

Hungry Girl Magazine Spring 2018 Freestyle™ SmartPoints® Values*

Just Chew It: Snack Attack

Tuna and Hummus Crispbread - 2
Turkey Roll-Ups - 0

Schmancy Stuffed Egg Whites - 3
Chinese Chicken Lettuce Wraps - 1

Hungry Girl MVP: Instant Gratification

Go-To Garlic 'n Herb Shredded Chicken - 0

Pizza-fy It!

Zucchini Pizza Boats - 3
Bell Pepper Pizzas - 3
Pizza-fied Chicken - 2
Pizza for Breakfast - 4

Mexicali Meatza - 5
Pizza-bellas - 3
Cutie-Pie Greek Eggplant Pizzas - 4
HG's Perfect Pizza Sauce - 0

Toast with the Most!

Strawberry Cheesecake Toast - 6
Cinnamon Toast Yum -5
That's Nacho Toast - 6

Mexican Street Corn Toast - 4
Falafel Toast - 2
Coast-to-Coast Toast - 4

Faux Fried Chicken Four Ways

Crispy Chicken Cordon Bleu - 4
Boneless Buffalo Bites - 1

Crispy French Onion Chicken - 3
Coconut Chicken Tenders - 3

Make-Ahead Mornings

Choco-Nana Oatmeal Bake - 7
Tin Roof Sundae Overnight Oats - 10
Lemon-Berry Overnight Oats - 5

Razzed-Up Peachy Overnight Oats - 5
Veggie & Swiss Egg Bake - 3
Strawberry French Toast Casserole - 9

Mug Shots

Chocolate Cake in a Mug - 5
Salted Caramel Chocolate Cake - 6
Mint Chocolate Cake - 6
Black Forest Chocolate Cake - 4

Chocolate Chip Muffin in a Mug - 6
Tiki French Toast in a Mug - 7
To the Mex Egg Mug - 2
Bacon, Egg & Cheese Mug - 4

The Great Guilt-Free French Fry Experiment

Buffalo-Style Carrot Fries - 2
Dip-It-Good Pear Fries - 2
Turnip Steak Fries - 0

Parmesan Zucchini Fries - 3
Cinnamon Butternut Squash Fries - 0
Eggplant Parm Fries - 3

World's Cutest Recipes

Banana-Chocolate Chip Poppers - 5
Blueberry Poppers - 3
Maple-Bacon Poppers - 3
Party Poppers - 5
Banana-Walnut Pancake Poppers - 4
Turkey Meatloaf Cupcakes - 3

Loaded Smashed Potatoes - 4
World's Smallest Greek Salads - 2
Itty-Bitty Cobb Salads - 3
Tiny Taco Salads - 4
Teeny-Weeny Key Lime Pies - 4
Shot-Glass Chocolate Cheesecake - 4

5-Ingredient Slow-Cooker Soups

Too-Easy Chicken Tortilla Soup - 2
Creamy Carrot-Ginger Soup - 1
Broc `n Cheese Soup - 3

Chili-Style Beef `n Veggie Soup - 2
Garden Tomato Soup - 1
Dreamy Zucchini Soup - 1

Fast & Fruitiest

Nutty Caramel Grapesicles - 6
Lemon-Blueberry Stuffed Strawberries - 3

Apple S'mores - 5
Tropical Sorbet - 2

Drive-Thru DIY

Protein-Style Mega Burger - 6
Rise & Shine Breakfast Sandwich - 6

Crispy-Crunchy Onion Rings - 3
Hint-of-Mint Vanilla Shake - 3

Over the Rainbow

Tie-Dyed Cheesecake Dip - 3
Whirly Swirly Donuts - 6

Kaleidoscope Bagel Bites - 2
Rainbow Grilled Cheese - 10

Girl's Best Friend: Bow Wow Bites

PB Nana Ruffins - 1

Success Stories: Success with Hungry Girl!

Veggie-Loaded Cashew Chicken - 4

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

We follow the same method as Weight Watchers 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.)