

Hungry Girl Obsessed!* Green Plan SmartPoints® Values

CH1: WAKE-UP CALL!

Best-Ever Breakfast Sandwich - 6	Breakfast Sausage Patties - 2
Perfect Portabella Benedict - 3	Uno Huevo Ranchero - 5
Spaghetti Squash Your Hunger B-Fast Bowl - 4	Fried Rice for Breakfast Bowl - 4
That's Good Stuffed Breakfast Peppers - 4	Rise & Shine Breakfast Tacos - 6
Totally Turnip Home Fries - 1	Squashed & Sweet Potatoed Home Fries - 2
Cauliflower Power Biscuit Bakes - 3	

CH2: MORNING, SWEETNESS!

Crammed with Chocolate Chip Muffins - 5	Banana Bread Bonanza Muffins - 3
OMG Oatmeal Raisin Muffins - 4	Crazy for Corn Muffins - 3
Chocolate Chocolate Donuts - 5	Apple Crumb Yum Donuts - 3
Hey, Honey! Cinnamon Roll French Toast - 8	Tropical Tiki French Toast - 8
Peanut Butter Cup French Toast - 11	Perfect Pumpkin Pie Pancakes - 5
Out of the Blueberry Pancakes - 4	Choco Monkey Overnight Oats - 6
Brownie Batter Growing Oatmeal - 8	Crazy Carrot Cake Oatmeal Bake - 6
Oh My Cherry Pie Oatmeal Bake - 6	

CH3: MOM'S THE WORD!

Love Me Tender Pot Roast - 5	Philly You Up Cheesesteak Meatloaf - 4
Pizza-fied Meatloaf - 4	Thanksgiving Meatloaf Minis - 5
The Great Greek Mini Meatloaves - 3	Skillet Swedish Meatball Madness - 5
Crushin' on Cranberry Pulled Pork - 6	Arroz Con Pollo, Por Favor - 3
Tuna Zoodle Casserole - 6	White Eggplant Parm Casserole - 5
Classic Cheesy Mac Casserole - 10	Oh, Wow! Chicken & Waffles - 8
Fully Loaded Dan-Good Chili - 5	Overflowing with Chili Acorn Squash - 2
Sour Cream & Chive Mashies - 4	Caramelized Onion Mashies - 2
Three-Cheese Mashies - 4	

CH4: YOU WANNA PIZZA ME?

Squash-Crust Cheese Pizza - 5	Cutie-Pie Cauliflower-Crust Pizzas - 3
Caramelized Onion Cauli-Crust Pizza - 5	Cutie-Pie Greek Eggplant Pizzas - 4
Meatza Pizza - 5	Popeye's Pizza - 7
No-Joke Spinach & Artichoke Pizza - 8	Crispy Crunchy BBQ Chicken Pizza - 8
Messy Mexican Skillet Pizza - 7	

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CH5: NOODLE THIS!

Mad About Eggplant Manicotti - 6	Love at First Bite Lasagna - 7
Z'paghetti Bolognese - 2	Z'paghetti with Red Clam Sauce - 2
Surprise Spaghetti with White Clam Sauce - 4	Lasagna-Stuffed Spaghetti Squash - 3
Spaghetti Squash Pie in the Sky - 4	Beefed-Up Cheesy Mac - 8
Hungry Girlfredo Ziti Bake - 6	Hungry Girlfredo Mac 'n Broc Bake - 4

CH6: WELCOME TO GOODBURGER

Say Cheeseburger - 5	Hawaiian Hula Turkey Burgers - 6
Gobble 'Em Up Fajita Burgers - 4	Caramelized Onion Chickpea Burgers - 5
Garlic & Onion Butternut Turnip Fries - 1	Cinnamon Spice Skinny Carrot Fries - 2
Turnip the Yum Poutine - 4	Hella Good Bella Fries - 2
Crunch a Bunch Zucchini Fries - 2	First-Prize Eggplant Fries - 2

CH7: I KID YOU NOT!

White Pizza-fied Grilled Cheese - 10	Easy-Peasy Grilled Cheesy - 10
Sloppy Jane Lettuce Cups - 4	Looney Tuna Mega Melt - 8
So Money Honey Mustard Chicken Nuggets - 6	Tater Tot-chos - 5
Fully Loaded Tater Tots - 5	

CH8: MMMMM, MEXICAN!

