

***Hungry Girl* Magazine Spring 2019**

Freestyle™ SmartPoints® Values*

6 FOOD TRENDS FOR 2019

3-Ingredient Dough - 3

HUNGRY GIRL MVP: POWDERED PEANUT BUTTER

PB Dessert Drizzle - 1
Thai Peanut Sauce - 2
No-Bake PB Cake - 2

Fluffy PB Dip - 3
PB Cheesecake in a Mug - 5

SLOW COOK ONCE... EAT ALL WEEK!

Perfect Pulled Pork - 3
Pulled Pork Salad - 6
Open-Faced Pork & Swiss Sandwich - 7

Pulled Pork Pizza - 9
BBQ Pork Wrap - 11
Teriyaki Pork Lettuce Wrap - 4

HUNGRY GIRL HOW-TO: DIY CAULIFLOWER RICE

Easy Cauliflower Fried Rice - 2

SNEAK PEEK: SIMPLY 6

Simple Shepherd's Pie - 7

EGGS FOR DAYS

Portabella Blackstone - 2
Chicken Sausage Waffled Omelette - 1

Hard-Boiled Egg 'Wiches - 3
Egg-cellent Breakfast Tacos - 2

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THE RIGHT STUFF

Lasagna Stuffed Zucchini - 6
Zucchini Turkey Bolognese - 3
That's Nacho Zucchini - 6
Cheeseburger `Bellas - 4
Spinach & Artichoke Stuffed Mushrooms - 2

Portabella Chicken Pot Pie - 2
Buffalo Chicken Stuffed Peppers - 4
Veggie Chili Stuffed Peppers - 1
Creamy Chicken & Broccoli Peppers - 4

CAULIFLOWER UNDERCOVER

Cauliflower Brownies - 3
Bacon Cheddar Cauliflower Biscuits - 4

Cauliflower Hummus - 0
Cauliflower Hungry Girlfredo - 3

MEAL PREP MANIA

Enchilada Chicken - 3
Garlic-Lemon Chicken - 2
Sweet-Hot Steak Bites - 7
Saucy Sweet Onion Meatballs - 7
White Wine & Herb Tilapia - 1
Honey Garlic Butter Shrimp - 4

Orange Teriyaki Tofu Stir-fry - 2
Garlic & Herb Green Beans - 2
Sweet & Sassy Brussels Sprouts - 4
Parmesan Mashies - 5
Supersized Spanish Rice - 3
Spiced Roasted Carrots - 1

ON THE BLEND

Better in a Blender Zucchini Bread - 3
Love Those Lemon Poppy Muffins - 3

Sweet Corn Muffins - 2
Zesty Black Bean Soup - 2

SUPERSIZE IT: BIG PORTIONS, SMALL CALORIE COUNTS

Mega Meatballs - 3
Veggie-Layered Lasagna - 9
Spaghetti Squashed Kale Pesto Pasta - 6
Turnip 'n Tater Home Fries - 4

Happy Trails Popcorn Mix - 9
Mac Attack Burger Bowl - 7
Pumped-Up Growing Oatmeal - 6

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ONE PAN SHOW

Surf & Turf Sheet Pan Fajitas - 5
Sheet-Pan Beef & Broccoli - 5

Sheet-Pan Greek Chicken - 3
Butternut & Brussels Sheet-Pan Chicken - 4

3-INGREDIENT DESSERTS

Open-Faced Mini S'mores - 4
Scoopable Lemon Berry Bliss - 6

Cake Mix Cookies - 2
White Chocolate Cheesecake Dipped
Strawberries - 7

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