

Hungry Girl Magazine Winter 2019/2020
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

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

We follow the same method as WW when calculating the value of a recipe: We add up the values of the individual ingredients. Many foods have a value of zero and remain zero in recipes. (Blended beverages are the exception.)

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

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

We follow the same method as WW when calculating the value of a recipe: We add up the values of the individual ingredients. Many foods have a value of zero and remain zero in recipes. (Blended beverages are the exception.)

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

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

We follow the same method as WW when calculating the value of a recipe: We add up the values of the individual ingredients. Many foods have a value of zero and remain zero in recipes. (Blended beverages are the exception.)