

count on us...™

# 4 week meal planner

We count the calories, so you don't have to...

Take a look for some great suggestions for breakfast, lunch and dinner.

## *about the range*

Our count on us range has been specially developed to be low in fat and calorie controlled, allowing you to enjoy great taste without the guilt!

You'll find a variety of delicious foods, from ready meals and desserts to snacks and sandwiches.

## *how to use the meal planner*

Each day is based on 1500 calories (including the odd glass of wine!) and provides your 5 a day.

You don't need to stick rigidly to the meal ideas for each day – swap the dishes around to suit your lifestyle. Just remember to include it in your daily calorie intake.

To find out more about count on us and how many calories you need each day (it varies according to weight, age, height and lifestyle), visit [marksandspencer.com/health](http://marksandspencer.com/health)

*a delicious  
new you*



YOUR M&S

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## week 1

Here are some suggestions for breakfast, lunch and dinner that work well together and should help you manage your diet.

But if there's a meal you're not keen on just swap it for something else! As long as you stick to your calorie allowance, you can be as flexible as you like with the days and meals... make it your plan, to suit you!



### monday

#### breakfast

½ pot Fruit Salad with COU Vanilla Yogurt sprinkled with handful of Sunflower Seeds **201 kcal**  
1 toasted Fruit Bun with reduced fat olive oil spread **225 kcal**

#### lunch

NEW COU Roasted Vegetable and Falafel Sandwich **270 kcal**.  
Handful of mixed Dried Fruit and Nut.  
1 Bag GFS Sour Cream and Lentil Curls

#### dinner

COU Chicken Jambalaya **364 kcal**  
with 3 tbsp Steamed Greens  
COU Chocolate Muffin Dessert  
**155 kcal**

#### snacks

1 Banana  
2 Satsumas

1485 kcal

### tuesday

#### breakfast

40g Porridge Oats made with 250ml Semi-Skimmed milk, sprinkle with handful of Sultanas **342 kcal**  
1 glass (250ml) of a Smoothie **150 kcal**

#### lunch

COU Crayfish and Mango Salad **275 kcal**  
COU Vanilla Yogurt **65 kcal**  
Handful of Grapes

#### dinner

COU Chicken Risotto with a medium bowl mixed Salad Leaves **362 kcal**  
1 GFS Honeycomb Crispiers

#### snacks

1 Apple  
NEW 1 bag GFS  
Double Chocolate Popcorn

1560 kcal

### wednesday

#### breakfast

2 Toasted Bagels with reduced fat spread **190 kcal**  
COU Mango and Passion Fruit Yogurt **65 kcal**

#### lunch

COU Chicken, Tomato and Basil Sandwich **289 kcal**. COU Sour Cream and Chive Crisps. 1 Pear.  
1 GFS Crispy Fudge Bar

#### dinner

NEW COU Puff Pastry Beef Pie **303 kcal** with 3 spears  
Steamed Broccoli  
COU Raspberry Mousse **92 kcal**

#### snacks

Handful of mixed Dried Fruit and Nut.  
Vegetable Batons.  
1 Banana

1520 kcal

### thursday

#### breakfast

Bowl of Fruit, Nut & Seed Muesli (40g) with low fat Yogurt (150g) **225 kcal**  
1 glass (250ml) Fresh Juice **125 kcal**

#### lunch

NEW COU Chicken Fajita Salad **264 kcal**  
2 Satsumas. 1 Bag GFS. Lentil Tubes

#### dinner

COU Four Cheese Ravioli **352 kcal** with medium bowl mixed Salad Leaves.  
NEW COU Chocolate and Cherry Sponge Pudding **157 kcal**

#### snacks

1 Pear. 1 Toasted Fruit Bun with reduced fat olive oil spread

1490 kcal

### friday

#### breakfast

½ pot Fruit Salad with COU Vanilla Yogurt sprinkled with handful of Sunflower Seeds **201 kcal**  
1 glass (250ml) of a Smoothie **150 kcal**

#### lunch

NEW COU Turkey, Pastrami and Egg Sandwich **282 kcal**.  
Handful of Vegetable Batons with reduced fat Houmous. 1 bag GFS Yogurt Coated Raisins

#### dinner

COU Fish Pie **332 kcal**  
COU Double Chocolate Sundae **180 kcal**

#### snacks

Handful of Grapes  
1 Apple  
1 bag Eat Well Pretzels

1515 kcal

### saturday

#### breakfast

2 medium Grilled Tomatoes on 1 slice of Granary Toast **183 kcal**  
1 glass (250ml) Fresh Juice **125 kcal**

