

Breakfast:

ACAI SMOOTHIE BOWL:

1 Acai packet (I buy mine at Trader Joe's)

1/2 cup Frozen Pineapple

1/4 cup frozen Blueberries (or any berry)

Handful of Spinach

3/4 cup Almond/Coconut Milk

Toppings:

1/2 tbs Chia Seeds

Fruit of choice (I used frozen Pineapple)

2-3 tbs Goldenderries (to order: [https://www.amazon.com/dp/B004FF4VSS/...](https://www.amazon.com/dp/B004FF4VSS/))

2-3 tbs Birthday Cake Granola (to order- [https://www.amazon.com/dp/B07W7VTHW5/...](https://www.amazon.com/dp/B07W7VTHW5/))

1 bowl- 6sp (all plans)

Apple Cider Muffins:

20 servings: 2sp2sp

1 box of Pillsbury SF Yellow Cake Mix

2 packets of SF Cider (set 1 aside)

1/3 cup Unsweetened Applesauce

3 Eggs

1 Apple (Peeled, cored and diced)

1 tsp Pumpkin Pie Spice

Add 1 pouch apple cider mix to 1 cup of boiling water and set aside.

Mix cake mix, applesauce, eggs, apple cider/water mix and pumpkin pie spice together. Add additional dry packet of cider. Fold in apples. Put into greased muffin tin and bake at 325 for 20 minutes or until toothpick comes out clean.

AMISH BREAKFAST CASSEROLE: 1/6th=5sp

<https://www.allrecipes.com/recipe/119960/amish-breakfast-casserole/>

** Modifications: Center Cut Bacon (you can use turkey bacon), FF Cheese, Light Mozzarella & Low Fat Cottage Cheese**

APPLE CIDER MUFFINS:

3sp each *All plans*

- 1 box of Pillsbury Cinnamon Swirl Muffin Mix

- Sub oil with unsweetened applesauce

- Egg

- 3 peeled and chopped apples

- 2 packets Sugar Free Cider Mix

Combine all ingredients and cook at 375 until cooked through.

ALMOND ACAI SMOOTHIE:

<https://www.allrecipes.com/recipe/246...>

(MODIFICATIONS: Trader Joe's Acai pack*

3sp all plans (not including blended fruit)

BLUEBERRY OATMEAL SMOOTHIE:

<https://www.garnishwithlemon.com/blue...>

MODIFICATIONS: 1 full container of Siggis yogurt (full fat), 1/4 cup Oats, 1 tsp Honey & 1/2 cup milk of choice

Full smoothie- 7sp all plans (not counting fruit) or 3sp all plans (not counting fruit)

AVOCADO BREAKFAST SANDWICH: 6sp

<https://cookingtv-channel.com/avocado...>

MODIFICATIONS: No oil or butter. 1 oz of Avocado

BACON BREAKFAST PIZZA:

<https://www.tasteofhome.com/recipes/bacon-breakfast-pizza/print>

MODIFICATIONS: Prepare 2 Ingredient Dough (1 cup Self Rising Flour & 1 cup NF Greek Yogurt), 1 tbs Olive Oil, 1 cup Light Cheese & 1 cup FF Cheese

6 Servings- 6sp (blue & purple) 8sp (green)

Bacon, Egg & Cheese Breakfast Sandwiches:

2 slices low calorie bread

2 slice center cut bacon

1 slice Jarlsberg Light Swiss cheese

1 egg

BACON CHAFFLE:

5sp5sp5sp

1 Egg
GROUND BEEF GOULASH:

<https://www.food.com/recipe/ground-beef-goulash-86858>

*MODIFICATIONS: 96/4 Ground Beef, Healthy Request Tomato Soup, 1/2 cup Parmesan Cheese, 1/2 cup Velveeta Shreds & Fiber Gourmet Pasta (to order: <https://www.netrition.com/cgi/goto.cg...>)

6 Servings: 7sp (all plans) 5sp (purple with 0sp pasta)

1/2 cup Fat Free Shredded Cheese

2 slices Center Cut Bacon

1 oz Avocado

Mix egg and cheese together (reserve 1 tbs cheese). Spray Mini Waffle Maker and add in 1/2 of egg and cheese mixture. Cook, remove and repeat. Add 2 slices of bacon and avocado to 1 chaffle and make a sandwich.

