

## ***Hungry Girl Simply 6 Freestyle™ SmartPoints® Values\****

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### **CH1: SIMPLY EGGS**

Chicken Sausage Egg Mug - 5	Muffin-Pan Eggs Bene-chick - 3
Mediterranean Scramble - 3	Classic Hard-Boiled Eggs - 0
Denver Omelette Bake - 3	Oven-Baked "Hard-Boiled" Eggs - 0
Easy Freezy Breakfast Sandwiches - 5	Instant-Pot Hard-Boiled Eggs - 0
Broc `n Cheddar Crustless Quiche - 2	Bageled Eggs - 2
Southwest Muffin-Pan Egg Bakes - 2	Roasted Veggie Egg Power Bowl - 2

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### **CH2: SIMPLY OATS**

Simple Growing Oatmeal - 5	Strawberry Banana Blender Pancakes - 3
Simple Overnight Oats - 5	Apple Spice Blender Muffins - 2
Blueberry Pie Growing Oatmeal - 5	Blueberry Blender Muffins - 2
PB&J Overnight Oat Parfait - 6	PB Protein Blender Muffins - 4
Instant-Pot Strawberry Banana Oatmeal - 7	Cinnamon Raisin Blender Breakfast Cookies - 4
Instant-Pot Peaches `n Dream Oatmeal - 5	Peach Blender Breakfast Cookies - 3
PB `Nana Blender Pancakes - 4	Banana Nut Blender Breakfast Cookies - 4
Blueberry Lemon Blender Pancakes - 5	Blender Banana Bread - 2

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### **CH3: SIMPLY CHICKEN**

Instant-Pot Simple Shredded Chicken - 0	Spaghetti Squash Chicken Tetrazzini - 5
Slow-Cooker Simple Shredded Chicken - 0	Easy-Peasy Peanut Zucchini Noodles with Chicken - 6
Foil-Pack Simple Shredded Chicken - 0	Z'paghetti Girlfredo with Chicken - 5
EZ Faux-Fried Chicken Strips - 1	Cauliflower Arroz Con Pollo - 0
Skillet Chicken Parmesan - 3	Orange Chicken - 4
Sweet & Spicy Buffalo Chicken Nuggets - 4	Chicken Pot Pie Stir-Fry - 3
Slow-Cooker Honey Sriracha Chicken - 4	Chicken Teriyaki Stir-Fry - 4
Slow-Cooker Chicken Veggie Soup - 0	Sheet-Pan Chicken Fajitas - 2
Slow-Cooker Chicken Chili Stew - 0	EZ BBQ Chicken Quesadilla - 7
One-Pot Chicken Cacciatore - 0	Southwest Chicken Pita Pizza - 6

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#### **CH4: SIMPLY BEEF (& PORK)**

Super-Sized Ground Beef - 3	Jumbo Burger Patties - 4
Simple Shepherd's Pie - 7	Mom's Meatloaf - 4
Mexi-licious Zucchini Boats - 6	Tex-Mex Meatloaf Minis - 4
Instant-Pot Beef Chili - 2	Asian-Style Mini Meatloaves - 3
Instant-Pot Italian Meatballs - 5	Instant-Pot Chunky Beef Soup - 5
Instant-Pot Honey BBQ Meatballs - 9	Go-To Goulash - 4
Instant-Pot Sloppy Janes - 3	Steak & Avocado Soft Tacos - 7
Eggplant Lasagna - 8	Easy-Peasy Slow-Cooker Pulled Pork - 6
Saucy Stuffed Peppers - 6	Retro Pork Chops & Apples - 4
Beefy Cauliflower Rice Stir-Fry - 3	Hula Cauliflower Fried Rice - 2

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#### **CH5: SIMPLY SEAFOOD**

Sheet-Pan Shrimp Bake - 4	Thai Oh My Salmon & Broccoli - 4
Blackened Shrimp Enchiladas - 7	Scott's Nutty Avocado Salmon - 2
Shrimp & Cauli' Grits - 7	Teriyaki Salmon Cauliflower Rice Bowl - 1
Shrimp Scampi Z'paghetti - 4	Tropical Fish Tacos - 3
Salmon Z'paghetti Girlfredo - 4	Skillet Jambalaya - 1

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#### **CH6: SIMPLY VEGGIE**

Spicy Slow-Cooker Veggie Chili - 0	Three-Cheese Spaghetti Squash - 6
Sheet-Pan Ratatouille - 2	Super-Sized Slow-Cooker Mac & Cheese - 8
Sheet-Pan Roasted Veggies - 1	White Pita Pizza - 8
Spinach-Feta Quesadilla - 8	Mexican Cauliflower Rice - 2
Spicy Sofritas Tacos - 6	Mushroom Faux-sotto - 3
Butternut Veggie Burgers - 1	Cheesy Faux-sotto - 4
Easy Eggplant Parm - 6	Super-Sized Potato Salad - 4
Spinach & Artichoke Z'paghetti - 4	Simple Mashies - 3
Sesame Peanut Zoodles - 6	Best Butternut Fries - 0
Greek Z'paghetti - 3	Perfect Parsnip Fries - 5
EZ Zoodle Low Mein - 0	Crispy Carrot Fries - 0
Slow-Cooker Spaghetti Squash - 0	Turnip the Fries - 0
Instant-Pot Spaghetti Squash - 0	Veggie Pizza-dilla - 6
Oven-Baked Spaghetti Squash - 0	Butternut 'n Kale Soup - 2
Speedy Spaghetti Squash - 0	

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## **CH7: SIMPLY DOUGH**

Pizza Pockets - 6  
Margherita Pizza - 6  
Everything Bagel Bites - 4

Garlic Knots - 6  
Cheesy Breadsticks - 2  
Bean & Cheese Empanadas - 7

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## **CH8: SIMPLY FRUIT**

Strawberry Super Smoothie - 6  
Peach-berry Power Smoothie - 8  
Orange Sunrise Smoothie - 7  
Scoopable Upside-Down Blueberry Pie - 1  
Upside-Down Slow-Cooker Apple Pie - 1  
Open-Faced Apple S'mores - 5  
Caramel Apple Nachos - 5  
Blueberry Blintzadilla - 9  
Apple Cinnamon Blintzadilla - 10

Pineapple Cheesecake Dip - 2  
Freezy Lime Bars - 5  
Cheesecake Stuffed Strawberries - 5  
Bananarama Egg Rolls - 4  
No-Melt Banana Split - 5  
Cookies & Cream Banana Bites - 3  
Nutty 'n Nice Cream Cones - 6  
Personal Peach Pies - 1  
Teeny-Tiny Lemon Cream Pies - 4

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## **CH9: SIMPLY MORE... SWEETS!**

Simple Wonton Crunchers - 1  
Cannoli Crunchers - 5  
Chocolate Chip Cookies - 2  
PB Surprise Cookies - 1  
Oatmeal Raisin Cookies - 2  
PB Midnight Fudge Bites - 2

PB 'Nana Fudge Bites - 2  
Freezy Crustless Cheesecake - 9  
Chocolate Cake in a Mug - 4  
Double Chocolate Brownies - 5  
PB&J Frozen Yogurt Bark - 3  
Peanut Butter Pie in a Mug - 8

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## **CH10: SIMPLY SIMPLE: TIPS & TRICKS**

DIY Chili Seasoning - 0  
DIY Everything Bagel Seasoning - 0

DIY Taco Seasoning - 0

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