#### lunch

COU Ham Salad Sandwich **277 kcal**  
2 Satsumas

#### dinner

NEW COU Chinese Takeaway Meal Selection **324 kcal**  
Medium Glass of Wine (175ml) or ½ Pint Beer **130 kcal**  
COU Lemon Muffin Dessert **145 kcal**

#### snacks

1 Banana  
Handful of mixed Dried Fruit and Nut

1540 kcal

### sunday

#### breakfast

40g Porridge made with 250ml semi-skimmed milk, sprinkle with handful of Sultanas **342 kcal**

#### lunch

COU Tomato & Basil Chicken Pasta Salad **364 kcal**  
1 Bag GFS Cheese Puffs  
1 Apple. NEW GFS Berry Popcorn Bar

#### dinner

NEW COU Lamb Hotpot **266 kcal**  
COU Creme Brulee Yogurt **65 kcal**

#### snacks

1 Pear. 1 bag GFS  
Chocolate Cornflake Clusters. 2 Satsumas

1415 kcal

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## week 2

Here are some suggestions for breakfast, lunch and dinner that work well together and should help you manage your diet.

But if there's a meal you're not keen on just swap it for something else! As long as you stick to your calorie allowance, you can be as flexible as you like with the days and meals... make it your plan, to suit you!



### monday

#### breakfast

Bowl of Fruit & Nut Muesli (40g) with semi-skimmed milk (125ml) **200 kcal**  
1 glass (250ml) Fresh Juice **125 kcal**

#### lunch

NEW COU Tuna and 3 Bean Salad **320 kcal**  
Handful of Vegetable Batons with reduced fat Houmous  
1 bag GFS Pretzels

#### dinner

COU Chilli **388 kcal**  
NEW COU Strawberry and Raspberry Charlotte **163 kcal**

#### snacks

1 Apple  
Handful of Grapes

1535 kcal

### tuesday

#### breakfast

½ pot Fruit Salad with COU Vanilla Yogurt sprinkled with handful of Sunflower Seeds **201 kcal**  
1 glass (250ml) Fresh Juice **125 kcal**

#### lunch

COU Nacho Chicken Wrap **276 kcal**  
1 bag GFS Chocolate and Pecan Popcorn  
1 Banana

#### dinner

NEW COU Chicken Puff Pastry Pie **822 kcal** with 3 tbsp Steamed Greens  
COU Vanilla Yogurt **65 kcal**

#### snacks

Handful of mixed Dried Fruit and Nut.  
1 Bag GFS Sour Cream and Lentil Curls

1530 kcal

### wednesday

#### breakfast

40g Porridge Oats made with 250ml semi-skimmed milk, sprinkle with handful of Sultanas **342 kcal**

#### lunch

NEW COU Roasted Vegetable and Falafel Sandwich **290 kcal**  
Handful of Mixed Dried Fruit.  
1 bag GFS Wholegrain Snacks

#### dinner

COU Cajun Chicken Fettuccine **392 kcal**  
COU Chocolate Frappe **115 kcal**

#### snacks

1 Pear  
M&S EW Pretzels  
2 Satsumas

1465 kcal

### thursday

#### breakfast

Bowl of Fruit & Nut Muesli (40g) with semi-skimmed milk (125ml) **200 kcal**  
1 glass (250ml) Fresh Juice **125 kcal**

#### lunch

COU Tuna and Sweetcorn Sandwich **285 kcal**  
1 bag GFS Lentil Tubes  
1 Apple

#### dinner

COU Vegetable Moussaka **305 kcal** with 2 spears Steamed Broccoli  
COU Lemon Mousse **92 kcal**

#### snacks

1 Banana  
Handful of grapes  
1 bag GFS Chocolate Cornflake Clusters

1470 kcal

### friday

#### breakfast

1 toasted Fruit Bun with reduced fat olive oil spread **243 kcal**  
1 glass (250ml) of a Smoothie **150 kcal**

#### lunch

COU Tomato & Basil Chicken Pasta Salad **364 kcal**  
COU Mango and Passion Fruit Yogurt **65 kcal**. 1 Pear

#### dinner

NEW COU Brisket of Beef **242 kcal**  
Medium Glass of Wine (175ml) or ½ Pint Beer **130 kcal**  
NEW COU Vanilla Berry Sponge Pudding **157 kcal**

