; 1.4g sat fat; 26.8g protein; 34.2g carbs; 2.7g fibre; 67mg chol; 671mg sodium.
- 56 Honey-ginger prawn stir-fry** APR 09 1655kJ; 9.5g fat; 1.7g sat fat; 26.6g protein; 49.9g carbs; 4.2g fibre; 149mg chol; 544mg sodium.
- 21 Lemon and herb fish with wedges** MAY 09 1894kJ; 15.9g fat; 2.6g sat fat; 26.2g protein; 46.3g carbs; 8g fibre; 41mg chol; 315mg sodium.
- 55 Marinara pasta sauce** MAY 09 2491kJ; 7.6g fat; 1.2g sat fat; 43.2g protein; 78g carbs; 7.2g fibre; 151mg chol; 600mg sodium.
- 33 Moroccan patties** MAY 09 2390kJ; 11.9g fat; 2.9g sat fat; 36g protein; 75.1g carbs; 8.7g fibre; 91mg chol; 1182mg sodium.
- 19 Noodles with tuna and Asian greens** MAY 09 1231kJ; 5.7g fat; 1.5g sat fat; 24.8g protein; 33.3g carbs; 5g

super food ideas

Index 2009

- fibre; 39mg chol; 1083mg sodium.
- 37 Oven-baked tuna and tomato risotto** JUN 09 2579kJ; 21.7g fat; 3.3g sat fat; 29.3g protein; 72.2g carbs; 5.4g fibre; 33mg chol; 870mg sodium.
- 77 Prawn, roasted capsicum and chilli pizza** JUL 09 644kJ; 4.5g fat; 1.5g sat fat; 9.9g protein; 17.6g carbs; 0.9g fibre; 44mg chol; 243mg sodium.
- 56 Puttanesca pasta sauce** MAY 09 1997kJ; 6.8g fat; 1g sat fat; 15.3g protein; 83.6g carbs; 7.6g fibre; 4mg chol; 570mg sodium.
- 24 Ratatouille with fish** JUL 09 2721kJ; 11.8g fat; 1.6g sat fat; 36.7g protein; 93.3g carbs; 9g fibre; 46mg chol; 220mg sodium.
- 44 Rice-crust salmon bake** APR 09 1794kJ; 22g fat; 9g sat fat; 19.7g protein; 37.9g carbs; 0.5g fibre; 109mg chol; 470mg sodium.
- 35 Salmon and broad bean bake** FEB 09 3269kJ; 30.3g fat; 15.7g sat fat; 45.3g protein; 78.1g carbs; 7.1g fibre; 122mg chol; 450mg sodium.
- 54 Smoked salmon pizza** FEB 09 1815kJ; 17.3g fat; 5.9g sat fat; 15.3g protein; 56.8g carbs; 0.5g fibre; 24mg chol; 876mg sodium.
- 50 Spiced almond fish with fattoush** MAR 09 2304kJ; 35.6g fat; 5g sat fat; 37.1g protein; 17.9g carbs; 6.2g fibre; 78mg chol; 240mg sodium.
- 38 Teriyaki and sesame salmon** JUL 09 1856kJ; 15.5g fat; 2.8g sat fat; 27.1g protein; 48.1g carbs; 3g fibre; 52mg chol; 1369mg sodium.
- 35 Tuna and broccoli bread bake** MAR 09 2588kJ; 27.4g fat; 8.1g sat fat; 49.4g protein; 40.3g carbs; 6.5g fibre; 421mg chol; 1103mg sodium.
- 69 Tuna and corn quesadillas** APR 09 2398kJ; 26.7g fat; 6g sat fat; 27.3g protein; 53.1g carbs; 4.4g fibre; 64mg chol; 761mg sodium.
- 51 Tuna and macaroni bake** JUL 09 1591kJ; 9.6g fat; 5.7g sat fat; 25.5g protein; 45.2g carbs; 5.8g fibre; 44mg chol; 298mg sodium.
- 40 Tuna and pesto pasta bake** MAY 09 3034kJ; 17.4g fat; 3.8g sat fat; 40.5g protein; 98g carbs; 7.5g fibre; 36mg chol; 540mg sodium.
- 42 Tuna and potato croquettes** MAR 09 1624kJ; 21.1g fat; 2.5g sat fat; 20g protein; 27.7g carbs; 3.5g fibre; 69mg chol; 364mg sodium.
- 56 Tuna and roast capsicum rice salad** MAR 09 1981kJ; 18.5g fat; 2.9g sat fat; 22.1g protein; 52.1g carbs; 1.7g fibre; 30mg chol; 589mg sodium.
- 33 Tuna and zucchini risotto** MAY 09 2823kJ; 13.9g fat; 5.7g sat fat; 33.6g protein; 95.9g carbs; 2.1g fibre; 59mg chol; 842mg sodium.
- 34 Tuna, leek and pumpkin quiche** MAY 09 1976kJ; 31.6g fat; 19.7g sat fat; 25.1g protein; 21.8g carbs; 1.9g fibre; 308mg chol; 345mg sodium.
- 65 Tuna mac 'n' cheese** FEB 09 2607kJ; 15.5g fat; 5.8g sat fat; 53.3g protein; 62.8g carbs; 8.3g fibre; 65mg chol; 515mg sodium.
- 45 Tuna niçoise wraps** JUL 09 1051kJ; 7.7g fat; 2.4g sat fat; 26g protein; 18g carbs; 2.6g fibre; 249mg chol; 523mg sodium.
- 34 Tuna shepherd's pie** MAY 09 2179kJ; 25.3g fat; 13.7g sat fat; 36.4g protein; 34g carbs; 5.7g fibre; 98mg chol; 1125mg sodium.
- 26 Warm risoni salad with tuna and sweet potato** APR 09 1790kJ; 15.9g fat; 2.3g sat fat; 25.2g protein; 43.7g carbs; 3.5g fibre; 30mg chol; 637mg sodium.
- 50 Wild rice and fish jambalaya** JUL 09 1990kJ; 4.4g fat; 1.3g sat fat; 37.3g protein; 69.4g carbs; 4.1g fibre; 67mg chol; 1555mg sodium.
- Beef, lamb, pork and veal**
- 65 American-style burger** MAR 09 2189kJ; 15.7g fat; 5.8g sat fat; 37.8g protein; 63g carbs; 4.7g fibre; 61mg chol; 1308mg sodium.
- 56 Amatriciana pasta sauce** MAY 09 2016kJ; 8g fat; 1.5g sat fat; 19.6g protein; 77.7g carbs; 7.4g fibre; 16mg chol; 795mg sodium.
- 51 Bacon, tomato and rocket spaghetti** JUL 09 1971kJ; 9.2g fat; 2.8g sat fat; 21.8g protein; 72.2g carbs; 6.1g fibre; 16mg chol; 705mg sodium.
- 80 Baked lamb with mint and almond pesto** APR 09 1720kJ; 29.5g fat; 8.8g sat fat; 35.8g protein; 0.9g carbs; 1.3g fibre; 105mg chol; 121mg sodium.
- 68 Basil and prosciutto lamb roast** MAY 09 1719kJ; 21g fat; 7.2g sat fat; 56g protein; 0.4g carbs; 0g fibre; 154mg chol; 545mg sodium.
- 52 Beef and beer pie** JUN 09 2441kJ; 27.6g fat; 10.1g sat fat; 48.4g protein; 28.4g carbs; 3g fibre; 168mg chol; 929mg sodium.
- 52 Beef and beer pie** JUN 09 2441kJ; 27.6g fat; 10.1g sat fat; 48.4g protein; 28.4g carbs; 3g fibre; 168mg chol; 929mg sodium.
- 29 Beef and beer stew** JUL 09 2348kJ; 23.9g fat; 8.1g sat fat; 45.6g protein; 30.5g carbs; 5.5g fibre; 121mg chol; 762mg sodium.
- 41 Beef and eggplant lasagne** MAY 09 3204kJ; 39.4g fat; 16.5g sat fat; 45.9g protein; 54.1g carbs; 7.6g fibre; 118mg chol; 645mg sodium.
- 27 Beef, balsamic and tomato pot pies** JUL 09 2909kJ; 37.9g fat; 14.7g sat fat; 53.7g protein; 31.1g carbs; 4.2g fibre; 195mg chol; 1495mg sodium.
- 36 Beef, bean and feta salad** MAR 09 1515kJ; 12.3g fat; 4.5g sat fat; 38.7g protein; 22.4g carbs; 11.2g fibre; 81mg chol; 602mg sodium.
- 79 Beef bourguignon** JUN 09 1841kJ; 22g fat; 7.2g sat fat; 46.9g protein; 5.1g carbs; 2.3g fibre; 134mg chol; 539mg sodium.
- 17 Beef fajitas** MAR 09 2222kJ; 18.7g fat; 5.8g sat fat; 39g protein; 48.9g carbs; 3.8g fibre; 91mg chol; 580mg sodium.
- 58 Beef lasagne** JUL 09 5758kJ; 94.9g fat; 54.8g sat fat; 62.3g protein; 63.9g carbs; 5.3g fibre; 314mg chol; 1718mg sodium.
- 28 Beef, prune and orange tagine** JUL 09 2376kJ; 19.6g fat; 5.4g sat fat; 44.7g protein; 48.9g carbs; 5.9g fibre; 108mg chol; 1375mg sodium.
