

Hungry Girl OBSESSED!* Freestyle™ SmartPoints® Values

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 - 2
Cauliflower Power Biscuit Bakes - 3	

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 - 6
Brownie Batter Growing Oatmeal - 9	Crazy Carrot Cake Oatmeal Bake - 6
Oh My Cherry Pie Oatmeal Bake - 6	

CH3: MOM'S THE WORD!

Love Me Tender Pot Roast - 4	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 - 4	Caramelized Onion Mashies - 2
Three-Cheese Mashies - 4	

CH4: YOU WANNA PIZZA ME?

Squash-Crust Cheese Pizza - 5	Cutie-Pie Cauliflower-Crust Pizzas - 3
Caramelized Onion Cauli-Crust Pizza - 5	Cutie-Pie Greek Eggplant Pizzas - 4
Meatza Pizza - 5	Popeye's Pizza - 7
No-Joke Spinach & Artichoke Pizza - 8	Crispy Crunchy BBQ Chicken Pizza - 7
Messy Mexican Skillet Pizza - 7	

CH5: NOODLE THIS!

Mad About Eggplant Manicotti - 6	Love at First Bite Lasagna - 7
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

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 - 2

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	

CH8: MMMMM, 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

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	

CH10: SOUPED UP!

I Dream of Cream of Mushroom Soup - 2	Best-Ever Cream of Broccoli Soup - 2
Wham, Bam, Thank You Clam Chowder - 2	Locked & Loaded Baked Potato Soup - 5
Oh Wow Corn Chowder - 2	Thai Oh My Coconut Shrimp Soup - 2
Whoop, Whoop Tortilla Soup - 2	Chicken Pot Pie Soup - 2
Chicken Veggie-Noodle Soup - 0	

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

CH12: PARTY HEARTY!

Reconstructed Nachos - 7
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

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

CH14: TOTALLY DESSERTED!

Sweet Cinnamon Cakies - 1
Tropical Pineapple Cutie Pies - 5
The Great Pumpkin Cheesecake Bars - 4
Jazzy Razzy Streusel Bars - 3
Nutty for Peanut Butter Fudge Bites - 1
Lunchbox PB&J Blondies - 2
Orange You Glad I Said Banana Pops - 1

Bigtime Blueberry Crumble - 4
Tumbly Crumbly Spiced Apple Bake - 4
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

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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