BAKED BLUEBERRY GINGER PANCAKE: 6 Servings - 6sp

MODIFICATIONS: 1 cup Birch Benders Protein Pancake Mix, 1 cup Bisquick Heart Smart Baking Mix, Carb Master Milk, Light Butter and Stevia. Topped with Sugar Free Syrup

<https://www.tasteofhome.com/recipes/baked-blueberry-ginger-pancake/>

BAKED OATMEAL: 1/8TH = 4SP

MODIFICATIONS: Light Butter and Swerve Brown Sugar

<http://loveoffamilyandhome.net/2014/07/oatmeal-casserole-recipe.html>

BANANA CHOCOLATE CHIP PANCAKE BAKE: 1/6th - 5sp

MODIFICATIONS: No oil and 180 Lily's Chocolate Chips

<https://www.crazyforcrust.com/banana-chocolate-chip-pancake-cake/>

Berry Crumble French Toast Bake:

<https://drizzlemeskinny.com/berry-crumble-french-toast-bake/>

BISCUIT EGG CASSEROLE: 8 Servings- 6sp

<https://lilluna.com/biscuit-egg-casse...>

MODIFICATIONS: Pillsbury Reduced Fat Crescent Rolls, 1 cup Trader Joe's Lite Mexican Blend, 1 cup FF Cheese and Cashew Milk (you can use any milk alternative)

BISCUITS & GRAVY BREAKFAST CASSEROLE:

<https://www.stockpilingmoms.com/biscu...>

MODIFICATIONS: 1 bag Jimmy Dean Turkey Sausage Crumbles, Fat Free Cheese & Fat Free Milk or milk alternative

8 Servings - 5sp (blue & purple) 6sp (green)

B-FAST BURRITOS: 2SP EACH - 6 Servings

6 Eggs

4 Egg Whites

1 Cup Jimmy Dean Turkey Sausage Crumbles

1 6oz Container of FF Feta

uArgula

DAKS Super Greek Seasoning (to order- <https://daksspices.com/buy-daks>) Add Feta and stir. Add mix to burritos and enjoy!!

Salt & Pepper

Tumaros Wraps (or any 1sp wrap)

Scramble eggs with sun dried tomatoes, sausage and seasoning. Add in Arugula and cook until wilted. DAKS Italian Blast- <https://daksspices.com/buy-daks>

Code- jenswwjourney

Blueberry Buttermilk Pancake Casserole

10 servings = 6sp per serving

<https://celebratingsweets.com/blueberry-buttermilk-pancake-casserole/>

BLUEBERRY LEMON SCONES: 3SP EACH

<https://thepounddropper.com/blueberry...>

BLUEBERRY PANCAKE FRENCH TOAST BAKE:

<https://rachelschultz.com/2014/05/27/blueberry-pancake-french-toast/>

*MODIFICATIONS: Kodiak or Birch Benders Pancake Mix, Lowfat Milk or Almond Milk, Fat Free 1/2 & 1/2 (I used full fat), Sugar Alternative, Sukrin Brown Sugar (to order-<https://www.netrition.com/cgi/goto.cg...> & Light Butter or 2 tbs Melt Butter.

8 Servings-

**If using FF 1/2 & 1/2 & Almond Milk- 5sp (blue & purple) 7sp (green)

** If prepared as I do- 6sp (blue & purple) 8sp (green)

BLUEBERRY WALNUT BAKED OATMEAL: 6 Servings - 6sp, 7 sp

<https://www.epicurious.com/recipes/fo...>

**MODIFICATIONS: Monkfruit instead of sugar, Fair Life FF Milk and Light Butter.

Breakfast Bagel Sandwiches:

Perfect 10+ Multi Grain Western Bagel

2 Slices of Sam's Choice Turkey Bacon

1 Egg

1 Slice of Velveeta Cheese

Toast your bagel and add egg, bacon and cheese! YUM!!

5sp per sandwich

BREAKFAST CALZONES:

Self Rising Flour (I used 1.25 cups to make 5 calzones)

NF Greek Yogurt (same amount as flour)

Eggs

Turkey Sausage Crumbles

Light Cheese

Prepare 2 ingredient dough and let cool in fridge. Scramble eggs. Roll out dough and fill with sausage, eggs and cheese) Cook in air fryer or in oven (400 degrees) until crisp and brown on top.

My recipe is 5sp per calzone. SP will vary with ingredients used.

BREAKFAST PITAS: 3SP each

Joseph's Pita Bread

Eggs

Protein (I used Jimmy Dean Turkey Sausage Crumbles)

Veggies of your choice

Trader Joes Lite Mozzarella

Cook veggies until softened. Add eggs and meat and scramble. Fill pita pockets with egg mixture and top with cheese.