#### snacks

2 Satsumas  
1 bag GFS Honeycomb Crispies  
Vegetable Batons

1480 kcal

### saturday

#### breakfast

40g Porridge Oats made with 250ml semi-skimmed milk, sprinkle with handful of Sultanas **342 kcal**

#### lunch

NEW COU Turkey, Pastrami and Egg Sandwich **282 kcal**  
1 bag GFS Smokey Bacon Lentil Tubes.  
Handful of Grapes

#### dinner

COU Haddock Mornay **323 kcal**  
COU Toffee Yogurt **65 kcal**

#### snacks

1 Banana.  
Handful of mixed Dried Fruit and Nut.  
1 bag GFS Honeycomb Crispies

1515 kcal

### sunday

#### breakfast

1 Poached Egg, 2 Grilled Tomatoes, handful of Grilled Button Mushrooms on 1 piece of Granary Toast **244 kcal**

#### lunch

NEW COU Sweet Chilli Prawn Sandwich **272 kcal** COU Sour Cream and Chive Crisps. 1 Apple  
1 GFS Honeycomb Crispies

#### dinner

COU Lasagne with 3 tbsp **394 kcal** Steamed Greens.  
COU Raspberry Pannacotta **140 kcal**

#### snacks

2 Satsumas  
NEW 1 bag GFS Double Chocolate Popcorn

1495 kcal

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## week 3

Here are some suggestions for breakfast, lunch and dinner that work well together and should help you manage your diet.

But if there's a meal you're not keen on just swap it for something else! As long as you stick to your calorie allowance, you can be as flexible as you like with the days and meals... make it your plan, to suit you!



### monday

#### breakfast

1 toasted Fruit Bun with reduced fat olive oil spread **243 kcal**  
1 glass (250ml) of a Smoothie **150 kcal**

#### lunch

COU Tomato & Basil Chicken Pasta Salad **364 kcal**  
1 Apple  
1 bag GFS Jaffa Cakes

#### dinner

COU Cottage Pie **364 kcal** with 3 tbsp Steamed Greens  
COU Rhubarb and Custard Dessert **117 kcal**

#### snacks

1 Pear

1510 kcal

### tuesday

#### breakfast

Bowl of Fruit & Nut Muesli (40g) with semi-skimmed milk (125ml) **200 kcal**  
1 glass (250ml) Fresh Juice **125 kcal**

#### lunch

COU Crayfish and Mango Salad **275 kcal**  
Handful of Grapes  
1 bag GFS Pretzels

#### dinner

NEW COU Puff Pastry Beef Pie **303 kcal** with 3 spears Steamed Broccoli  
COU Rice Pudding **166 kcal**

#### snacks

Handful of mixed Dried Fruit and Nut. 2 Satsumas  
1 bag GFS Cornflake Clusters

1505 kcal

### wednesday

#### breakfast

½ pot Fruit Salad with COU Vanilla Yogurt sprinkled with handful of Sunflower Seeds **201 kcal**  
1 glass (250ml) Fresh Juice **125 kcal**

#### lunch

NEW COU Roasted Vegetable and Falafel Sandwich **270 kcal**  
1 Banana  
1 bag GFS Cheese Puffs

#### dinner

NEW COU Lamb Hotpot **266 kcal**  
COU double Chocolate Sundae **180 kcal**

#### snacks

1 Apple.  
Handful of Vegetable Batons with reduced fat Houmous.  
1 bag GFS Salted Popcorn

1465 kcal

### thursday

#### breakfast

2 medium Grilled Tomatoes on 1 slice of Granary Toast **183 kcal**  
1 glass (250ml) of a Smoothie **150 kcal**

#### lunch

NEW COU Tuna and 3 Bean Salad **320 kcal**. 1 Pear.  
1 Bag GFS Sour Cream and Lentil Curls

#### dinner

COU Steak and Vegetable Yorkshires **210 kcal** with 3 tbsp Steamed Greens  
COU Chocolate Muffin Dessert **155 kcal**

#### snacks

Handful of mixed Dried Fruit and Nut  
NEW 1 bag GFS Double Chocolate Popcorn

1445 kcal

### friday

#### breakfast

40g Porridge made with 250ml semi-skimmed milk, sprinkle with handful of Sultanas.