- 26 Beef quesadillas with avocado smash** MAR 09 3469kJ; 48.4g fat; 16.7g sat fat; 42.3g protein; 53.6g carbs; 6.2g fibre; 92mg chol; 2111mg sodium.
- 25 Beef satay cups** APR 09 2780kJ; 20.2g fat; 5.3g sat fat; 41.3g protein; 70.4g carbs; 1.8g fibre; 91mg chol; 947mg sodium.
- 22 Beef, tomato and chilli pasta** APR 09 2843kJ; 38.8g fat; 17g sat fat; 29.3g protein; 50.7g carbs; 7.2g fibre; 89mg chol; 1347mg sodium.
- 76 Beef with chilli plum sauce** FEB 09 862kJ; 5.7g fat; 2.1g sat fat; 21.3g protein; 17.4g carbs; 0.4g fibre; 62mg chol; 663mg sodium.
- 40 Bolognese pasta bake** JUL 09 3052kJ; 35.5g fat; 14.6g sat fat; 39.9g protein; 60.1g carbs; 6.1g fibre; 78mg chol; 1095mg sodium.
- 23 Bolognese pies** JUN 09 2263kJ; 30.3g fat; 10.5g sat fat; 39g protein; 26.8g carbs; 3.4g fibre; 149mg chol; 1057mg sodium.
- 23 Broccoli and cauliflower pasta bake** JUN 09 2397kJ; 20.5g fat; 12.6g sat fat; 31.1g protein; 62.3g carbs; 5.8g fibre; 61mg chol; 1370mg sodium.
- 24 Caramelised onion and beef pies** FEB 09 2578kJ; 30.4g fat; 12.2g sat fat; 40g protein; 43.4g carbs; 3.7g fibre; 100mg chol; 1183mg sodium.
- 78 Caramelised pineapple and bacon pizza** MAY 09 757kJ; 7.7g fat; 2.8g sat fat; 7.6g protein; 19.4g carbs; 1.6g fibre; 14mg chol; 359mg sodium.
- 65 Carbonara pasta bake** APR 09 2520kJ; 28.7g fat; 14.8g sat fat; 28.9g protein; 55.4g carbs; 3g fibre; 256mg chol; 967mg sodium.
- 30 Char siu pork with apple salsa** MAR 09 2212kJ; 10.9g fat; 2.3g sat fat; 40.9g protein; 64g carbs; 2.7g fibre; 90mg chol; 641mg sodium.
- 25 Chilli and basil marinated lamb** JUN 09 1243kJ; 17g fat; 6.6g sat fat; 24.6g protein; 9.6g carbs; 2.5g fibre; 84mg chol; 160mg sodium.
- 57 Chilli-soy beef stir-fry** APR 09 1830kJ; 15.4g fat; 4.1g sat fat; 37.7g protein; 33.2g carbs; 6.4g fibre; 80mg chol; 1188mg sodium.
- 52 Chinese fried rice** JUL 09 1655kJ; 7.3g fat; 1.9g sat fat; 25.2g protein; 55.4g carbs; 4.4g fibre; 226mg chol; 804mg sodium.
- 23 Chipolatas with baked beans** JUL 09 1787kJ; 12.4g fat; 4.1g sat fat; 26.9g protein; 45.9g carbs; 10.1g fibre; 56mg chol; 1147mg sodium.
- 36 Chorizo and haloumi skewers** MAR 09 3477kJ; 68.3g fat; 27.7g sat fat; 47.3g protein; 4.4g carbs; 2.4g fibre; 149mg chol; 4530mg sodium.
- 41 Chunky chilli con carne** JUL 09 2418kJ; 19.8g fat; 5.7g sat fat; 43.2g protein; 50g carbs; 17.7g fibre; 74mg chol; 900mg sodium.
- 50 Classic roast lamb and gravy** APR 09 3413kJ; 35.8g fat; 14.5g sat fat; 72g protein; 47.4g carbs; 5.5g fibre; 227mg chol; 545mg sodium.
- 33 Continental franks with coleslaw** APR 09 3188kJ; 52.1g fat; 11.8g sat fat; 23.3g protein; 47g carbs; 8.4g fibre; 97mg chol; 1316mg sodium.
- 49 Cottage pie with sweet potato** APR 09 2072kJ; 25.5g fat; 11.4g sat fat; 33g protein; 30.1g carbs; 7.4g fibre; 101mg chol; 456mg sodium.
- 28 Creamy beef and eschalot casserole** JUL 09 3100kJ; 47.2g fat; 23.4g sat fat; 46.1g protein; 31.8g carbs; 3.6g fibre; 173mg chol; 1236mg sodium.
- 50 Creamy cauliflower and potato soup with bacon** JUL 09 1574kJ; 10.8g fat; 3.7g sat fat; 27.5g protein; 41.1g carbs; 6.2g fibre; 37mg chol; 2253mg sodium.
- 34 Crumbed lamb cutlets with pasta salad** JUN 09 2372kJ; 26.3g fat; 6.4g sat fat; 28.5g protein; 51.6g carbs; 3.7g fibre; 65mg chol; 857mg sodium.
- 39 Dukkah lamb cutlets with tomato and spinach salad** APR 09 2606kJ; 55.3g fat; 20.1g sat fat; 24.9g protein; 6.2g carbs; 3.9g fibre; 145mg chol; 223mg sodium.
- 59 Eva's goulash** JUL 09 3781kJ; 34.8g fat; 14.1g sat fat; 67g protein; 72.8g carbs; 6.6g fibre; 182mg chol; 578mg sodium.
- 60 French lamb shanks** JUL 09 1982kJ; 10.9g fat; 3.2g sat fat; 41.4g protein; 45.4g carbs; 7.6g fibre; 89mg chol; 610mg sodium.
- 24 Fettuccine with roasted pumpkin and bacon** MAY 09 2986kJ; 29.3g fat; 9.5g sat fat; 27.5g protein; 82.1g carbs; 4.7g fibre; 55mg chol; 1037mg sodium.
- 63 Goulash pie** APR 09 3279kJ; 42g fat; 20.8g sat fat; 58.7g protein; 33.6g carbs; 5.1g fibre; 217mg chol; 772mg sodium.
- 33 Greek lamb and zucchini bake** MAR 09 1670kJ; 19.1g fat; 7.5g sat fat; 39.5g protein; 15g carbs; 3.4g fibre; 117mg chol; 535mg sodium.
- 42 Ham and broccoli pasta bake** MAY 09 2266kJ; 15.2g fat; 8.2g sat fat; 33.6g protein; 63.1g carbs; 7.3g fibre; 57mg chol; 1307mg sodium.
- 56 Ham, cheese and broccoli pasta sauce** MAY 09 1763kJ; 12g fat; 5.2g sat fat; 24.6g protein; 50.6g carbs; 6.8g fibre; 36mg chol; 639mg sodium.
- 65 Ham, spinach, tomato and egg pie** APR 09 1219kJ; 17g fat; 8.7g sat fat; 21.4g protein; 12g carbs; 2.7g fibre; 162mg chol; 750mg sodium.
- 48 Hearty vegetable soup** JUN 09 1482kJ; 12.9g fat; 3.9g sat fat; 19.5g protein; 36.7g carbs; 5.8g fibre; 20mg chol; 1634mg sodium.
- 24 Herb and green onion beef patties** MAR 09 2503kJ; 21.6g fat; 7g sat fat; 37.5g protein; 60.5g carbs; 5.2g fibre; 129mg chol; 769mg sodium.
- 41 Honey and orange sautéed red cabbage with pork bangers** JUL 09 2948kJ; 55.9g fat; 16.1g sat fat; 21.9g protein; 27g carbs; 8g fibre; 52mg chol; 965mg sodium.
- 25 Hoisin lamb with beans and pak choy** MAY 09 2309kJ; 16.9g fat; 4g sat fat; 35.5g protein; 61g carbs; 4.6g fibre; 97mg chol; 408mg sodium.
- 41 Indian beef and vegetable patties** MAR 09 2183kJ; 13.5g fat; 4.7g sat fat; 33.5g protein; 62.1g carbs; 2.8g fibre; 109mg chol; 395mg sodium.
- 22 Indian lamb curry** JUN 09 2384kJ; 22.4g fat; 4.1g sat fat; 26.5g protein; 61.2g carbs; 4.4g fibre; 62mg chol; 730mg sodium.
- 16 Italian meatball bake** MAY 09 3409kJ; 31g fat; 14.3g sat fat; 55.7g protein; 74.7g carbs; 9.9g fibre; 124mg chol; 861mg sodium.
- 42 Italian sausage and tomato stew** JUN 09 1761kJ; 30g fat; 14.5g sat fat; 25.7g protein; 9.7g carbs; 4.7g fibre; 105mg chol; 2172mg sodium.
- 24 Italian-style meatloaf with baked tomatoes** MAR 09 2008kJ; 24.6g fat; 8.8g sat fat; 38.4g protein; 23.2g carbs; 5.1g fibre; 139mg chol; 1179mg sodium.
- 58 Irish stew** JUL 09 2886kJ; 24.2g fat; 6.9g sat fat; 48g protein; 64.5g carbs; 8.4g fibre; 120mg chol; 1449mg sodium.

