



BACON CHEESEBURGER
STUFFED PEPPERS

30



MOCHA PROTEIN
SWAPPUCCINO

8



OG WARM
ITALIAN
DOUGHNUTS

86



VEGGIE
FRIED RICE

46

- 1 WELCOME TO HUNGRY GIRL!**
Your go-to guide for healthy deliciousness. Here's what's cooking in this copycat issue...
- 5 AIR-FRYER 101**
Crispy, crunchy, better-for-you eats start here! Master the air fryer with my top tips, plus easy oven conversions if you're fry-free.
- 6 COFFEE SHOP SWAPS**
Skip the pricey lines! Whip up frosty blended drinks, sweet breakfast treats & cozy café favorites right at home.

- 14 ALL-STAR APPETIZERS**
Party perfect! Finger foods, creamy dips & fried-food fake-outs that'll make you the MVP of any get-together.
- 24 FAST FOOD DO-OVERS**
Burger cravings? Dreaming of onion rings? Fry fix? I have lighter, flavor-packed versions of your drive-thru favorites—no car required.
- 38 CHINESE FOOD DUPES**
Takeout at home! Saucy shrimp, sticky chicken & noodle bowls—lighter, faster, just as delicious.
- 56 MEXICAN FOOD MAKEOVERS**
Quesadillas, taquitos & burritos... Oh my! Big portions, bold flavors, and all under 350 calories a serving.

- 66 EVERYTHING ITALIAN**
Cheesy, saucy, crave-worthy classics: meatballs, pasta swaps & high-protein pizza. Mangia, mangia—without the guilt!
- 82 DESSERTS DONE RIGHT**
Frozen delights, gooey chocolate, creamy cool treats... Yes, you can have dessert every day!
- 96 BONUS BYTES**
A blast from the past: my handpicked all-time favorite copycat recipes. Don't miss 'em.

Restaurant nutrition data is accurate at time of publication and is subject to change.



ON THE COVER

PHOTO
Greg DuPree
FOOD STYLING
Julian Hensarling
PROP STYLING
Julia Bayless

Recipe Guide

YOUR HEALTHY & EASY COPYCAT RECIPE GUIDE



Boneless Buffalo Wings,
recipe page 20

BREAKFASTS

- 12 Cheesy Potato Egg Bakes ●●
12 Sun-Dried Tomato & Feta Egg Wrap ●●
36 Sausage Eggmuffin ●●

LUNCHES, DINNERS & MINI MEALS

- 27 Bigger Mac Burger Bowl ●●●
28 In-n-Outrageous Burger ●●
30 Bacon Cheeseburger Stuffed Peppers ●●
34 Crunchy Chicken Fries ●●●
35 Crispy Chicken Sandwich ●●
36 Crispy Chicken Nuggets ●●●
40 Orange Chicken ●●
43 Honey Walnut Shrimp ●●
44 Sesame Beef ●●●
44 Pepper Steak ●●
46 Veggie Fried Rice ●●●●
49 Egg Roll in a Bowl ●●●
50 Veggie Moo Shu Wraps ●●●●
53 Dan Dan Zoodles ●●●
54 General Tso's Chicken ●●
54 Shrimp with Lobster Sauce ●●●
59 Tiny Taco Salads ●●
60 Outside-In Chicken Enchiladas ●●
60 Double-Stuffed Steak Quesadilla ●●
63 Beef Taquitos ●●●
63 Cheesy Bean Burrito ●●●●
64 Crispy Fish Tacos ●●●
69 Fettuccine Squashfredo ●●●●

- 70 Toscana Soup ●●
73 Veggie Pizza-fied Chicken ●●●
73 Personal Pepperoni Pizza ●●●
74 Easy Eggplant Parm ●●
74 OG Meatballs Parmigiana ●●
77 Chicken Piccata ●●
79 OG Spaghetti Squash Shrimp Scampi ●●
80 Stuffed Chicken Parm ●●
80 Lasagna Cupcakes ●●

DRINKS, SNACKS & DESSERTS

- 8 Mocha Protein Swappuccino ●●●●●
8 Think Pink Drink ●●●●●
8 Perfect Pumpkin Spice Latte ●●●●●
10 Iced Matcha & Crème ●●●●●
10 Iced Brown Sugar Oat Milk Latte ●●●●●
11 Creamy Caramel Macchiato ●●●●●
16 Crispy Calamari ●●●
17 Spinach Artichoke Dip ●●●
18 Loaded Potato Skins ●●●
19 Crispy Air-Fried Pickles ●●●●
20 Boneless Buffalo Wings ●●●●
20 Protein Pretzel Bites with Cheese Fondue ●●●
22 Onion Blossom ●●●
23 Crispy Jalapeño Poppers ●●●●
33 Supersized French Fries ●●●●
33 Crispy Onion Rings ●●●●
36 Sweet & Creamy Mustard Sauce ●●●●●
58 Crispy Chips & Guac Dip ●●●●●
64 Freezy Strawberry Margarita ●●●●●
68 Toasted Cheese Ravioli ●●●●●
84 Glazed Munchies ●●●●●
85 Chocolate Lava Cake ●●●●●
86 OG Warm Italian Doughnuts ●●●●●
87 Black & White Cake Pops ●●●●●
88 Upside-Down PB Chocolate Cheesecake ●●●●●
88 Tiramisu Parfait ●●●●●
90 Double Chocolate Milkshake ●●●●●
91 Churro Minis ●●●●●
93 Banana Egg Rolls a la Mode ●●●●●
95 Apple Pie Pockets ●●●●●



OG Spaghetti Squash Shrimp Scampi,
recipe page 79

The WW Points® values for these recipes can be found at hungry-girl.com/magazine.

* The WW Points® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the recipe or developer by WW International Inc., the owner of the WW Points® trademark.

RECIPE SYMBOLS 101

KEEP AN EYE OUT FOR THESE ICONS!

15m 30m

15 AND 30 MINUTES OR LESS

Each of these recipes will take 15 minutes or half an hour max from start to finish!

5i

5 INGREDIENTS OR LESS

These recipes have no more than FIVE main ingredients. (Basic seasonings, ice, and sweeteners don't count!)

GF

GLUTEN-FREE

Heads up: Even naturally gluten-free foods may contain a hint of gluten due to cross-contamination or added ingredients. Check those labels!

V

VEGETARIAN

These recipes are lacto-ovo vegetarian: no red meat, poultry, seafood, or ingredients made with those foods (like chicken broth).

NC

NO COOK

These recipes don't require any cooking whatsoever.