#### lunch

NEW COU Chicken Fajita Salad  
Handful of Grapes  
1 bag GFS Yogurt Coated Raisins

#### dinner

COU Chicken Toastada with medium bowl mixed Salad Leaves  
COU Vanilla Yogurt

#### snacks

2 Satsumas  
1 toasted Fruit Bun with reduced fat olive oil spread

1520 kcal

### saturday

#### breakfast

1 Poached Egg, 2 Grilled Tomatoes, handful of Grilled Button Mushrooms on 1 pieces of Granary Toast **244 kcal**

#### lunch

COU Ham Salad Sandwich **277 kcal**  
1 Banana.  
NEW 1 bag GFS Pesto Chickpea Shells

#### dinner

NEW COU Indian Takeaway Meal for One **384 kcal**. Medium Glass of Wine (175ml) or ½ Pint Beer.  
NEW COU Chocolate and Cherry Sponge Pudding **157 kcal**

#### snacks

1 pot of Classic Fruit Salad  
Handful of Vegetable batons

1540 kcal

### sunday

#### breakfast

½ pot Fruit Salad with COU Vanilla Yogurt sprinkled with handful of Sunflower Seeds **201 kcal**  
1 glass (250ml) Fresh Juice **125 kcal**

#### lunch

COU Chicken, Tomato and Basil Sandwich **289 kcal**. Handful of mixed Dried Fruit and Nut. 1 bag GFS Smokey Bacon Lentil Tubes

#### dinner

COU Four Cheese Ravioli **352 kcal** with a medium bowl mixed Salad Leaves  
COU Creme Brulee Yogurt **65 kcal**

#### snacks

1 Apple  
Handful of Grapes  
1 GFS Honeycomb Crispies

1500 kcal

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## week 4

Here are some suggestions for breakfast, lunch and dinner that work well together and should help you manage your diet.

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### monday

#### breakfast

40g Porridge made with 250ml semi-skimmed milk, sprinkle with handful of Sultanas **342 kcal**  
Handful of Grapes

#### lunch

COU Nacho Chicken Wrap **276 kcal**  
1 bag GFS Pretzels  
2 Satsumas

#### dinner

COU Chicken Toastada with medium bowl mixed Salad Leaves **384 kcal**  
NEW COU Strawberry and Raspberry Charlotte **153 kcal**

#### snacks

1 Banana  
Vegetable Batons

1495  
kcal

### tuesday

#### breakfast

2 Toasted Bagels with reduced fat spread **190 kcal**  
1 glass (250ml) of a Smoothie **150 kcal**

#### lunch

NEW COU Turkey, Pastrami and Egg Sandwich **282 kcal**  
1 bag GFS Yogurt Coated Raisins  
1 Apple

#### dinner

COU Cajun Chicken Fettuccine **392 kcal**  
COU Toffee Yogurt **65 kcal**

#### snacks

Handful of mixed Dried Fruit and Nut  
1 bag GFS Cornflake Clusters  
2 Satsumas

1535  
kcal

### wednesday

#### breakfast

Bowl of Fruit & Nut Muesli (40g) **200 kcal**  
with semi-skimmed milk (125ml)  
1 glass (250ml) Fresh Juice **125 kcal**

#### lunch

NEW COU Tuna and 3 Bean Salad **320 kcal**  
1 bag GFS Jaffa Cakes  
COU Vanilla Yogurt **65 kcal**

#### dinner

NEW COU Lamb Hotpot **266 kcal**  
COU Raspberry Pannacotta **140 kcal**

#### snacks

Handful of Vegetable Batons with reduced fat Houmous  
1 bag GFS Pretzels  
1 Pear

1475  
kcal

### thursday

#### breakfast

2 medium Grilled Tomatoes on 1 slice of Granary Toast **183 kcal**  
1 glass (250ml) Fresh Juice **125 kcal**

#### lunch

COU Ham Salad Sandwich **277 kcal**  
1 banana  
NEW 1 bag GFS Double Chocolate Popcorn

#### dinner

COU Four Cheese Ravioli **352 kcal**  
with medium bowl mixed Salad Leaves. NEW COU Vanilla Berry Sponge Pudding **157 kcal**

#### snacks

1 Apple  
1 bag GFS Sour Cream and Lentil Curls

1475  
kcal

### friday

#### breakfast

½ pot Fruit Salad with COU Vanilla Yogurt sprinkled with handful of Sunflower Seeds **201 kcal**  
1 glass (250ml) Fresh Juice **125 kcal**