- 29 Lamb chops with potato and pea salad** MAR 09 1885KJ; 22.5g fat; 6.6g sat fat; 42.1g protein; 16.8g carbs; 4.3g fibre; 119mg chol; 185mg sodium.
- 26 Lamb kofta with Lebanese bread and hommus** JUN 09 3515KJ; 29.3g fat; 6.1g sat fat; 43.8g
- 39 Lamb rissoles with tabouli and hommus** MAR 09 3504KJ; 32.5g fat; 10.4g sat fat; 51.8g protein; 78.2g carbs; 11.8g fibre; 159mg chol; 779mg sodium.
- 53 Lamb rogan josh** JUL 09 2886KJ; 24.2g fat; 6.9g sat fat; 48g protein; 64.5g carbs; 8.4g fibre; 120mg chol; 1449mg sodium.
- 17 Lamb skewers with spiced eggplant** MAR 09 1583KJ; 14.8g fat; 4.3g sat fat; 42.3g protein; 13.5g carbs; 7.2g fibre; 107mg chol; 861mg sodium.
- 35 Lamb rissoles with mint pea mash** FEB 09 2532KJ; 26.4g fat; 11.2g sat fat; 38.7g protein; 49.1g carbs; 7.5g fibre; 153mg chol; 335mg sodium.
- 26 Lamb steaks with eggplant and hommus** FEB 09 1607KJ; 21.6g fat; 5.3g sat fat; 35.6g protein; 9.2g carbs; 5.4g fibre; 98mg chol; 160mg sodium.
- 52 Lamb with kumara mash** JUL 09 1294KJ; 8.3g fat; 2.2g sat fat; 28.4g protein; 27.7g carbs; 6.5g fibre; 80mg chol; 135mg sodium.
- 34 Lamb with spicy chickpeas** APR 09 1760KJ; 20.9g fat; 5.9g sat fat; 31.3g protein; 23.4g carbs; 8.6g fibre; 68mg chol; 707mg sodium.
- 21 Lamb with spicy mango salsa** FEB 09 1542KJ; 17.2g fat; 5.6g sat fat; 39.5g protein; 12g carbs; 3.3g fibre; 124mg chol; 606mg sodium.
- 40 Lazy lasagne** MAY 09 1852KJ; 17g fat; 6.5g sat fat; 28.5g protein; 41.3g carbs; 6.9g fibre; 57mg chol; 1122mg sodium.
- 54 Leftover lamb and veggie pie** MAR 09 2696KJ; 31.1g fat; 13g sat fat; 38.4g protein; 48.6g carbs; 7.3g fibre; 113mg chol; 1449mg sodium.
- 55 Leftover sausage chilli** MAR 09 2388KJ; 19.1g fat; 7.1g sat fat; 22.6g protein; 71.6g carbs; 7g fibre; 47mg chol; 1086mg sodium.
- 47 Lemon and parsley lamb chops** FEB 09 2047KJ; 28.1g fat; 10.3g sat fat; 37.7g protein; 19.7g carbs; 2.7g fibre; 125mg chol; 156mg sodium.
- 71 Little pies with sweet potato topping** MAY 09 1180KJ; 9.7g fat; 2.9g sat fat; 24.8g protein; 21.9g carbs; 4.5g fibre; 61mg chol; 204mg sodium.
- 49 Low-fat ham, cheese and pineapple pizza** JUL 09 2472KJ; 10g fat; 4.7g sat fat; 42g protein; 79.2g carbs; 5.8g fibre; 32mg chol; 1746mg sodium.
- 37 Lower-fat lasagne** MAY 09 2262KJ; 16.7g fat; 7.6g sat fat; 43.5g protein; 55.1g carbs; 3.1g fibre; 92mg chol; 701mg sodium.
- 37 Lower-fat spaghetti carbonara** MAY 09 2646KJ; 18.7g fat; 6.2g sat fat; 27.2g protein; 85.8g carbs; 4.2g fibre; 166mg chol; 608mg sodium.
- 21 Mexican beef lasagne** MAR 09 3197KJ; 31.7g fat; 13.3g sat fat; 56.5g protein; 56.1g carbs; 12.6g fibre; 103mg chol; 2165mg sodium.
- 29 Mexican beef with corn salsa** JUL 09 2633KJ; 22.6g fat; 6.5g sat fat; 49.4g protein; 50.4g carbs; 9.7g fibre; 108mg chol; 914mg sodium.
- 40 Midweek quick roast dinner** MAR 09 1729KJ; 13.8g fat; 4.8g sat fat; 27.3g protein; 39.7g carbs; 8.6g fibre; 60mg chol; 981mg sodium.
- 52 Minestrone soup** APR 09 1723KJ; 12.3g fat; 3.8g sat fat; 22.8g protein; 48.3g carbs; 11.3g fibre; 29mg chol; 1981mg sodium.
- 56 Mini meatball and tomato pasta sauce** 2 JUL 09 874KJ; 19.6g fat; 6.6g sat fat; 45.3g protein; 77.5g carbs; 7.1g fibre; 84mg chol; 546mg sodium.
- 79 Mini meatball minestrone** JUL 09 1896KJ; 12.5g fat; 3g sat fat; 31.4g protein; 51.1g carbs; 11.5g fibre; 36mg chol; 496mg sodium.
- 66 Mini sausage rolls** MAR 09 2262KJ; 23.3g fat; 11.6g sat fat; 31.5g protein; 48.8g carbs; 5g fibre; 80mg chol; 757mg sodium.
- 46 Moroccan beef skewers with lemon couscous** FEB 09 1922KJ; 15.4g fat; 4.2g sat fat; 39.8g protein; 38.6g carbs; 2.2g fibre; 96mg chol; 264mg sodium.
- 21 Moroccan spiced lamb and couscous** MAY 09 2593KJ; 20.6g fat; 5.4g sat fat; 49.7g protein; 56.5g carbs; 5.1g fibre; 115mg chol; 1064mg sodium.
- 65 One-pan brekky** APR 09 2579KJ; 31.4g fat; 10.1g sat fat; 37.2g protein; 43.5g carbs; 5.7g fibre; 259mg chol; 1740mg sodium.
- 18 One-pan Italian sausage rice** MAR 09 2131KJ; 16.4g fat; 4.1g sat fat; 21.1g protein; 64.5g carbs; 5.9g fibre; 47mg chol; 550mg sodium.
- 63 Parmesan schnitzels with creamed spinach** MAY 09 2262KJ; 31g fat; 14g sat fat; 45.3g protein; 37.5g carbs; 8.4g fibre; 248mg chol; 669mg sodium.
- 65 Penne and meatballs** FEB 09 2389KJ; 11.3g fat; 4.5g sat fat; 39.9g protein; 72.6g carbs; 6.9g fibre; 67mg chol; 172mg sodium.
- 16 Pepper and coriander pork roast** MAR 09 1124KJ; 9.4g fat; 1.9g sat fat; 41g protein; 8.2g carbs; 5.6g fibre; 78mg chol; 991mg sodium.
- 57 Pizza pies** MAR 09 1707KJ; 20.3g fat; 11.2g sat fat; 15.4g protein; 38.6g carbs; 4.4g fibre; 38mg chol; 772mg sodium.
- 38 Polenta crumbed pork medallions** APR 09 2622KJ; 30.7g fat; 10.2g sat fat; 45.3g protein; 43.5g carbs; 5.8g fibre; 140mg chol; 455mg sodium.
- 55 Pork and spicy plum stir-fry** APR 09 2304KJ; 10.3g fat; 2.2g sat fat; 35.4g protein; 76.5g carbs; 2.9g fibre; 75mg chol; 390mg sodium.
- 34 Pork jambalaya** APR 09 2737KJ; 23.1g fat; 7.3g sat fat; 38.6g protein; 70.2g carbs; 3g fibre; 90mg chol; 1548mg sodium.
- 37 Pork san choy bau** JUL 09 1884KJ; 10.3g fat; 2.1g sat fat; 26.7g protein; 58.6g carbs; 3.1g fibre; 30mg chol; 542mg sodium.
- 69 Pork with apple and cranberry compôte** JUL 09 1394KJ; 3.7g fat; 0.9g sat fat; 31.7g protein; 47.7g carbs; 5.2g fibre; 56mg chol; 90mg sodium.
- 26 Pork with glazed carrots and parsnips** MAY 09 1261KJ; 10.4g fat; 5.9g sat fat; 30.7g protein; 24.2g carbs; 4.1g fibre; 81mg chol; 217mg sodium.
- 42 Potato gnocchi bake** MAY 09 1505KJ; 11.9g fat; 2.5g sat fat; 16g protein; 46.8g carbs; 5.9g fibre; 22mg chol; 1222mg sodium.
- 53 Prosciutto and roasted vegetable pizza** FEB 09 1671KJ; 10.5g fat; 3.1g sat fat; 16.3g protein; 61.2g carbs; 2.4g fibre; 21mg chol; 1392mg sodium.
- 57 Rare roast beef with Moroccan salad** MAR 09 873KJ; 8.3g fat; 1.9g sat fat; 18.7g protein; 11.5g carbs; 6g fibre; 33mg chol; 250mg sodium.
- 23 Ravioli boscaiola** FEB 09 2954KJ; 28.6g fat; 13.4g sat fat; 32.5g protein; 78.1g carbs; 7.3g fibre; 107mg chol; 1604mg sodium.
- 25 Rigatoni bolognese** FEB 09 3277KJ; 30.9g fat; 13.9g sat fat; 50.3g protein; 71.8g carbs; 6g fibre; 153mg chol; 1615mg sodium.
- 49 Roast lamb with pistachio stuffing** MAR 09 2879KJ; 33.8g fat; 13g sat fat; 74.6g protein; 21.3g carbs; 3g fibre; 211mg chol; 350mg sodium.
- 51 Roast pork with chickpea stew** FEB 09 1732KJ; 11.4g fat; 2.6g sat fat; 51.8g protein; 23.4g carbs; 6.4g fibre; 190mg chol; 314mg sodium.
- 34 Risotto bake with sausage and peas** MAR 09 3506KJ; 23.4g fat; 9.5g sat fat; 41.7g protein; 110.3g carbs; 5.8g fibre; 167mg chol; 2278mg sodium.
- 47 Salami and mushroom linguine** FEB 09 2422KJ; 17.1g fat; 5.9g sat fat; 21.3g protein; 80.9g carbs; 6.7g fibre; 36mg chol; 1003mg sodium.
- 79 Salami, tomato, bocconcini and basil pizza** MAY 09 697KJ; 7.5g fat; 2.9g sat fat; 6.6g protein; 17.3g carbs; 1.2g fibre; 11mg chol; 251mg sodium.
- 36 Salt and pepper pork with Asian greens** FEB 09 1301KJ; 10.7g fat; 2.3g sat fat; 39.2g protein; 20g carbs; 2.1g fibre; 70mg chol; 2511mg sodium.
- 36 Sausage and pasta salad** MAR 09 3834KJ; 49.7g fat; 20.2g sat fat; 40.1g protein; 73.6g carbs; 6.9g fibre; 107mg chol; 1286mg sodium.
- 21 Sausage and pumpkin curry** APR 09 3670KJ; 47.8g fat; 17.2g sat fat; 32.1g protein; 93g carbs; 7.8g fibre; 82mg chol; 1754mg sodium.
- 22 Sausage and risoni stew** APR 09 2708KJ; 41.9g fat; 16.6g sat fat; 25.3g protein; 40g carbs; 8g fibre; 80mg chol; 1439mg sodium.
- 22 Sausage ragu with parmesan mash** MAY 09 1809KJ; 21.5g fat; 10.5g sat fat; 22.5g protein; 33.9g carbs; 4.5g fibre; 82mg chol; 830mg sodium.
- 19 Sausage stroganoff** APR 09 3481KJ; 48.6g fat; 21.4g sat fat; 39.5g protein; 56.1g carbs; 9.3g fibre; 119mg chol; 2479mg sodium.
- 25 Sausages with squashed tomatoes and garlic mash** APR 09 3248KJ; 52.4g fat; 17.3g sat fat; 26.6g protein; 46.1g carbs; 8.6g fibre; 60mg chol; 1089mg sodium.
- 25 Savoury mince and potato wedges** MAR 09 2122KJ; 21g fat; 6.3g sat fat; 34g protein; 40.9g carbs; 8g fibre; 74mg chol; 1260mg sodium.
- 28 Spanish tortilla pie** MAR 09 2991KJ; 43.7g fat; 17.5g sat fat; 27.2g protein; 48.5g carbs; 5.6g fibre; 219mg chol; 1176mg sodium.
- 16 Speedy mince and noodle stir-fry** APR 09 2082KJ; 19.8g fat; 5.8g sat fat; 34.9g protein; 42.1g carbs; 7.8g fibre; 75mg chol; 1456mg sodium.
- 45 Spicy pork and broccoli stir-fry** MAY 09 1804KJ; 5.4g fat; 1g sat fat; 32.5g protein; 58.3g carbs; 5.1g fibre; 60mg chol; 518mg sodium.
- 25 Spicy sausages with warm potato salad** FEB 09 2960KJ; 52.9g fat; 20.2g sat fat; 23.2g protein; 31.7g carbs; 7.7g fibre; 95mg chol; 1188mg sodium.
- 41 Spicy stir-fried pork** MAR 09 1516KJ; 8.5g fat; 1.7g sat fat; 30.7g protein; 38.3g carbs; 5.4g fibre; 55mg chol; 1287mg sodium.
- 54 Spinach and salami pizza** FEB 09 2547KJ; 27.9g fat; 11.1g sat fat; 25.3g protein; 64.6g carbs; 2.4g fibre; 46mg chol; 1216mg sodium.
- 25 Spinach, ham and ricotta pie** JUL 09 1257KJ; 17.3g fat; 7.9g sat fat; 27.9g protein; 7.1g carbs; 3.1g fibre; 171mg chol; 877mg sodium.
- 34 Spinach, ricotta and gnocchi bake** MAR 09 2371KJ; 29.7g fat; 7.7g sat fat; 21.1g protein; 52g carbs; 8.5g fibre; 38mg chol; 1407mg sodium.
- 30 Steak with mushroom sauce** MAR 09 1304KJ; 12.1g fat; 4.4g sat fat; 39.9g protein; 3.5g carbs; 1.7g fibre; 63mg chol; 450mg sodium.
- 38 Steak with quick salsa verde** MAY 09 1475KJ; 12.4g fat; 3.7g sat fat; 31.8g protein; 25g carbs; 4.5g fibre; 80mg chol; 145mg sodium.
- 25 Steak with tomatoes and chickpeas** MAY 09 2102KJ; 11.6g fat; 2.1g sat fat; 36.4g protein; 55.4g carbs; 11.5g fibre; 34mg chol; 277mg sodium.
- 21 Sticky bacon-wrapped sausages** APR 09 2404KJ; 37.3g fat; 16.7g sat fat; 27g protein; 34g carbs; 3.1g fibre; 100mg chol; 1992mg sodium.
- 75 Sticky char siu spare ribs** FEB 09 742KJ; 5.9g fat; 2.2g sat fat; 24.8g protein; 5.5g carbs; 0.8g fibre; 68mg chol; 993mg sodium.
- 25 Stir-fried beef and vegetable chow mein** MAR 09 2313KJ; 17.9g fat; 6.1g sat fat; 35.2g protein; 59.1g carbs; 4.7g fibre; 86mg chol; 1663mg sodium.
- 18 Super-easy cottage pie** JUL 09 2131KJ; 23.8g fat; 10.8g sat fat; 40.5g protein; 31.2g carbs; 4.3g fibre; 122mg chol; 923mg sodium.
- 67 Sweet and sour pork** MAR 09 1983KJ; 6.3g fat; 1.5g sat fat; 34.1g protein; 66.2g carbs; 3g fibre; 75mg chol; 237mg sodium.
- 46 Thai pork patties with salad** FEB 09 1132KJ; 12.9g fat; 2.8g sat fat; 28.3g protein; 9.6g carbs; 0.9g fibre; 41mg chol; 406mg sodium.
- 26 Tortellini with creamy pesto and mushrooms** MAY 09 3699KJ; 44.2g fat; 15g sat fat; 21.9g protein; 55.6g carbs; 10.6g fibre; 59mg chol; 595mg sodium.
- 38 Veal with sweet potato and semi-dried tomato mash** JUL 09 1353KJ; 9.1g fat; 1.6g sat fat; 26.9g protein; 29.9g carbs; 5g fibre; 83mg chol; 210mg sodium.
- 22 Vegetable and bacon quiches** MAR 09 2589KJ; 46g fat; 26g sat fat; 15.2g protein; 36g carbs; 3.2g fibre; 150mg chol; 748mg sodium.
- 60 Vegetable fritters** MAY 09 (each) 346KJ; 4.2g fat; 1.4g sat fat; 3.5g protein; 7.4g carbs; 0.7g fibre; 17mg chol; 183mg sodium.
- 38 Walnut and rosemary beef with warm potato salad** APR 09 2932KJ; 44.3g fat; 8.5g sat fat;

