

Hungry Girl Clean & Hungry Blue Plan SmartPoints® Values*

Staples

Salsa - 0	Chunky Blue Cheese Dressing - 1
BBQ Sauce - 1	Teriyaki Sauce - 0
Marinara Sauce - 0	Ketchup - 1
Sesame Ginger Dressing - 1	Whole-Wheat Tortillas - 2

CH1: Oatmeal, Oats, Yogurt, More

Carrot Cake Growing Oatmeal - 8	Dreamsicle Overnight Oatmeal Parfait - 4
Peanut Butter Crunch Growing Oatmeal - 8	Blueberry Strawberry Oatmeal Bake - 5
Banana Bread Growing Oatmeal - 7	Banana Walnut Oatmeal Bake - 6
Fruity Coconut Growing Oatmeal - 7	Apple Cinnamon Oatmeal Bake - 5
Lemon Blueberry Growing Oatmeal - 6	Cinnamon Raisin Oatmeal Bake - 7
PB&J Overnight Oats - 7	Tropical Chia Yogurt Bowl - 4
Apple Chia Overnight Oats - 4	Strawberry Chia Yogurt Bowl - 3
Pumpkin Pie Overnight Oats - 4	Fruit Salad Oatmeal Bowl - 1
Vanilla Overnight Oats with Raspberries - 7	Cherry-Vanilla Super Yogurt - 2
Peach Cobbler Overnight Oatmeal Parfait - 4	

CH2: Egg Mugs, Scrambles, Burritos, & Bakes

Portabella Blue Egg Mug - 2	Mexican Breakfast Burrito - 3
Swiss Chick Egg Mug - 2	Roasted Veggie Egg Bakes - 2
Mediterranean Egg Mug - 2	Tex-Mex Egg Bakes - 2
Cheesy Italian Egg Mug - 3	Sun-Dried Tomato & Feta Egg Bakes - 2
California Breakfast Burrito - 4	

CH3: Pancakes & Waffles

Berries & Cream Pancakes - 4	Apple Cinnamon Waffles - 5
Strawberries 'n Peanut Butter Pancakes - 6	PB&J Waffles - 5
Apple Cinnamon Crunch Pancakes - 6	Pumpkin Spice Waffles - 5
Lemon Ricotta Pancakes - 6	

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CH4: Smoothies & Shakes

Creamy Peanut Butter Smoothie – 4	Purple Power Smoothie – 8
Pretty in Green Smoothie – 8	Carrot Pineapple Smoothie – 5
Peach Cobbler Smoothie – 6	Clean & Hungry Shamrock Shake – 2
Apple Cinnamon Smoothie – 5	Pina Colada Shake – 4

CH5: Slow-Cooker Soups, Stews & More

Black Bean & Butternut Soup – 1	Hawaiian Chicken with Cauliflower Rice – 2
Cauliflower & Corn Soup – 1	Slow-Cooker Buffalo Chicken – 0
Chicken, Kale & Cannellini Broth Bowl – 1	Slow-Cooker Chicken Fajitas – 0
White Chicken Chili – 0	Mama Shelley's Slow-Cooker Chicken – 1
Slow-Cooker Beef Barbacoa – 3	

CH6: Foil Packs

Spicy Sweet Potato 'n Squash – 3	Z'paghetti Marinara with Shrimp – 2
Peanut Chicken with Green Beans – 2	Mediterranean Chicken – 3
Buffalo Chicken Stuffed Portabellas – 2	Chicken & Shrimp Jambalaya – 0
Orange Salmon with Broccolini – 2	Balsamic Honey Salmon 'n Veggies – 6
Shrimp Teriyaki – 0	Kale & Feta Stuffed Pork – 3

CH7: Meatloaf & Casseroles

Meatball-Style Mini Meatloaves – 2	That Flight Attendant's Dish – 2
BBQ Meatloaf – 4	Naked Eggplant Parm – 4
Buffalo Turkey Meatloaf – 4	No-Noodle Veggie Lasagna – 6

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CH8: Z'paghetti, Spaghetti, Veggie Noodles

Z'paghetti & Meatballs – 5	Cold Sesame Zucchini Noodles – 2
Shrimp & Avocado Z'paghetti – 3	Mediterranean Spaghetti Squash with Chicken – 2
Ratatouille Z'paghetti with Chickpeas – 1	Spaghetti Squash Amore – 1
Pesto Z'paghetti with Chicken – 3	Shrimp Fra Diavolo Spaghetti Squash – 1
Chicken Zucchini So Low Mein – 1	

CH9: Cauliflower Rice & Creations

Cauliflower Hash Browns – 1	Island Shrimp Cauliflower Rice Bowl – 1
Cheesy Cauliflower Tater Tots – 2	Southwest Chicken Cauliflower Rice Bowl – 0
Cauliflower Stackers – 1	BBQ Chicken Cauliflower Rice Bowl – 2
The Breakfast Stack – 2	Cauliflower Rice Paella – 0
The Italian Stack – 4	Cheeseburger Skillet – 6
The Mexican Stack – 3	Chicken Fajita Stuffed Peppers – 1
Cauliflower Crust Pizza – 6	Greek Stuffed Peppers – 3
Greek Cauliflower Flatbreads – 6	Big Buffalo Cauliflower Bites – 1
Cauliflower Power Fried Rice – 1	Mega Mexican Cauliflower Bites – 3
Hawaiian Shrimp Fried Rice with Pineapple – 2	Big BBQ Cauliflower Bites – 2

CH10: Carb-Slashed

Black Bean Burgers – 1	Chinese Chicken Salad Wrap – 3
Falafel Burgers – 1	BBQ Chicken Wrap – 3
Jumbo Burgers – 3	Fork 'n Knife Eggplant "Sandwiches" – 2
Tuna Patties – 1	
Crab Cakes – 1	

CH11: Stir-Frys, Savory Crepes & Skillet Meals

Sweet Tomato Shrimp Stir-Fry – 1	Crispy Bruschetta Chicken – 4
Spicy Steak 'n Cabbage Stir-Fry – 5	Cheesy 'n Saucy Skillet Meatballs – 5
Cheeseburger Crepes – 4	Fork 'n Knife Skillet Pizza – 8
Cheesy Chicken & Broccoli Crepes – 2	Blackened Shrimp Tacos – 4
Spinach & Feta Crepes – 3	Parm-Crusted Chicken – 3

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CH12: Baked Goodies, Frozen Treats

Clean & Hungry Brownies – 2	Blueberry Lemon Bars – 3
Peanut Butter Brownies – 2	Tropical Mango Fro Yo Pops – 3
Island Coconut Brownies – 3	Black Cherry Chip Fro Yo Pops – 3
Fudgy Flourless Chocolate Cake – 2	Peanut Butter Banana Fro Yo Pops – 3
Clean & Hungry Blondies – 2	Fro Yo Grapesicles – 0
Apple Walnut Bars – 2	Cannoli Crepes – 4
Pumpkin Cranberry Bars – 2	Raspberry Key Lime Crepes – 1
Banana Walnut Bars – 2	Blueberry Lemon Crepes – 1
Oatmeal Raisin Bars – 3	Clean & Hungry Rice Pudding – 4

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