

# ***Hungry Girl Obsessed!* Purple Plan SmartPoints® Values\***

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## **CH1: WAKE-UP CALL!**

Best-Ever Breakfast Sandwich - 6	Breakfast Sausage Patties - 2
Perfect Portabella Benedict - 1	Uno Huevo Ranchero - 3
Spaghetti Squash Your Hunger B-Fast Bowl - 0	Fried Rice for Breakfast Bowl - 1
That's Good Stuffed Breakfast Peppers - 3	Rise & Shine Breakfast Tacos - 4
Totally Turnip Home Fries - 1	Squashed & Sweet Potatoed Home Fries - 1
Cauliflower Power Biscuit Bakes - 3	

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## **CH2: MORNING, SWEETNESS!**

Crammed with Chocolate Chip Muffins - 5	Banana Bread Bonanza Muffins - 3
OMG Oatmeal Raisin Muffins - 4	Crazy for Corn Muffins - 2
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 - 4
Out of the Blueberry Pancakes - 4	Choco Monkey Overnight Oats - 3
Brownie Batter Growing Oatmeal - 4	Crazy Carrot Cake Oatmeal Bake - 2
Oh My Cherry Pie Oatmeal Bake - 1	

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## **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 - 0
Tuna Zoodle Casserole - 5	White Eggplant Parm Casserole - 5
Classic Cheesy Mac Casserole - 10	Oh, Wow! Chicken & Waffles - 6
Fully Loaded Dan-Good Chili - 3	Overflowing with Chili Acorn Squash - 1
Sour Cream & Chive Mashies - 2	Caramelized Onion Mashies - 1
Three-Cheese Mashies - 3	

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## **CH4: YOU WANNA PIZZA ME?**

Squash-Crust Cheese Pizza - 5	Cutie-Pie Cauliflower-Crust Pizzas - 2
Caramelized Onion Cauli-Crust Pizza - 5	Cutie-Pie Greek Eggplant Pizzas - 4
Meatza Pizza - 5	Popeye's Pizza - 5
No-Joke Spinach & Artichoke Pizza - 8	Crispy Crunchy BBQ Chicken Pizza - 7
Messy Mexican Skillet Pizza - 7	

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### **CH5: NOODLE THIS!**

Mad About Eggplant Manicotti - 6	Love at First Bite Lasagna - 4
Z'paghetti Bolognese - 2	Z'paghetti with Red Clam Sauce - 1
Surprise Spaghetti with White Clam Sauce - 3	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

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### **CH6: WELCOME TO GOODBURGER**

Say Cheeseburger - 5	Hawaiian Hula Turkey Burgers - 6
Gobble `Em Up Fajita Burgers - 4	Caramelized Onion Chickpea Burgers - 3
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 - 1

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### **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 - 7
So Money Honey Mustard Chicken Nuggets - 4	Tater Tot-chos - 5
Fully Loaded Tater Tots - 5	

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### **CH8: MMMM, MEXICAN!**

Tiki Time BBQ Chicken Tacos - 4	Mexicali Madness Chopped Salad - 6
Slow-Cooker Chicken Burrito Bonanza - 1	Mexilicious Spaghetti Squash Casserole - 5
Clean & Hungry Whole-Wheat Tortillas - 1	Blackened Better-Than-Ever Shrimp Quesadillas - 4
Outside-In Chicken Enchiladas - 2	Need a Fajita Veggie Rice Bowl - 2
Mexican Street Corn Obsession - 3	Trop `Til You Drop Island Salsa - 0

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### **CH9: CHINESE, PLEASE!**

Saucy Sweet & Sour Chicken - 6	Beef Zucchini So Low Mein - 6
Nuts About Cashew Chicken - 4	So Much Shrimp Chow Fun - 1
Veggie Moo Shu Madness - 4	Let's Get Drunken Noodles - 2
Egg Roll in a Bowl - 1	Grab-a-Fork Pork Fried Rice - 2
Aloha Chicken Fried Rice - 1	

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### **CH10: SOUPED UP!**

I Dream of Cream of Mushroom Soup - 2  
Wham, Bam, Thank You Clam Chowder - 1  
Oh Wow Corn Chowder - 1  
Whoop, Whoop Tortilla Soup - 2  
Chicken Veggie-Noodle Soup - 0

Best-Ever Cream of Broccoli Soup - 2  
Locked & Loaded Baked Potato Soup - 3  
Thai Oh My Coconut Shrimp Soup - 2  
Chicken Pot Pie Soup - 2

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### **CH11: RAISING THE BAR!**

Make You Holler Jalapeño Poppers - 4  
Oh Yes We Did Onion Rings - 3  
Calamari Me Right Now - 2

Bangin' Boneless Buffalo Wings - 1  
Pop 'Til You Drop Popcorn Shrimp - 1

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### **CH12: PARTY HEARTY!**

Reconstructed Nachos - 8  
Ultimate Ate-Layer Dip - 3  
Let's Get Tropical Guacamole - 2  
OMG! Caramelized Onion Dip - 1  
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 - 4

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### **CH13: CHOC' IT TO ME!**

Bam Bam BrownieZ - 3  
Coconutty Chocolate Fudge - 1  
Fab 'n Flourless Black Forest Cake - 2  
Mmmm, Chocolate Mousse - 3  
Double Chocolate Cakies - 1

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

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### **CH14: TOTALLY DESSERTED!**

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

Bigtime Blueberry Crumble - 3  
Tumbly Crumbly Spiced Apple Bake - 3  
Pump Up the Pecan Apple Streusel Bars - 4  
My Oh My Maple Nut Blondies - 2  
I Dream of Peanut Butter Pie - 6  
Fluffy PB Mousse - 1

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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 - 0

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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