super food ideas

Index 2009

38.6g protein; 35g carbs; 4.7g fibre; 130mg chol; 412mg sodium.

Poultry

- 26 Buffalo chicken with green salad** FEB 09 2164k; 23.3g fat; 6.6g sat fat; 37.7g protein; 37.8g carbs; 2.4g fibre; 136mg chol; 560mg sodium.
- 46 Chicken and barley salad** JUL 09 1660k; 10.9g fat; 1.6g sat fat; 34.3g protein; 36.5g carbs; 7.4g fibre; 81mg chol; 90mg sodium.
- 67 Chicken and pesto quesadillas** APR 09 1940k; 18.8g fat; 7.1g sat fat; 31.9g protein; 37.1g carbs; 8.7g fibre; 79mg chol; 827mg sodium.
- 36 Chicken and pumpkin pasta bake** JUL 09 3049k; 23.7g fat; 12.1g sat fat; 40.2g protein; 81.2g carbs; 13.3g fibre; 116mg chol; 224mg sodium.
- 47 Chicken and sweetcorn soup** JUN 09 1197k; 7g fat; 1.8g sat fat; 25.3g protein; 27.9g carbs; 4.9g fibre; 68mg chol; 1317mg sodium.
- 49 Chicken and tarragon pies** JUL 09 2886k; 24.2g fat; 6.9g sat fat; 48g protein; 64.5g carbs; 8.4g fibre; 120mg chol; 1449mg sodium.
- 43 Chicken and vegetable pasta bake** FEB 09 2570k; 22.9g fat; 11.4g sat fat; 42.1g protein; 56.8g carbs; 6.2g fibre; 109mg chol; 527mg sodium.
- 67 Chicken and vegetable rissoles** JUN 09 1091k; 11.5g fat; 3.2g sat fat; 16.6g protein; 20.7g carbs; 3.5g fibre; 102mg chol; 1882mg sodium.
- 29 Chicken cacciatore** MAR 09 1558k; 16.6g fat; 4g sat fat; 32g protein; 21.9g carbs; 7.1g fibre; 126mg chol; 600mg sodium.
- 19 Chicken cacciatore risotto** JUN 09 2300k; 19g fat; 5.6g sat fat; 28g protein; 60.3g carbs; 3.5g fibre; 77mg chol; 1625mg sodium.
- 24 Chicken laksa** JUL 09 2658k; 33.3g fat; 21g sat fat; 30.9g protein; 52.5g carbs; 4g fibre; 79mg chol; 1275mg sodium.
- 53 Chicken, leek and lemon pie** JUN 09 3177k; 50.6g fat; 24.3g sat fat; 37.6g protein; 31.5g carbs; 4.8g fibre; 214mg chol; 623mg sodium.
- 57 Chicken moussaka** FEB 09 1268k; 16g fat; 7.6g sat fat; 25.9g protein; 10.6g carbs; 6.8g fibre; 70mg chol; 953mg sodium.
- 22 Chicken noodle balls** MAR 09 1176k; 13.5g fat; 2.1g sat fat; 13.9g protein; 39.1g carbs; 3.3g fibre; 68mg chol; 1534mg sodium.
- 68 Chicken nuggets and chips** MAR 09 1920k; 8.3g fat; 2.3g sat fat; 52.6g protein; 71.9g carbs; 6.1g fibre; 117mg chol; 580mg sodium.
- 56 Chicken, olive and fennel pasta sauce** MAY 09 1652k; 7.7g fat; 2.7g sat fat; 24.5g protein; 52.8g carbs; 6.2g fibre; 41mg chol; 365mg sodium.
- 38 Chicken piccata with ricotta mash** MAY 09 1964k; 15.1g fat; 5.3g sat fat; 39.5g protein; 40.2g carbs; 5g fibre; 105mg chol; 245mg sodium.
- 57 Chicken provençale** JUL 09 1711k; 13.3g fat; 8g sat fat; 46.4g protein; 16.7g carbs; 2.2g fibre; 162mg chol; 370mg sodium.
- 37 Chicken schnitzels with rocket salad** APR 09 1920k; 19.1g fat; 4.2g sat fat; 40.4g protein; 30g carbs; 4.3g fibre; 140mg chol; 439mg sodium.
- 20 Chicken vindaloo** FEB 09 3930k; 20.4g fat; 4g sat fat; 34.3g protein; 148.6g carbs; 7.1g fibre; 109mg chol; 504mg sodium.
- 47 Chinese chicken with veggie rice** FEB 09 2970k; 25.8g fat; 6.4g sat fat; 27.1g protein; 90.6g carbs; 5g fibre; 104mg chol; 633mg sodium.
- 56 Chicken with waldorf salad** MAR 09 2671k; 43.9g fat; 9.2g sat fat; 40.7g protein; 19.3g carbs; 4g fibre; 204mg chol; 400mg sodium.
- 63 Chicken with white wine and mustard sauce** APR 09 3312k; 37.9g fat; 20g sat fat; 54.6g protein; 47.8g carbs; 9.5g fibre; 215mg chol; 460mg sodium.
- 57 Creamy chicken pesto pasta** FEB 09 3492k; 33.3g fat; 15g sat fat; 35.3g protein; 93.8g carbs; 9.1g fibre; 104mg chol; 527mg sodium.
- 45 Creamy mushroom and chive chicken** FEB 09 2580k; 31.5g fat; 10.8g sat fat; 41.1g protein; 38.4g carbs; 6.9g fibre; 170mg chol; 1234mg sodium.
- 59 Crispy buttermilk chicken** MAY 09 2161k; 26.1g fat; 7.9g sat fat; 62.9g protein; 46.5g carbs; 6.7g fibre; 229mg chol;

