

Hungry Girl Clean & Hungry SmartPoints® Values

CLEAN & HUNGRY STAPLE RECIPES

Clean & Hungry Salsa	0	Blue Cheese Dressing	1
Clean & Hungry BBQ Sauce	1	Clean & Hungry Teriyaki	0
Clean & Hungry Marinara	0	Clean & Hungry Ketchup	1
Sesame Ginger Dressing	1	Whole-Wheat Tortillas	2

CH.1 GROWING OATMEAL, OVERNIGHT OATS, YOGURT BOWLS & MORE

Carrot Cake Oatmeal	9	Dreamsicle Overnight Oat Parfait	7
PB Crunch Oatmeal	8	Blueberry Strawberry Oat Bake	6
Banana Bread Oatmeal	8	Banana Walnut Oat Bake	6
Fruity Coconut Growing Oatmeal	7	Apple Cinnamon Oat Bake	5
Lemon Blueberry Oatmeal	7	Cinnamon Raisin Oat Bake	7
PB&J Overnight Oats	8	Tropical Chia Yogurt	5
Apple Chia Overnight Oats	5	Strawberry Chia Yogurt	5
Pumpkin Pie Overnight Oats	6	Fruit Salad Yogurt	3
Vanilla Overnight Oats w/Raspberries	7	Cherry-Vanilla Super Yogurt	4
Peach Cobbler Overnight Oat Parfait	7		

CH. 2 EGG MUGS, SKILLET SCRAMBLES, BURRITOS & BAKES

Portabella Blue Egg Mug	3	Mexican Breakfast Burrito	5
Swiss Chick Egg Mug	4	Roasted Veggie Egg Bakes	2
Mediterranean Egg Mug	3	Tex-Mex Egg Bakes	4
Cheesy Italian Egg Mug	4	Sun-Dried Tomato & Feta Egg Bakes	2
California Breakfast Burrito	5		

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CH.3 PANCAKES & WAFFLES

Berries & Cream Pancakes	5	Apple Cinnamon Waffles	5
Strawberries `n PB Pancakes	7	PB&J Waffles	5
Apple Cinnamon Pancakes	6	Pumpkin Spice Waffles	6
Lemon Ricotta Pancakes	7		

CH. 4 SMOOTHIES & SHAKES

Creamy Peanut Butter Smoothie	4	Purple Power Smoothie	8
Pretty in Green Smoothie	9	Carrot Pineapple Smoothie	6
Peach Cobbler Smoothie	6	Shamrock Shake	2
Apple Cinnamon Smoothie	5	Piña Colada Shake	4

CH. 5 SLOW-COOKER SOUPS, STEWS & MORE

Black Bean & Butternut Soup	2	Hawaiian Chicken w/ Cauli Rice	4
Cauliflower & Corn Soup	2	Slow-Cooker Buffalo Chicken	2
Chicken, Kale & Cannellini Broth Bowl	4	Slow-Cooker Chicken Fajitas	2
White Chicken Chili	5	Mama Shelley's Chicken	3
Slow-Cooker Beef Barbacoa	3		

CH.6 FOIL PACKS

Spicy Sweet Potato `n Squash	3	Z'paghetti Marinara w/ Shrimp	3
Peanut Chicken w/ Green Beans	5	Mediterranean Chicken	5
Buffalo Chicken Stuffed `Bellas	3	Chicken & Shrimp Jambalaya	3
Orange Salmon w/ Broccolini	6	Balsamic Honey Salmon	10
Shrimp Teriyaki	2	Kale & Feta Stuffed Pork	3

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CH. 7 MEATLOAF & CASSEROLES

Meatball-Style Mini Meatloaves	2	That Flight Attendant's Dish	3
BBQ Meatloaf	4	Naked Eggplant Parm	4
Buffalo Turkey Meatloaf	4	No-Noodle Veggie Lasagna	6

CH. 8 Z'PAGHETTI, SPAGHETTI SQUASH & MORE VEGGIE-NOODLE DISHES

Z'paghetti & Meatballs	4	Cold Sesame Zucchini Noodles	3
Shrimp & Avocado Z'paghetti	5	Mediterranean Spaghetti Squash	3
Ratatouille Z'paghetti	4	Spaghetti Squash Amore	2
Pesto Z'paghetti w/ Chicken	5	Shrimp Fra Diavolo Spaghetti Squash	2
Chicken Zucchini So Low Mein	3		

CH. 9 CAULIFLOWER RICE & MORE CAULIFLOWER CREATIONS

Cauliflower Hash Browns	1	Island Shrimp Cauliflower Rice	4
Cheesy Cauliflower Tater Tots	2	Southwest Chicken Cauli Rice	4
Cauliflower Stackers	1	BBQ Chicken Cauliflower Rice	4
The Breakfast Stack	3	Cauliflower Rice Paella	3
The Italian Stack	4	Cheeseburger Skillet	6
The Mexican Stack	5	Chicken Fajita Stuffed Peppers	2
Cauliflower Crust Pizza	6	Greek Stuffed Peppers	3
Greek Cauliflower Flatbreads	6	Big Buffalo Cauliflower Bites	1
Cauliflower Power Fried Rice	2	Mega Mexican Cauliflower Bites	2
Hawaiian Shrimp Fried Rice	3	Big BBQ Cauliflower Bites	2

CH. 10 CARB-SLASHED SANDWICHES, BURGERS & WRAPS

Black Bean Burgers	3	Crab Cakes	2
Falafel Burgers	4	Chinese Chicken Salad Wrap	5
Jumbo Burgers	3	BBQ Chicken Wrap	5
Tuna Patties	3	Fork 'n Knife Eggplant "Sandwiches"	2

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CH.11 STIR-FRYS, SAVORY CREPES & SKILLET MEALS

Sweet Tomato Shrimp Stir-Fry	2	Crispy Bruschetta Chicken	7
Spicy Steak `n Cabbage Stir-Fry	5	Cheesy Saucy Skillet Meatballs	5
Cheeseburger Crepes	6	Fork `n Knife Skillet Pizza	9
Cheesy Chicken & Broccoli Crepes	5	Blackened Shrimp Tacos	7
Spinach & Feta Crepes	4	Parm-Crusted Chicken	5

CH. 12 BAKED GOODIES, FROZEN TREATS & OTHER SWEETS

Clean & Hungry Brownies	3	Blueberry Lemon Bars	3
Peanut Butter Brownies	3	Tropical Mango Fro Yo Pops	1
Coconut Brownies	4	Black Cherry Chip Fro Yo Pops	1
Fudgy Flourless Chocolate Cake	3	Peanut Butter Banana Pops	1
Clean & Hungry Blondies	3	Fro Yo Grapesicles	0
Apple Walnut Bars	3	Cannoli Crepes	4
Pumpkin Cranberry Bars	4	Raspberry Key Lime Crepes	2
Banana Walnut Bars	3	Blueberry Lemon Crepes	2
Oatmeal Raisin Bars	4	Clean & Hungry Rice Pudding	4

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