#### lunch

NEW COU Sweet Chilli Prawn Sandwich **272 kcal**  
1 bag GFS Cheese Puffs

#### dinner

NEW COU Chinese Takeaway Meal Selection **384 kcal**  
Medium Glass of Wine (175ml) or ½ Pint Beer **130 kcal**  
COU Chocolate Muffin Dessert **165 kcal**

#### snacks

Handful of mixed Dried Fruit and Nut  
Vegetable Batons

1530  
kcal

### saturday

#### breakfast

1 Poached Egg, 2 Grilled Tomatoes, handful of Grilled Button Mushrooms on 1 piece of Granary Toast **244 kcal**.  
COU Mango and Passion Fruit Yogurt **65 kcal**

#### lunch

COU Tomato & Basil Chicken Pasta Salad **364 kcal**.  
Vegetable Batons.  
NEW 1 bag GFS Pesto Chickpea Shells

#### dinner

COU Fish Pie **332 kcal** with 3 tbsp steamed greens.  
COU Raspberry Mousse **92 kcal**

#### snacks

1 Banana. 2 Satsumas  
1 GFS Honeycomb Crispies

1470  
kcal

### sunday

#### breakfast

40g Porridge made with 250ml semi-skimmed milk, sprinkle with handful of Sultanas **342 kcal**

#### lunch

NEW COU Roasted Vegetable and Falafel Sandwich **270 kcal**  
1 Banana

#### dinner

COU Chilli **388 kcal** with 3 tbsp Steamed Greens.  
COU double Chocolate Sundae **180 kcal**

#### snacks

NEW 1 bag GFS Pesto Chickpea Shells  
Handful of mixed Dried Fruit and Nut

1530  
kcal

# SHOPPING LIST

We count the calories so you don't have to

## week 1

### CALORIES

Count on Us Roasted Vegetable and Red Pepper Falafel Sandwich	270
Guilt Free Snacking Sour Cream and Lentil Curls	90
Count on Us Chicken Jambalaya	364
Count on Us Chocolate Muffin Dessert	155
Count on Us Crayfish and Mango Salad	275
Count on Us Vanilla Yogurt	65
Count on Us Chargrilled Chicken and Asparagus Risotto	362
Guilt Free Snacking Extremely Chocolatey Honeycomb Crispies	120
Guilt Free Snacking Double Chocolate Popcorn	115
Count on Us Chargrilled Chicken with Basil Dressing and Roasted Tomatoes on Sundried Tomato Bread	289
Count on Us Beef and Vegetarble Pastry Topped Pie	303
Count on Us Chocolate and Cherry Sponge Pudding	157
Count on Us Raspberry Mousse	92
Count on Us Fat Free Mango and Passion Fruit Yogurt	65
Guilt Free Snacking Crispy Fudge Bar	135
Count on Us Chicken Fajita Salad	264
Guilt Free Snacking Smokey Bacon Lentil Tubes	90
Count on Us Fish Pie	332
Count on Us Four Cheese Ravioli	352
Count on Us Smoked turkey and Pastrami with egg on Rye Bread	282
Count on Us Smoked Ham Salad Sandwich	277
Count on Us Chinese Takeaway Meal for One	384
Count on Us Skinny Lemon Muffin Dessert	145
Count on US Tomato & Basil Chicken Pasta Salad	364
Guilt Free Snacking Cheese Puffs	100
Count on Us Lamb Hotpot	266
Count on Us Rhubarb Creme Brulee Yogurt	65
Count on Us Double Chocolate Sundae	170
Guilt Free Snacking Assorted Pretzels	95
Guilt Free Snacking Berry Popcorn Bar	???