730mg sodium.

- 42 Easy chicken paella** MAR 09 2692k; 14.6g fat; 3.6g sat fat; 36.1g protein; 89g carbs; 4.2g fibre; 109mg chol; 634mg sodium.
- 51 Hearty chicken casserole** APR 09 3461k; 45.4g fat; 12.8g sat fat; 50.4g protein; 40.6g carbs; 7.1g fibre; 205mg chol; 685mg sodium.
- 33 Hearty chicken and chickpea stew** JUN 09 2962k; 24.5g fat; 6.2g sat fat; 38.1g protein; 77.7g carbs; 11.5g fibre; 100mg chol; 765mg sodium.
- 56 Herb roast chicken** FEB 09 3819k; 56.3g fat; 14.3g sat fat; 64.1g protein; 34.4g carbs; 7g fibre; 276mg chol; 285mg sodium.
- 75 Honey ginger chicken parcels** FEB 09 896k; 8g fat; 2.4g sat fat; 21.1g protein; 13.8g carbs; 0.5g fibre; 96mg chol; 437mg sodium.
- 44 Honey mustard drumsticks** FEB 09 2223k; 21.4g fat; 5.6g sat fat; 32.6g protein; 50.1g carbs; 5.1g fibre; 154mg chol; 265mg sodium.
- 50 Indian chicken curry with cashews** MAR 09 4219k; 59.1g fat; 21.4g sat fat; 46.5g protein; 69.3g carbs; 5.7g fibre; 207mg chol; 258mg sodium.
- 42 Indian chicken curry with chickpeas and spinach** JUL 09 3212k; 37.2g fat; 7.7g sat fat; 43.1g protein; 59g carbs; 13.8g fibre; 119mg chol; 1532mg sodium.
- 55 Leftover chicken noodle salad** MAR 09 1207k; 6.4g fat; 1.7g sat fat; 22.5g protein; 32.5g carbs; 5.7g fibre; 63mg chol; 485mg sodium.
- 36 Lemon and pecan crumbed chicken schnitzel** FEB 09 2787k; 21.3g fat; 3.2g sat fat; 43.9g protein; 68.6g carbs; 9.7g fibre; 131mg chol; 311mg sodium.
- 21 Mediterranean chicken** JUN 09 2950k; 33.3g fat; 8.9g sat fat; 35.7g protein; 64g carbs; 4.5g fibre; 97mg chol; 599mg sodium.
- 37 Mixed mushroom and sage risotto** JUN 09 2038k; 13.6g fat; 3.7g sat fat; 16.2g protein; 66.7g carbs; 4.1g fibre; 14mg chol; 685mg sodium.
- 36 Moroccan chicken rissoles** MAR 09 2561k; 17.2g fat; 4.2g sat fat; 37.8g protein; 73.3g carbs; 5.5g fibre; 157mg chol; 2077mg sodium.
- 38 Oregano and lemon chicken with zucchini and sweet potato salad** MAR 09 1236k; 3.6g fat; 1.1g sat fat; 37.3g protein; 22.6g carbs; 4.9g fibre; 97mg chol; 102mg sodium.
- 41 Portuguese drumsticks with spiced rice** JUN 09 2935k; 28.5g fat; 7g sat fat; 40.9g protein; 67.3g carbs; 5.6g fibre; 174mg chol; 1006mg sodium.
- 38 Risotto Milanese** JUN 09 2073k; 14g fat; 6.4g sat fat; 16.8g protein; 68.2g carbs; 3.3g fibre; 31mg chol; 918mg sodium.
- 77 Roast chicken with lemon and olives** APR 09 1379k; 23.8g fat; 6g sat fat; 18.5g protein; 9g carbs; 2.8g fibre; 65mg chol; 216mg sodium.
- 83 Roasted chicken with mustard and herb sauce** JUL 09 1007k; 12.6g fat; 3.1g sat fat; 25.1g protein; 2.9g carbs; 0.9g fibre; 117mg chol; 459mg sodium.
- 48 Spicy pumpkin soup** JUN 09 2540k; 30.6g fat; 16.3g sat fat; 16.9g protein; 63.1g carbs; 6.9g fibre; 76mg chol; 1084mg sodium. JUN 09
- 39 Tandoori chicken and rice salad** MAR 09 2086k; 13.4g fat; 3.2g sat fat; 29.4g protein; 62.4g carbs; 2.3g fibre; 70mg chol; 671mg sodium.
- 20 Tandoori drumsticks with turmeric pilaf** MAY 09 2952k; 28.1g fat; 8.5g sat fat; 42.6g protein; 69g carbs; 2.3g fibre; 194mg chol; 1616mg sodium.
- 56 Thai coconut chicken stir-fry** APR 09 1977k; 17.2g fat; 9.5g sat fat; 34.7g protein; 43.2g carbs; 5.3g fibre; 81mg chol; 230mg sodium.
- 57 Thai coconut chicken soup** FEB 09 2409k; 46.3g fat; 38g sat fat; 22g protein; 16.8g carbs; 5.2g fibre; 48mg chol; 1758mg sodium.
- 45 Thai green curry chicken drumsticks** FEB 09 1412k; 20.7g fat; 7g sat fat; 28g protein; 9.4g carbs; 1.8g fibre; 154mg chol; 464mg sodium.
- 44 Tomato and olive chicken** FEB 09 2280k; 15.3g fat; 3.4g sat fat; 35.6g protein; 57.7g carbs; 5.1g fibre; 137mg chol; 941mg sodium.
- 56 Turkey bolognaise pasta sauce** MAY 09

985k; 19.8g fat; 6.4g sat fat; 40.4g protein; 89.9g carbs; 7.9g fibre;

71mg chol; 581mg sodium.

- 44 Turkey pasta salad with ricotta pesto** JUL 09 1706k; 6.8g fat; 2.5g sat fat; 26.7g protein; 53g carbs; 11.4g fibre; 38mg chol; 205mg sodium.
- 24 Turkey steaks with mushrooms and spinach** APR 09 1563k; 14.5g fat; 2.3g sat fat; 32.2g protein; 24.7g carbs; 6.5g fibre; 65mg chol; 150mg sodium.
- 22 Tuscan vegetable and bean soup** JUN 09 1790k; 12.8g fat; 1.8g sat fat; 16.3g protein; 58g carbs; 10.9g fibre; <1mg chol; 202mg sodium.
- 47 Vietnamese pho** JUN 09 774k; 5.8g fat; 0.9g sat fat; 15.5g protein; 16.3g carbs; 3.2g fibre; 5mg chol; 1263mg sodium.
- 74 Wonton soup** JUN 09 804k; 3.8g fat; 1.1g sat fat; 15.4g protein; 23.5g carbs; 1g fibre; 42mg chol; 1243mg sodium.

