

Hungry Girl Magazine Summer 2018 Freestyle™ SmartPoints® Values*

Welcome to Hungry Girl!

EZ-Peel Hard-Cooked Eggs - 0

Hungry Girl MVP: Spiral (Out of Control!)

Z'paghetti Hungry Girlfredo - 3

Hungry Girl How-To: Veggie Chips

Beet Chips - 0

Zucchini Chips - 0

Parsnip Chips - 3

Put the Fast in Breakfast

Hawaiian Green Smoothie - 10

All-American Breakfast Tacos - 6

Avocado Toast Supreme - 3

Neapolitan Waffle Stack - 9

Fork 'n Knife Egg Sandwich - 4

Cherry-Almond Chia Pudding - 6

Apple Pie Parfait - 2

Tropical Breakfast Wrap - 8

Grill Power! Foil Packs

Spicy BBQ Salmon & Veggies - 2

Great Garlic Corn on the Cob - 2

Shrimp Boil on the Grill - 4

Bursting with Blueberry Cobbler - 3

Aloha Chicken - 2

Mahi Mexicali - 2

DIY Frozen Treats

Banana Split'wiches - 4

Frozen Yogurt Bark - 3

Freezy S'mores - 5

Mango 'n Cream Pops - 1

Upside-Down Freezy Mint Chip Pie - 5

Now Trending: Food in an Instant... Pot

Turkey Teriyaki Meatballs - 7

Fluffy Denver Egg Bake - 4

Oh Honey BBQ Chicken - 5

Beefy No-Bean Chili - 4

Strawberry Crunch Oatmeal - 6

Simmer Down for Summer: No-Cook Recipes

Crabby Cowgirl Slaw - 0

Feta & Sun-Dried Tomato Tuna Salad - 2

Italian-Style Cucumber Subs - 2

Mojito Fruit Salad - 0

Waldorf Chicken Lettuce Wraps - 2

Scoopable Strawberry Cheesecake - 7

The Freestyle™ SmartPoints® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the recipe or its developer by Weight Watchers International, Inc., the owner of the SmartPoints® trademark.

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Recipe Mash-Ups

Dessert Sushi - 4
Cheeseburger Fried Rice - 7
Chicken Nugget Nachos - 5
Rise 'n Shine Shepherd's Pie - 6

Pizza Waffles - 3
Cheesecake Grilled Cheese - 9
Way-Good Watermelon Pizza - 1

Dip It Good

Tex-Mex Corn Dip - 1
Cobb Salad Dip - 3
Don't Be Chicken Buffalo Dip - 3
PB & Chocolate Chip Cookie Dough Dip - 2

Peanut Butter Cup Dip - 4
Cookies 'n Cream Dip - 3

Single & Loving It

Berry-Good Cannoli Cone - 5
Greek Grilled Cheese - 9
Breakfast Stuffed Sweet Potato - 9

Veggie Egg Roll in a Bowl - 1
Bruschetta Salmon Z'paghetti - 2

Piece of Cake: 2-Ingredient Cake—5 Ways

Yellow Cake Mix + Applesauce - 6
Confetti/Rainbow Cake Mix + Egg Whites - 6
Carrot Cake Mix + Greek Yogurt - 6

Devil's Food Cake Mix + Canned Pumpkin - 6
Red Velvet Cake Mix + Club Soda - 7

Spiralized Surprise!

Think Pink Beet-Noodle Salad - 2
Zucchini Noodle Pancakes - 2
Spiralized Shrimp Sunomono Salad - 1

Spiralized Apple Pie - 1
Turnip Noodles & Chicken Sausage - 5
Cup o' Zoodles with Beef - 3

For the Love of Chocolate

Chocolate Chocolate Cake Pops - 5
Choco 'Nana Blender Muffins - 3
Salted Caramel Flourless Chocolate Cupcakes - 4

Double Chocolate Fillo Shells - 7
Black Forest Fudge - 1

Beauty Foodie: Beauty & The Feast

Green Tea Crème Swappuccino - 3

Girl's Best Friend: Bow Wow Bites

Pooched Eggs 'n Ham - 0

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