Tiki Time BBQ Chicken Tacos - 6	Mexicali Madness Chopped Salad - 9
Slow-Cooker Chicken Burrito Bonanza - 3	Mexilicious Spaghetti Squash Casserole - 5
Clean & Hungry Whole-Wheat Tortillas - 2	Blackened Better-Than-Ever Shrimp Quesadillas - 6
Outside-In Chicken Enchiladas - 4	Need a Fajita Veggie Rice Bowl - 2
Mexican Street Corn Obsession - 6	Trop 'Til You Drop Island Salsa - 0

CH9: CHINESE, PLEASE!

Saucy Sweet & Sour Chicken - 7	Beef Zucchini So Low Mein - 6
Nuts About Cashew Chicken - 6	So Much Shrimp Chow Fun - 2
Veggie Moo Shu Madness - 6	Let's Get Drunken Noodles - 2
Egg Roll in a Bowl - 2	Grab-a-Fork Pork Fried Rice - 3
Aloha Chicken Fried Rice - 3	

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CH10: SOUPED UP!

I Dream of Cream of Mushroom Soup - 2
Wham, Bam, Thank You Clam Chowder - 2
Oh Wow Corn Chowder - 4
Whoop, Whoop Tortilla Soup - 3
Chicken Veggie-Noodle Soup - 1

Best-Ever Cream of Broccoli Soup - 2
Locked & Loaded Baked Potato Soup - 5
Thai Oh My Coconut Shrimp Soup - 2
Chicken Pot Pie Soup - 4

CH11: RAISING THE BAR!

Make You Holler Jalapeño Poppers - 4
Oh Yes We Did Onion Rings - 3
Calamari Me Right Now - 3

Bangin' Boneless Buffalo Wings - 3
Pop 'Til You Drop Popcorn Shrimp - 2

CH12: PARTY HEARTY!

Reconstructed Nachos - 8
Ultimate Ate-Layer Dip - 3
Let's Get Tropical Guacamole - 2
OMG! Caramelized Onion Dip - 2
Zucchini-Bottomed Pizza Bites - 3
Easy Cheesy Stuffed Mushrooms - 2

Crispy Crunchy Tortilla Chips - 3
Best in the Southwest Guac Dip - 2
For the Win Spinach Artichoke Dip - 2
Party-Time Pineapple BBQ Meatballs - 8
Coco' Loco Coconut Shrimp - 5

CH13: CHOC' IT TO ME!

Bam Bam BrownieZ - 3
Coconutty Chocolate Fudge - 2
Fab 'n Flourless Black Forest Cake - 3
Mmmm, Chocolate Mousse - 4
Double Chocolate Cakies - 2

Three Cheers for Cheesecake Brownies - 4
Double Chocolate Mug Cake - 5
PB for Me Flourless Chocolate Cupcakes - 3
Lookie Lookie Chocolate Fudge Cookies- 2

CH14: TOTALLY DESSERTED!

Sweet Cinnamon Cakies - 1
Tropical Pineapple Cutie Pies - 5
The Great Pumpkin Cheesecake Bars - 4
Jazzy Razzy Streusel Bars - 3
Nutty for Peanut Butter Fudge Bites - 2
Lunchbox PB&J Blondies - 3
Orange You Glad I Said Banana Pops - 1

Bigtime Blueberry Crumble - 4
Tumbly Crumbly Spiced Apple Bake - 4
Pump Up the Pecan Apple Streusel Bars - 4
My Oh My Maple Nut Blondies - 3
I Dream of Peanut Butter Pie - 6
Fluffy PB Mousse - 2

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CH15: CLEAN & HUNGRY STAPLES

Clean & Hungry Salsa - 0

Clean & Hungry Marinara Sauce - 0

Clean & Hungry Chunky Blue Cheese Dressing - 1

Clean & Hungry Creamy Fresh Sriracha - 1

Clean & Hungry Teriyaki Sauce - 0

Clean & Hungry BBQ Sauce - 1

Clean & Hungry Sesame Ginger Dressing - 1

Clean & Hungry Ranch Dressing - 2

Clean & Hungry Special Sauce - 1

Clean & Hungry Ketchup - 1

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