Sweets

- 85 Affogato** MAY 09 799k; 9.4g fat; 5.3g sat fat; 3.5g protein; 20.3g carbs; 0.4g fibre; 15mg chol; 43mg sodium.
- 76 Almond jelly with lychee and melon salad** FEB 09 720k; 2.4g fat; 1.3g sat fat; 4.9g protein; 32.6g carbs; 1.9g fibre; 7mg chol; 64mg sodium.
- 60 Almond vanilla fingers** MAR 09 (each) 387k; 5.2g fat; 3g sat fat; 1.3g protein; 10.1g carbs; 0.4g fibre; 17mg chol; 36mg sodium.
- 72 ANZAC slice** APR 09 (each) 623k; 7.3g fat; 4.9g sat fat; 1.6g protein; 19.5g carbs; 0.7g fibre; 16mg chol; 79mg sodium.
- 69 Apple and pear crumble** JUN 09 2198k; 19g fat; 11.2g sat fat; 4.7g protein; 83.3g carbs; 7.8g fibre; 51mg chol; 159mg sodium.
- 68 Apple cake** JUL 09 1701k; 24.9g fat; 15.7g sat fat; 5.7g protein; 40.2g carbs; 1.7g fibre; 115mg chol; 267mg sodium.
- 60 Apple cinnamon turnovers** APR 09 (each) 640k; 8.6g fat; 4.5g sat fat; 2.2g protein; 16.4g carbs; 0.8g fibre; 17mg chol; 133mg sodium.
- 66 Apple crumble cheesecake** JUL 09 (per piece) 990k; 15.6g fat; 9.4g sat fat; 3.9g protein; 20.8g carbs; 0.8g fibre; 64mg chol; 179mg sodium.
- 70 Apple strudel** JUL 09 556k; 1.7g fat; 0.3g sat fat; 3.3g protein; 25.3g carbs; 2.3g fibre; 1mg chol; 135mg sodium.
- 67 Apricot and raisin muesli squares** (JUL 09 each) 647k; 4.9g fat; 0.7g sat fat; 1.6g protein; 26.1g carbs; 1.5g fibre; 0mg chol; 25mg sodium.
- 62 Apricot and sultana rock cakes** FEB 09 582k; 4.8g fat; 2.9g sat fat; 2.9g protein; 20.5g carbs; 1.8g fibre; 24mg chol; 154mg sodium.
- 86 Apricot crumble** JUL 09 1351k; 10.1g fat; 1.8g sat fat; 7.1g protein; 46.3g carbs; 7.2g fibre; 0mg chol; 76mg sodium.
- 66 Berry mascarpone mini cheesecakes** JUL 09 (each) 1670k; 30.8g fat; 18.9g sat fat; 7.1g protein; 23.4g carbs; 2.6g fibre; 122mg chol; 277mg sodium.
- 66 Blueberry and vanilla cheesecake slice** JUL 09 (per piece) 1624k; 27.8g fat; 17.2g sat fat; 6.8g protein; 28.7g carbs; 0.6g fibre; 117mg chol; 312mg sodium.
- 83 Bread and butter pudding** APR 09 2319k; 34.8g fat; 21.2g sat fat; 11.9g protein; 49g carbs; 1.8g fibre; 222mg chol; 347mg sodium.
- 66 Cappuccino cheesecake** JUL 09 2096k; 35.2g fat; 21.5g sat fat; 8.4g protein; 39.7g carbs; 0.6g fibre; 141mg chol; 398mg sodium.
- 82 Caramel crunch cake** JUN 09 2288k; 31.7g fat; 9.6g sat fat; 7.6g protein; 58g carbs; 0.1g fibre; 90mg chol; 799mg sodium.
- 84 Caramel nut tart** JUN 09 2004k; 36.1g fat; 12.7g sat fat; 6.7g protein; 31.9g carbs; 2.9g fibre; 76mg chol; 151mg sodium.
- 16 Kim's no-bake caramel slice** JUN 09 (per piece) 1047k; 16.2g fat; 8.5g sat fat; 3.7g protein; 23.6g carbs; 0.8g fibre; 31mg chol; 100mg sodium.
- 86 Caramelised apple tart** JUL 09 936k; 7.5g fat; 3.7g sat fat; 2.7g protein; 35.6g carbs; 3g fibre; 9mg chol; 175mg sodium.
- 60 Cheat's iced vovos** MAR 09 (each) 424k; 4.6g fat; 3.1g sat fat; 1.1g protein; 14.5g carbs; 0.5g fibre; 17mg chol; 37mg sodium.
- 85 Cherry and ricotta tart** MAY 09 1991k; 25g fat; 14.2g sat fat; 12.5g protein; 51.4g carbs; 0.5g fibre; 91mg chol;

