

Hungry Girl Magazine Spring 2021
Green Plan SmartPoints® Values*

SUPERFOOD TO THE RESCUE WITH JOY BAUER

Joy's Mushroom Bacon – 0

Joy's Chocolate Spread – 4

PROTEIN POWER!

Protein French Toast Sticks – 5

Blueberry Streusel Muffins – 5

Matcha Protein Freeze – 3

Lemon Ricotta Crepes – 4

EVERYTHING EGG MUGS

Mediterranean Egg Mug – 3

Pepperoni Pizza Egg Mug – 4

Egg Mug Florentine – 4

Spicy Jalapeño Egg Mug – 4

Bacon & 3-Cheese Egg Mug – 5

Spanish Omelette in a Mug – 2

JUST STUFF IT!

Cajun Stuffed Chicken – 6

Nacho Stuffed Chicken – 6

Spinach 'n Artichoke Stuffed Chicken – 5

Bacon BBQ Stuffed Chicken – 5

Fajita Stuffed Chicken – 4

French Onion Stuffed Chicken – 5

MEATLOAF FOR DAYS!

Lasagna Meatloaf Minis – 5

Buffalo Chicken Meatloaf Minis – 2

Sun-Dried Tomato & Mozzarella Meatloaf – 3

Honey BBQ Meatloaf Minis – 6

French Onion Turkey Meatloaf – 3

Best-Ever Meatless Meatloaf – 3

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CRISPY AIR FRYER DUMPLINGS

Cheesy Egg & Chive Dumplings – 4
Pepperoni Pizza Dumplings – 5
Turkey Taco Dumplings – 4

Chicken Potsticker Dumplings – 3
Meatless Bacon Cheeseburger Dumplings – 5

GIMME SOME SKINS

BLT Potato Skins – 7
BBQ Chicken Sweet Potato Skins - 7

Pepperoni Pizza Potato Skins – 7
Great Greek Potato Skins – 7

MAKE-AHEAD MAGIC: OATMEAL BAKES

Marshmallow Peanut Butter Oatmeal Bake – 8
Apple Pie Oatmeal Bake – 6
Lemon Blueberry Oatmeal Bake – 5

Banana Split Oatmeal Bake – 7
Cinnamon Streusel Oatmeal Bake – 7

THE BIG CHILI

Slightly Spicy Turkey Chili – 3
World's Easiest Veggie Chili – 3
Chili Stuffed Spaghetti Squash – 3

Chili Mac Surprise – 7
Cheeseburger Chili – 5
Meaty Meatless Chili – 3

THAT'S ITALIAN

Eggplant Rollatini – 9
Squash Noodle Chick-a-ccine – 7
Veal Marsala – 5
Pesto Z'paghetti – 6

Shrimp Parmesan – 6
Spinach Eggplant Lasagna – 6
Spaghetti Squash & Meatball Casserole – 7
Upside-Down Cannoli Cheesecake – 6

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RICE CAKES REIMAGINED

Movie-Night Crunchcake – 3
Tropical Cheesecake Crunch – 7
Mediterranean Tuna Snack – 5
Strawberry Shortcake Crunch – 3

Pepperoni Pizza Snack – 2
Fluffy-nutter Crunchcake – 5
Caramel Apple Crunchcake – 4
Magic Crunchcake – 6

WORLD'S EASIEST COOKIES 5 WAYS

PB&C Oaties – 2
Trail Mix Oaties – 2
Chocolate Coconut Oaties – 2

Cinnamon Cranberry Oaties – 1
Blueberry White Chocolate Oaties – 1

THE HUNGRY GIRL DIET & 7-DAY MEAL PLAN

Growing Oatmeal B-fast – 7
Mega Fruit `n Yogurt Bowl – 5
Egg Scramble & Bun – 7
Ginormous Salad – 5
Super-Sized Sandwich Platter – 9

Veggie `n Bean Bowl – 7
HG-ified Fish or Chicken – 5
HG's Special Stir-Fry – 5
Chicken Hungry Girlfredo Bowl – 7

SECRETS TO SUCCESS

Snickers Cake Mug – 8
Cold Sesame Zucchini Noodles – 2
Buffalo-Style Blue Cheese Burgers – 4

Yum Yum Brownie Muffins – 6
Pizza-fied Chicken 2.0 – 5
Sheet-Pan Sausage & Peppers – 8

BOW WOW BITES

Bam Bam's Birthday Cake – 3

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