# SHOPPING LIST

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## week 2

### CALORIES

Count on Us Roasted Vegetable and Red Pepper Falafel Sandwich	270
Guilt Free Snacking Sour Cream and Lentil Curls	90
Count on Us Vanilla Yogurt	65
Guilt Free Snacking Extremely Chocolatey Honeycomb Crispies	120
Guilt Free Snacking Smokey Bacon Lentil Tubes	90
Count on Us Smoked turkey and Pastrami with egg on Rye Bread	282
Count on US Tomato & Basil Chicken Pasta Salad	364
Guilt Free Snacking Chocolate Cornflake Clusters	125
Count on Us Tuna and Three Bean Salad	320
Guilt Free Snacking Assorted Pretzels	95
Count on Us Chilli Con Carne with Rice	388
Count on Us Strawberry and Raspberry Charlotte	153
Count on Us Nacho Chicken Wrap	276
Guilt Free Snacking Chocolate and Pecan Popcorn	130
Count on Us Chicken and Vegetable Puff Pastry Pie	322
Count on Us Cajun Chicken Fettuccine	392
Count on Us Skinny Chocolate Frappe	115
Guilt Free Snacking Honey Barbecue Wholegrain Snacks	130
Count on Us Tuna and Cucumber Sandwich	285
Count on Us Vegetable Moussaka	305
Count on Us Lemon Mousse	92
Count on Us Mango and Passionfruit Yogurt	65
Count on Us Slow Cooked Brisket of Beef in Rich Ale Gravy	242
Count on Us Vanilla Berry Sponge Pudding	157 (TBC)
Count on Us Haddock Mornay	323
Count on Us Fat Free Toffee Yogurt	65
Count on Us Sweet Chilli Prawn Sandwich	272
Count on Us Lasagne	394
Count On Us Raspberry Pannacotta	140

# SHOPPING LIST

We count the calories so you don't have to

## week 3

### CALORIES

Count on Us Roasted Vegetable and Red Pepper Falafel Sandwich	270
Guilt Free Snacking Sour Cream and Lentil Curls	90
Count on Us Crayfish and Mango Salad	275
Count on Us Vanilla Yogurt	65
Guilt Free Snacking Extremely Chocolatey Honeycomb Crispies	120
Guilt Free Snacking Double Chocolate Popcorn	115
Count on Us Chargrilled Chicken with Basil Dressing and Roasted Tomatoes on Sundried Tomato Bread	289
Count on Us Beef and Vegetable Pastry Topped Pie	303
Count on Us Chocolate and Cherry Sponge Pudding	157
Count on Us Chicken Fajita Salad	264
Guilt Free Snacking Smokey Bacon Lentil Tubes	90
Count on Us Four Cheese Ravioli	352
Count on Us Smoked Ham Salad Sandwich	277
Count on Us Tomato & Basil Chicken Pasta Salad	364
Guilt Free Snacking Cheese Puffs	100
Count on Us Lamb Hotpot	266
Count on Us Rhubarb Creme Brulee Yogurt	65
Guilt Free Snacking Chocolate Cornflake Clusters	125
Count on Us Double Chocolate Sundae	170
Count on Us Tuna and Three Bean Salad	320
Guilt Free Snacking Assorted Pretzels	95
Count on Us Indian Takeaway Meal for One	384
Count on Us Cottage Pie	364
Count on Us Rhubarb & Custard Dessert	117
Guilt Free Snacking Mini Jaffa Cakes	125
Count on Us Rice Banana Rice Pudding with Apple, Honey and Sultanian Compote	166
Guilt Free Snacking Salted Popcorn	80
Count on Us British Steak and Vegetable Yorkshires	210
Count on Us Spicy Chicken Tostada	384
Guilt Free Snacking Pesto Chickpea Shells	83



# SHOPPING LIST

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## week 4

### CALORIES

Count on Us Roasted Vegetable and Red Pepper Falafel Sandwich	270
Count on Us Chocolate Muffin Dessert	155
Count on Us Vanilla Yogurt	65
Guilt Free Snacking Extremely Chocolatey Honeycomb Crispies	120
Count on Us Raspberry Mousse	92
Count on Us Fish Pie	332
Count on Us Smoked turkey and Pastrami with egg on Rye Bread	282
Count on Us Smoked Ham Salad Sandwich	277
Count on Us Chinese Takeaway Meal for One	384
Count on US Tomato & Basil Chicken Pasta Salad	364
Guilt Free Snacking Cheese Puffs	100
Count on Us Lamb Hotpot	266
Guilt Free Snacking Chocolate Cornflake Clusters	125
Count on Us Double Chocolate Sundae	170
Count on Us Tuna and Three Bean Salad	320
Guilt Free Snacking Assorted Pretzels	95
Count on Us Chilli Con Carne with Rice	388
Count on Us Strawberry and Raspberry Charlotte	153
Count on Us Nacho Chicken Wrap	276
Count on Us Cajun Chicken Fettuccine	392
Count on Us Fat Free Toffee Yogurt	65
Count On Us Raspbery Pannacotta	140
Guilt Free Snacking Mini Jaffa Cakes	125
Count on Us Spicy Chicken Tostada	384
Guilt Free Snacking Pesto Chickpea Shells	83
Count on Us Vanilla Berry Pudding	157