super food ideas

Index 2009

- 267mg sodium.
- 85 Cherry blondies FEB 09** (per piece) 922kJ; 10.3g fat; 6.3g sat fat; 3.3g protein; 29.2g carbs; 0.7g fibre; 44mg chol; 115mg sodium.
- 83 Chewy Toblerone cookies MAY 09** (each) 573kJ; 6.2g fat; 4.2g sat fat; 1.2g protein; 19.6g carbs; 0.5g fibre; 13mg chol; 52mg sodium.
- 69 Chocolate and raspberry baked cheesecake slice MAR 09** 1043kJ; 14.9g fat; 7.2g sat fat; 6.2g protein; 22.8g carbs; 1.4g fibre; 61mg chol; 207mg sodium.
- 60 Chocolate buttons MAR 09** (each) 412kJ; 5.2g fat; 3.7g sat fat; 1.2g protein; 11.7g carbs; 0.3g fibre; 17mg chol; 38mg sodium.
- 59 Choc-banana and custard stacks APR 09** 2882kJ; 41.4g fat; 25.3g sat fat; 9g protein; 71.3g carbs; 2.3g fibre; 65mg chol; 285mg sodium.
- 80 Choc-caramel fondue fruit platter FEB 09** 2167kJ; 26.2g fat; 15.8g sat fat; 6g protein; 68.8g carbs; 2.7g fibre; 54mg chol; 92mg sodium.
- 83 Choc-caramel ravioli FEB 09** (each) 498kJ; 6.7g fat; 3.6g sat fat; 1.8g protein; 12.9g carbs; 0.8g fibre; 6mg chol; 104mg sodium.
- 86 Choc-malt self-saucing puddings JUN 09** 2657kJ; 25.7g fat; 16.3g sat fat; 10.6g protein; 92.6g carbs; 1.7g fibre; 60mg chol; 475mg sodium.
- 63 Choc-chunk walnut cookies JUL 09** (each) 472kJ; 8.2g fat; 3.2g sat fat; 1.3g protein; 8.8g carbs; 0.4g fibre; 16mg chol; 33mg sodium.
- 49 Chocolate caramel slice FEB 09** (each) 1142kJ; 15.2g fat; 10.4g sat fat; 3.4g protein; 31.8g carbs; 1g fibre; 33mg chol; 104mg sodium.
- 77 Chocolate crêpes with raspberry cream APR 09** 1981kJ; 25.7g fat; 15.3g sat fat; 12.6g protein; 46.6g carbs; 4.1g fibre; 163mg chol; 109mg sodium.
- 86 Chocolate earthquake cookies APR 09** (each) 457kJ; 4.9g fat; 2.7g sat fat; 1.4g protein; 15.3g carbs; 0.3g fibre; 19mg chol; 50mg sodium.
- 44 Chocolate heart tarts JUN 09** (per tart) 3829kJ; 52.7g fat; 31.6g sat fat; 14.4g protein; 97.5g carbs; 4.3g fibre; 288mg chol; 325mg sodium.
- 88 Chocolate mocha fudge cake JUL 09** 2313kJ; 29.9g fat; 18.7g sat fat; 6.4g protein; 66.3g carbs; 1.6g fibre; 95mg chol; 266mg sodium.
- 85 Chocolate mousse with praline APR 09** 2572kJ; 47.6g fat; 29.3g sat fat; 7.7g protein; 41.8g carbs; 0.7g fibre; 218mg chol; 97mg sodium.
- 60 Chocolate peanut butter cups APR 09** (each) 427kJ; 7g fat; 2.9g sat fat; 2.2g protein; 7.3g carbs; 0.8g fibre; 3mg chol; 82mg sodium.
- 87 Chocolate peppermint truffle cake APR 09** 1985kJ; 27.1g fat; 17.1g sat fat; 5.6g protein; 53.7g carbs; 1.2g fibre; 81mg chol; 201mg sodium.
- 81 Chocolate tart APR 09** 1985kJ; 30.3g fat; 18.3g sat fat; 7.1g protein; 44.8g carbs; 1.2g fibre; 174mg chol; 145mg sodium.
- 60 Chunky choc-chip cookies MAR 09** (each) 787kJ; 10.4g fat; 5.4g sat fat; 2.3g protein; 21.5g carbs; 0.9g fibre; 30mg chol; 68mg sodium.
- 81 Citrus salad APR 09** 302kJ; 0.2g fat; 0g sat fat; 1.7g protein; 15.4g carbs; 2.4g fibre; 0mg chol; 5mg sodium.
- 60 Coconut chews MAR 09** (each) 476kJ; 6.1g fat; 4.1g sat fat; 1.5g protein; 13.2g carbs; 0.4g fibre; 22mg chol; 47mg sodium.
- 82 Cookies and cream ice-cream FEB 09** 2796kJ; 44.1g fat; 27.6g sat fat; 8.5g protein; 62.2g carbs; 0.8g fibre; 109mg chol; 186mg sodium.
- 66 Cookies 'n' cream cheesecake JUL 09** 2206kJ; 36.7g fat; 22.4g sat fat; 8.7g protein; 42.6g carbs; 0.5g fibre; 143mg chol; 439mg sodium.
- 86 Coffee and hazelnut granita MAY 09** 1788kJ; 19.3g fat; 7.2g sat fat; 11.6g protein; 53.4g carbs; 2.1g fibre; 33mg chol; 127mg sodium.
- 83 Coconut crème caramel JUN 09** 1845kJ; 28.1g fat; 19.4g sat fat; 6.6g protein; 42.6g carbs; 0.9g fibre; 184mg chol; 79mg sodium.
- 84 Coffee and nougat semifreddo MAY 09** 1558kJ; 24.4g fat; 14g sat fat; 5g protein; 35.1g carbs; 0.2g fibre; 131mg chol; 90mg sodium.
- 60 Confetti cookies MAR 09** (each) 471kJ; 5.3g fat; 3.4g sat fat; 1.3g protein; 15.1g carbs; 0.3g fibre; 22mg chol; 47mg sodium.
- 84 Crème caramel APR 09** 1913kJ; 26.1g fat; 15.4g sat fat; 9.6g protein; 48.6g carbs; 0g fibre; 254mg chol; 117mg sodium.
- 84 Dark chocolate and raspberry mousse JUL 09** 2151kJ; 37.6g fat; 22.7g sat fat; 5.5g protein; 40.1g carbs; 1.8g fibre; 208mg chol; 59mg sodium.
- 89 Date and carrot loaf JUL 09** 1934kJ; 21.3g fat; 8.7g sat fat; 9.2g protein; 57.6g carbs; 5.4g fibre; 79mg chol; 474mg sodium.
- 44 Date and golden syrup baked custard JUN 09** 1705kJ; 18.7g fat; 10.5g sat fat; 11.8g protein; 48.9g carbs; 3.5g fibre; 232mg chol; 146mg sodium.
- 43 Double chocolate crème brûlée JUN 09** 3935kJ; 76g fat; 47.6g sat fat; 8.9g protein; 60.3g carbs; 0.3g fibre; 359mg chol; 116mg sodium.
- 86 Double-choc self-saucing pudding JUN 09** 3042kJ; 30.9g fat; 19.9g sat fat; 8g protein; 107.7g carbs; 1.6g fibre; 72mg chol; 431mg sodium.
- 66 Double-decker cheesecake JUL 09** 1710kJ; 28.9g fat; 17.8g sat fat; 6.8g protein; 32.3g carbs; 0.4g fibre; 105mg chol; 284mg sodium.
- 82 Donut cake MAR 09** 1339kJ; 14.2g fat; 6.9g sat fat; 4.3g protein; 44g carbs; 0.5g fibre; 56mg chol; 261mg sodium.
- 84 Fish tank cake MAR 09** 975kJ; 10.1g fat; 4.9g sat fat; 2.9g protein; 32.8g carbs; 0.2g fibre; 45mg chol; 224mg sodium.
- 70 Frozen yoghurt pops APR 09** (each) 339kJ; 0.6g fat; 0.3g sat fat; 3g protein; 14g carbs; 2.9g fibre; 3mg chol; 31mg sodium.
- 87 Fruit 'n' nut chocolate fridge cake APR 09** 1777kJ; 24.8g fat; 10.5g sat fat; 7.6g protein; 44g carbs; 2.3g fibre; 25mg chol; 137mg sodium.
- 62 Gluten-free sponge JUL 09** 1349kJ; 17.1g fat; 10.1g sat fat; 4.9g protein; 37.6g carbs; 0.3g fibre; 161mg chol; 99mg sodium.
- 61 Honey and carrot muffins FEB 09** 1001kJ; 8.1g fat; 1.4g sat fat; 5.1g protein; 35.9g carbs; 2.5g fibre; 33mg chol; 193mg sodium.
- 66 Honey-pistachio cheesecake JUL 09** 2131kJ; 34.4g fat; 20g sat fat; 8.7g protein; 43.4g carbs; 0.9g fibre; 140mg chol; 394mg sodium.
- 43 Hummingbird cupcakes APR 09** (each) 1350kJ; 17.2g fat; 3.5g sat fat; 4.3g protein; 37.6g carbs; 1.7g fibre; 35mg chol; 165mg sodium.
- 80 Ice-cream sandwiches with berries and fudge FEB 09** 2208kJ; 27.9g fat; 17g sat fat; 9.3g protein; 61.5g carbs; 2.1g fibre; 44mg chol; 253mg sodium.
- 65 Kim's cheesecake JUL 09** 2050kJ; 33.1g fat; 20g sat fat; 7.9g protein; 42.1g carbs; 0.5g fibre; 144mg chol; 402mg sodium.
- 79 King of the jungle cake MAR 09** 1694kJ; 14.4g fat; 8.6g sat fat; 3.3g protein; 67.1g carbs; 1g fibre; 31mg chol; 401mg sodium.
- 84 Layered caramel cheesecake JUN 09** 3194kJ; 53.3g fat; 33.5g sat fat; 12.9g protein; 59.8g carbs; 0.5g fibre; 206mg chol; 550mg sodium.
- 63 Lemon and cranberry shortbread JUL 09** (each) 335kJ; 5.1g fat; 2.8g sat fat; 0.5g protein; 8.1g carbs; 0.4g fibre; 13mg chol; 36mg sodium.
- 46 Lemon polenta syrup cakes MAY 09** (each) 1361kJ; 20.1g fat; 8.2g sat fat; 5.2g protein; 31.7g carbs; 1.5g fibre; 80mg chol; 117mg sodium.
- 81 Little gingerbread cakes JUL 09** (each) 2122kJ; 14.7g fat; 9.2g sat fat; 5g protein; 91.4g carbs; 1.3g fibre; 66mg chol; 259mg sodium.
- 66 Macadamia cheesecake log JUL 09** 1994kJ; 33.3g fat; 19.3g sat fat; 7.2g protein; 38.9g carbs; 0.7g fibre; 79mg chol; 382mg sodium.
- 51 Macadamia tartlets MAR 09** 2446kJ; 42g fat; 17g sat fat; 6.2g protein; 47.5g carbs; 2.6g fibre; 111mg chol; 198mg sodium.
- 21 Mango coconut cake FEB 09** 2620kJ; 49.2g fat; 32.2g sat fat; 8.8g protein; 38.5g carbs; 1.6g fibre; 122mg chol; 361mg sodium.
- 86 Marmalade raisin bread pudding JUL 09** 845kJ; 3.6g fat; 1.1g sat fat; 10.6g protein; 31.2g carbs; 1.3g fibre; 97mg chol; 209mg sodium.
- 85 Mega cupcake MAR 09** 1778kJ; 16.6g fat; 8.2g sat fat; 4.3g protein; 65.6g carbs; 0.4g fibre; 73mg chol; 351mg sodium.
- 71 Microwave-baked apples MAR 09** 506kJ; 0.2g fat; 0.01g sat fat; 0.9g protein; 27.8g carbs; 4.1g fibre; 0mg chol; 5mg sodium.
- 60 Mini berry jalousies APR 09** (each) 910kJ; 11.9g fat; 5.3g sat fat; 3.9g protein; 23.1g carbs; 1.8g fibre; 11mg chol; 188mg sodium.
- 60 Mini choc-raspberry croissants APR 09** (each) 469kJ; 6.8g fat; 3.9g sat fat; 1.4g protein; 11.4g carbs; 0.3g fibre; 9mg chol; 104mg sodium.
- 16 Mini choc-raspberry pancakes FEB 09** (each) 243kJ; 1.8g fat; 1g sat fat; 1.6g protein; 8.6g carbs; 0.4g fibre; 10mg chol; 76mg sodium.
- 75 Mini hot cross buns APR 09** (each) 574kJ; 3.1g fat; 1.8g sat fat; 3.6g protein; 23.3g carbs; 1.1g fibre; 20mg chol; 30mg sodium.
- 74 Mixed-berry pancakes JUL 09** 1404kJ; 2.3g fat; 0.9g sat fat; 9.9g protein; 67.4g carbs; 3.3g fibre; 5.3mg chol; 399mg sodium.
- 78 Monkey crackles MAR 09** (each) 450kJ; 6.5g fat; 5.7g sat fat; 0.3g protein; 12.4g carbs; 0.3g fibre; 0mg chol; 25mg sodium.
- 62 Muesli and yoghurt muffins MAR 09** (each) 978kJ; 6.7g fat; 1.4g sat fat; 5.8g protein; 36.8g carbs; 3.1g fibre; 34mg chol; 196mg sodium.
- 44 Muesli slice APR 09** (each) 1525kJ; 20.4g fat; 13g sat fat; 3.2g protein; 42.3g carbs; 3.2g fibre; 53mg chol; 186mg sodium.
- 65 Orange cake with toffee syrup JUN 09** 2977kJ; 32.5g fat; 20.4g sat fat; 6.7g protein; 101.1g carbs; 2.1g fibre; 159mg chol; 456mg sodium.
- 64 Orange crêpes JUN 09** 1754kJ; 19.7g fat; 9g sat fat; 4.4g protein; 53.3g carbs; 2g fibre; 37mg chol; 299mg sodium.
- 69 Orange delicious JUN 09** 3863kJ; 43.9g fat; 26.9g sat fat; 13.2g protein; 123.7g carbs; 1.4g fibre; 308mg chol; 617mg sodium.
- 60 Orange-passionfruit cookies MAR 09** (each) 560kJ; 6.7g fat; 4.2g sat fat; 1.5g protein; 17g carbs; 0.4g fibre; 26mg chol; 62mg sodium.
- 85 Peach and raspberry cheesecake FEB 09** 2043kJ; 29.6g fat; 18.3g sat fat; 9.1g protein; 47g carbs; 2.1g fibre; 157mg chol; 297mg sodium.
- 70 Peach charlottes JUN 09** 2159kJ; 11.1g fat; 4.2g sat fat; 12.1g protein; 89.4g carbs; 6.8g fibre; 19mg chol; 388mg sodium.
- 87 Peach ripple cake FEB 09** 2195kJ; 24g fat; 12g sat fat; 9.2g protein; 69.3g carbs; 2.3g fibre; 92mg chol; 397mg sodium.
- 60 Peanut pinwheels MAR 09** (each) 577kJ; 7.6g fat; 4g sat fat; 2.5g protein; 14.7g carbs; 1g fibre; 24mg chol; 60mg sodium.
- 60 Pear and buttermilk cakes MAY 09** (each) 1311kJ; 16.2g fat; 7.9g sat fat; 5.1g protein; 36.8g carbs; 1.9g fibre; 65mg chol; 215mg sodium.
- 70 Pear, banana and cinnamon pikelets MAY 09** (each) 392kJ; 2.9g fat; 1.7g sat fat; 2.3g protein; 14.2g carbs; 0.9g fibre; 8mg chol; 21mg sodium.
- 83 Peppermint chocolate hearts FEB 09** (each) 613kJ; 7.9g fat; 7.3g sat fat; 1.2g protein; 17.1g carbs; 0g fibre; 3mg chol; 15mg sodium.
- 89 Pistachio and lemon syrup cake JUL 09** 1844kJ; 20.3g fat; 11.3g sat fat; 5g protein; 57.8g carbs; 1.4g fibre; 98mg chol; 281mg sodium.
- 66 Pineapple coconut cheesecake JUL 09** 2091kJ; 36.6g fat; 23.4g sat fat; 8.5g protein; 35.9g carbs; 1.1g fibre; 141mg chol; 378mg sodium.
- 70 Pineapple upside-down cake JUN 09** 1264kJ; 15.2g fat; 9.6g sat fat; 3.8g protein; 37.9g carbs; 1.2g fibre; 75mg chol; 242mg sodium.
- 60 Pistachio frangipane tarts MAR 09** (each) 812kJ; 11.6g fat; 6.2g sat fat; 2.9g protein; 19.6g carbs; 0.9g fibre; 43mg chol; 84mg sodium.
- 86 Plum and hazelnut cakes FEB 09** (each) 955kJ; 13.3g fat; 7.6g sat fat; 3g protein; 24.3g carbs; 1.1g fibre; 66mg chol; 155mg sodium.
- 49 Poached pears in spiced brown sugar syrup MAY 09** (not including cream or ice-cream) 2201kJ; 0.2g fat; 0.04g sat fat; 0.7g protein; 134.9g carbs; 3.2g fibre; 0mg chol; 28mg sodium.
- 69 Quick-mix brownies MAY 09** (each, not including ice-cream or strawberries) 969kJ; 11.7g fat; 7.2g sat fat; 2.9g protein;

