

Hungry Girl Magazine Winter 2020
Blue Plan SmartPoints® Values*

BE YOUR OWN BARISTA!

Creamy Hot Cocoa - 2
Thanks a Latte - 2
Make Mine Mocha - 2

Mocha Protein Swappuccino - 1
Perfect Iced Coffee - 1
Iced Matcha & Crème - 1

HUNGRY GIRL MVP: FRY BABY!

Swapcorn Shrimp - 2
Empanada Minis - 4
Crispy Mushrooms - 1

Mmmm Mozzarella Sticks - 4
Best-in-the-West Buffalo Wings - 5

THE NO-COOK BREAKFAST HANDBOOK

Breakfast Banana Split - 5
Berries & Cream Super Yogurt - 2
Strawberry Cheesecake Smoothie - 5
Yogurt Parfait Pops - 3

Everything but the Bagel Salad - 2
Avocado Bacon Wrap - 7
Trail Mix Fix Overnight Oats - 9

6-INGREDIENT SLOW-COOKER MEALS

Shrimp & Chicken Sausage Jambalaya - 1
Beef Enchilada Soup - 2
Creamy Tomato Chicken - 3

Too-Good Turkey Chili - 4
Floosh's Pineapple Chicken - 1
Great Greek Shredded Pork - 4

MUFFIN-PAN RECIPES: DELICIOUS BY THE DOZEN

Blueberry Pie Crunchers - 1
BBQ Chicken Mini Meatloaves - 6
Chicken Sausage & Apple Egg Bakes - 3

Apple Streusel French Toast Muffins - 3
Zucchini Biscuit Muffins - 4

WINNER WINNER CHICKEN DINNER

Sweet & Cap'n Crunchy Chicken - 4
Sheet-Pan Balsamic Chicken - 2
Hasselback Chicken - 2

Chicken Parm Burger Patties - 6
Salsa Verde Chicken Enchiladas - 5

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VEG OUT!

Full of Falafel Bowl - 3
Powered by Veggies Bowl - 3
Easy Eggplant Burger Patties - 2

Hawaiian Portabella Burger - 5
Shepherd's Pie Stuffed Sweet Potato - 8
BBQ Tofu Nuggets - 3

WOK & ROLL

Kung Pao Chicken - 2
Sweet & Sour Shrimp - 5

Orange Tofu - 5
Veggie Egg Rolls - 2

HOT DISH: CASSEROLES POWERED BY PROTEIN

All-American Breakfast Bake - 4
Bacon Cheeseburger Casserole - 6
Chicken & Queso Casserole - 5

Chicken & Eggplant Lasagna - 7
Chicken Cordon Bleu Casserole - 6
Philly Cheesesteak Casserole - 7

THE TACO THE TOWN

Cheeseburger Tacos - 9
Denver Omelette Tacos - 6
It's All Greek to Me Tacos - 8

BLTA Tacos - 8
Chicken 'n Waffle Tacos - 7
Neapolitan Dessert Tacos - 5

HOT COUPLES

Easy "Baked" Apple - 0
PB&C Shake - 3
Chocolate-Caramel Crunchies - 3
Banana Oaties - 1
Fro Yo Cherries - 1

Freezy Pomegranate Bark - 2
Piña Colada Pops - 3
Chocolate-Almond Crunchettes - 4
Very Vanilla Mug Cake - 8
Mini Yum Yum Brownies - 2

FOODIE FLASHBACK

Devil-icious Eggs - 2
Tuna Zoodle Casserole - 5

Chicken à la Queen - 2
Best Baked Alaska - 5

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LISA LOVES IT!: SKINNYTASTE DESSERTS!

Mexican "Unfried" Ice Cream - 5

Zucchini Banana Cake with Cream Cheese

Frosting - 6

Chocolate Chip Clouds - 3

Strawberry Crisp - 6

THE LAST THING

Oaty Peanut Butter Pancake Mug - 5

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