

Hungry Girl Magazine Summer 2018 Freestyle™ SmartPoints® Values*

Welcome to Hungry Girl!

EZ-Peel Hard-Cooked Eggs - 0

Hungry Girl MVP: Spiral (Out of Control!)

Z'paghetti Hungry Girlfredo - 3

Hungry Girl How-To: Veggie Chips

Beet Chips - 0
Parsnip Chips - 3

Zucchini Chips - 0

Put the Fast in Breakfast

Hawaiian Green Smoothie - 10
Avocado Toast Supreme - 3
Fork `n Knife Egg Sandwich - 4
Apple Pie Parfait - 2

All-American Breakfast Tacos - 6
Neapolitan Waffle Stack - 9
Cherry-Almond Chia Pudding - 6
Tropical Breakfast Wrap - 8

Grill Power! Foil Packs

Spicy BBQ Salmon & Veggies - 2
Shrimp Boil on the Grill - 4
Aloha Chicken - 2

Great Garlic Corn on the Cob - 2
Bursting with Blueberry Cobbler - 3
Mahi Mexicali - 2

DIY Frozen Treats

Banana Split'wiches - 4
Freezy S'mores - 5
Upside-Down Freezy Mint Chip Pie - 5

Frozen Yogurt Bark - 3
Mango `n Cream Pops - 1

Now Trending: Food in an Instant... Pot

Turkey Teriyaki Meatballs - 7
Oh Honey BBQ Chicken - 5
Strawberry Crunch Oatmeal - 6

Fluffy Denver Egg Bake - 4
Beefy No-Bean Chili - 4

Simmer Down for Summer: No-Cook Recipes

Crabby Cowgirl Slaw - 0
Italian-Style Cucumber Subs - 2
Waldorf Chicken Lettuce Wraps - 2

Feta & Sun-Dried Tomato Tuna Salad - 2
Mojito Fruit Salad - 0
Scoopable Strawberry Cheesecake - 7

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.

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Recipe Mash-Ups

Dessert Sushi - 4
Cheeseburger Fried Rice - 7
Chicken Nugget Nachos - 5
Rise 'n Shine Shepherd's Pie - 6

Pizza Waffles - 3
Cheesecake Grilled Cheese - 9
Way-Good Watermelon Pizza - 1

Dip It Good

Tex-Mex Corn Dip - 1
Cobb Salad Dip - 3
Don't Be Chicken Buffalo Dip - 3
PB & Chocolate Chip Cookie Dough Dip - 2

Peanut Butter Cup Dip - 4
Cookies 'n Cream Dip - 3

Single & Loving It

Berry-Good Cannoli Cone - 5
Greek Grilled Cheese - 9
Breakfast Stuffed Sweet Potato - 9

Veggie Egg Roll in a Bowl - 1
Bruschetta Salmon Z'paghetti - 2

Piece of Cake: 2-Ingredient Cake—5 Ways

Yellow Cake Mix + Applesauce - 6
Confetti/Rainbow Cake Mix + Egg Whites - 6
Carrot Cake Mix + Greek Yogurt - 6

Devil's Food Cake Mix + Canned Pumpkin - 6
Red Velvet Cake Mix + Club Soda - 7

Spiralized Surprise!

Think Pink Beet-Noodle Salad - 2
Zucchini Noodle Pancakes - 2
Spiralized Shrimp Sunomono Salad - 1

Spiralized Apple Pie - 1
Turnip Noodles & Chicken Sausage - 5
Cup o' Zoodles with Beef - 3

For the Love of Chocolate

Chocolate Chocolate Cake Pops - 5
Choco 'Nana Blender Muffins - 3
Salted Caramel Flourless Chocolate Cupcakes - 4

Double Chocolate Fillo Shells - 7
Black Forest Fudge - 1

Beauty Foodie: Beauty & The Feast

Green Tea Crème Swappuccino - 3

Girl's Best Friend: Bow Wow Bites

Poached Eggs 'n Ham - 0

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