super food ideas

Index 2009

- 29.9g carbs; 0.6g fibre; 45mg chol; 93mg sodium.
- 85 Quick ricotta torta** MAY 09 1867kJ; 13.3g fat; 7.5g sat fat; 12.1g protein; 66.7g carbs; 1g fibre; 118mg chol; 290mg sodium.
- 63 Red fruit skewers with yoghurt dipping sauce** FEB 09 479kJ; 1.5g fat; 0.7g sat fat; 5.6g protein; 17.1g carbs; 3.4g fibre; 6mg chol; 51mg sodium.
- 83 Rich self-saucing choc pudding** APR 09 1841kJ; 19.1g fat; 12g sat fat; 5.5g protein; 63g carbs; 1.1g fibre; 80mg chol; 264mg sodium.
- 86 Roasted nectarine tart** FEB 09 1551kJ; 23.8g fat; 15.4g sat fat; 4.7g protein; 34.1g carbs; 1.8g fibre; 89mg chol; 138mg sodium.
- 86 Soft-centred chocolate Easter egg puddings** APR 09 2035kJ; 32.8g fat; 20.2g sat fat; 6.8g protein; 42.9g carbs; 0.9g fibre; 164mg chol; 290mg sodium.
- 75 Snickers brownie** MAY 09 (each) 708kJ; 9 fat; 3 g; 5.7g sat fat; 2.2g protein; 19.8g carbs; 0.7g fibre; 32mg chol; 73mg sodium.
- 86 Spiced fruit compôte** JUL 09 1407kJ; 1.5g fat; 0.07g sat fat; 3.4g protein; 75.4g carbs; 8.7g fibre; 0mg chol; 15mg sodium.
- 84 Sticky date pudding** APR 09 3160kJ; 42g fat; 26.9g sat fat; 6.9g protein; 89.4g carbs; 4.4g fibre; 188mg chol; 676mg sodium.
- 86 Sticky date self-saucing pudding** JUN 09 2685kJ; 15.6g fat; 9.9g sat fat; 6.9g protein; 119g carbs; 6.4g fibre; 47mg chol; 456mg sodium.
- 69 Strawberry and choc hazelnut quesadillas** APR 09 1300kJ; 11.4g fat; 4.2g sat fat; 6.6g protein; 44.6g carbs; 3.5g fibre; 0.4mg chol; 379mg sodium.
- 43 Strawberry-apple free-form tarts** JUN 09 (per tart) 1457kJ; 14.2g fat; 5.7g sat fat; 4.9g protein; 50.3g carbs; 3.4g fibre; 11mg chol; 162mg sodium.
- 85 Strawberry shortcake** APR 09 2565kJ; 43.9g fat; 28.3g sat fat; 8g protein; 46.6g carbs; 2.6g fibre; 162mg chol; 420mg sodium.
- 59 Strawberry stars** MAR 09 (each) 659kJ; 7.3g fat; 4.6g sat fat; 1.7g protein; 21.5g carbs; 0.6g fibre; 30mg chol; 64mg sodium.
- 78 Swamp jellies** MAR 09 (each) 1016kJ; 0g fat; 0g sat fat; 4.8g protein; 58g carbs; 0g fibre; 0mg chol; 255mg sodium.
- 86 Tiramisu** MAY 09 2031kJ; 32.6g fat; 19.3g sat fat; 7.2g protein; 36.1g carbs; 0.5g fibre; 177mg chol; 156mg sodium.
- 86 Toffee self-saucing pudding** JUN 09 2631kJ; 23g fat; 10.3g sat fat; 9g protein; 97.9g carbs; 2.8g fibre; 39mg chol; 502mg sodium.
- 83 Turkish Delight tarts** MAY 09 (each) 3275kJ; 45.6g fat; 24.3g sat fat; 10.1g protein; 84.9g carbs; 2.7g fibre; 47mg chol; 354mg sodium.
- 81 Thong cake** 1 MAR 09 241kJ; 12.7g fat; 6.9g sat fat; 2.8g protein; 43.4g carbs; 0.2g fibre; 53mg chol; 240mg sodium.
- 83 Tyrone the tyrannosaurus** MAR 09 705kJ; 7.2g fat; 3.5g sat fat; 2g protein; 24.2g carbs; 0.2g fibre; 33mg chol; 163mg sodium.
- 63 Upside-down banana and hazelnut cake** JUL 09 1140kJ; 19.4g fat; 9g sat fat; 3.6g protein; 21.4g carbs; 1.4g fibre; 86mg chol; 130mg sodium.
- 80 Vanilla and strawberry bombe alaska** JUN 09 2013kJ; 21.2g fat; 12.2g sat fat; 8.2g protein; 66.2g carbs; 0.6g fibre; 53mg chol; 369mg sodium.
- 46 Vanilla rice pudding with poached rhubarb** MAY 09 1722kJ; 6g fat; 0.7g sat fat; 8.5g protein; 80.9g carbs; 2g fibre; 0mg chol; 96mg sodium.
- 82 White choc honeycomb mud cake** MAY 09 2544kJ; 32.9g fat; 21.3g sat fat; 7.2g protein; 73.1g carbs; 1g fibre; 101mg chol; 258mg sodium.
- 84 White chocolate and cherry macaroons** JUL 09 (each) 470kJ; 5.3g fat; 1.5g sat fat; 2.1g protein; 14.2g carbs; 0.7g fibre; 3mg chol; 17mg sodium.
- 80 White chocolate panna cotta with berries** MAY 09 2965kJ; 51g fat; 32.2g sat fat; 8.8g protein; 55.4g carbs; 2.8g fibre; 128mg chol; 100mg sodium.
- 63 Wholemeal banana pancakes** MAR 09 1790kJ; 6.9g fat; 2.9g sat fat; 18.8g protein; 69.5g carbs; 7.2g fibre; 108mg chol; 485mg sodium.
- Something extra**
- 12 Almond praline** APR 09
- 59 Basic biscuit mix** MAR 09
- 57 Basic buttermilk scones** JUN 09
- 77 Basic pizza dough** MAY 09
- 55 Basic tomato sauce** MAY 09
- 58 Blueberry scones** JUN 09
- 81 Butter cream icing** MAR 09
- 51 Candied walnuts** MAR 09
- 12 Caramel fudge sauce** JUN 09
- 83 Chewy caramel cobbers** JUN 09
- 57 Chilli, soy and sesame marinade** APR 09
- 58 Choc-hazelnut scones** JUN 09
- 86 Choc-malt banana milkshake** MAR 09
- 47 Choc-peppermint Easter eggs** APR 09
- 88 Cinnamon hot chocolate** JUN 09
- 88 Classic iced coffee** APR 09
- 86 Creamy caramel coconut milkshake** MAR 09
- 50 Crunchy baked chickpeas** FEB 09
- 82 Double-choc strawberries** FEB 09
- 47 Easter eggs with coconut ganache** APR 09
- 88 Espresso granita** APR 09
- 77 Ginger and Cinzano cocktail** JUN 09
- 53 Gluten-free pizza dough** FEB 09
- 88 Frothy masala chai** MAY 09
- 70 Honey-caramel popcorn** APR 09
- 56 Honey-ginger marinade** APR 09
- 88 Hot cinnamon and vanilla milk** JUN 09
- 88 Iced caramel latte** APR 09
- 86 Iced triple chocolate** MAR 09
- 58 Italian scones** JUN 09
- 79 Jungle juice** MAR 09
- 82 Kir royal** JUL 09
- 88 Lemongrass tonic** MAY 09
- 51 Marinated olives** MAY 09
- 88 Mocha frappé** APR 09
- 88 Mulled wine** JUN 09
- 56 Spicy plum marinade** APR 09
- 20 Mango chutney** FEB 09
- 88 Peach mango frappé** FEB 09
- 58 Pistachio and lemon scones** JUN 09
- 58 Pizza damper** JUN 09
- 58 Pumpkin scones** JUN 09
- 88 Red tea** MAY 09
- 55 Roast chicken stock** JUL 09
- 58 Spiced apple dessert scones** JUN 09
- 88 Spiced apple tea** MAY 09
- 58 Sticky date scroll scones** JUN 09
- 88 Strawberry passion** FEB 09
- 88 Summer smoothie** FEB 09
- 51 Tapenade** MAY 09
- 55 Thai marinade** APR 09
- 69 Toffee apples** JUL 09
- 79 Tropical punch** APR 09
- 86 Very cherry milkshake** MAR 09
- 88 Warm pear and cinnamon drink** JUN 09
- 88 Watermelon coole** FEB 09
- 58 White choc and craisin scones** JUN 09