BREAKFAST POTATO CASSEROLE: 1/6TH = 4SP

<https://lilluna.com/cheesy-potato-breakfast-casserole>

MODIFICATIONS: Turkey Sausage & FF Cheese

BREAKFAST WONTON CUPS: 5sp - GREEN 3sp- BLUE & PURPLE for 2 cups

<https://www.yummly.com/recipe/Breakfa...>

*Modifications: Ham & Fat Free Cream Cheese

CAKE BATTER PANCAKES: 1/5th - 5SP

MODIFICATIONS: Sugar Free Cake Mix, Carb Master Milk and I did not make the glaze

<https://www.allrecipes.com/recipe/234265/cake-batter-pancakes/>

CHAFFLE BREAKFAST SANDWICHES: 4sp each

<https://greenandketo.com/easy-keto-ch...>

****MODIFICATIONS: 1/2 cup cheese is mostly fat free cheese and a little light cheese. I added 2 slices of Center Cut Bacon for 1sp and a slice of Velveta cheese for 1sp****

CHERRY ALMOND SMOOTHIE BOWL:

1/2 cu Almond/Coconut Milk

1 cup Frozen Cherries

1 frozen Banana

1 tbs Ground Flax

2 tea Essential Living Smoothie blend (to order: <https://www.amazon.com/dp/B01I42UIXY/...>)

1/2 cup Water

Almond Extract- if desired

Toppings:

1/2 cup Dried Dragonfruit (I found it at Costco)

1/4 cup frozen or fresh Cherries

1 tbs Cacao Nibs

1 tbs Sliced/Slivered Almonds

1 bowl: 6sp (all plans)

CHOCOLATE CHIP COOKIE DOUGH OVERNIGHT OATS: 8sp

****MODIFICATIONS: PB2, Sukrin Brown Sugar, Dannon Light & Fit Yogurt, Carb Master milk and 1/4 cup mini chocolate chips****

<https://www.foodfaithfitness.com/cookie-dough-overnight-oats/>

CHOCOLATE COVERED STRAWBERRY MUFFINS: 12 Muffins = 2SP

<http://fruitionfitness.com/kodiak-cakes-berry-breakfast-muffins/>

****MODIFICATIONS-** I added chocolate chips (6-8 per muffin) and I used SF Honey**

CHOCOLATE RASPBERRY SMOOTHIE:

1/2 cup water

Roughly 1 cup of Raspberries

1/2 Frozen Banana

Roughly 1 cup milk of choice

1/2 cup spinach- frozen

1/2 scoop Protein Powder

1 tbs Cocoa Powder

1 tsp Cacao Nibs

4sp all plans (not counting blended fruit)

CHUNKY MONKEY BREAKFAST BAKE: 6sp 8sp 4sp

**** I made 5 servings so I 5x the recipe ****

<https://www.runningwithspoons.com/201...>

MODIFICATIONS: 5 tbs Bake Believe Chocolat Chips, SF Syrup, Wheat Bran& PB2

CINNAMON APPLE YOGURT BOWL:

<https://www.skinnytaste.com/cinnamon-...>

MODIFICATIONS: Monkfruit Sweetener

If prepared with sugar alternative: 4sp (all plans)

Regular sugar- 6sp (all plans)

Cinnamon Roll Casserole:

<https://thepounddropper.com/wp-json/mv-create/v1/creations/197/print>

CLASSIC GLO BAR: (To order cookbook- <https://www.amazon.com/dp/1583335277/...>

1.5 cups Oats

1.25 Rice Crisp Cereal

1/4 cup Sunflower Seeds

1/4 cup Unsweetened Coconut

2 tbs Sesame Seeds

2 tbs Chia Seeds

1/2 tea Cinnamon

1/4 tea Salt

1/2 cup Brown Rice Syrup

1/4 cup Peanut or Almond Butter

1 tea Vanilla Extract

1/4 Chocolate Chips (I used Enjoy Life Mini's)

MODIFICATIONS: No Hemp Seeds and I used Pure Maple Syrup

Line a 9" square cake pan with parchment. In a large bowl, combine oats, rice crisps, sunflower seeds, coconut, sesame seeds, chia seeds, cinnamon and salt- mix.

If using Rice Syrup- in a pan store together rice syrup and PB. Cook over medium to high until mixture softens and bubbles slightly then stir in vanilla.

Pour PB mixture into oat mixture. Stir. Add in chocolate chips. Transfer mixture to prepared pan and flatten while pushing so the bars stay together, Place in freezer for 10 minutes. Cut bars and wrap individually in plastic wrap. Store in fridge for up to 2 weeks.

12 Bars: 7sp (blue & green) or 6sp (purple)

18 Bars: 5sp (all plans)

CLEAN EATING HOMEMADE GRANOLA BAR:

<http://www.skinnyminiemoves.com/clea...>

8 Servings-

IFNOT COUNTING DRIED FRUIT (other then crasins) - 3sp (blue & green) 2sp (purple)

IF COUNTING ALL DRIED FRUIT - 5sp (blue & green) 4sp (purple)

COFFEE MUFFINS: **Recipe from Jess at WW Journey to Healthy** 2SP EACH

1 Box Sugar Free Yellow Cake Mix

1/3 Cup NF Greek Yogurt

3 Eggs

8oz Strong Brewed Coffee

1 Packet of Instant Espresso

Top with Espresso Crunch Julian Bakery Pro Granola.

COMFORT FOOD BREAKFAST BAKE: 6 Servings - 6SP

**MODIFICATIONS: 90 calorie Pillsbury Crescent Rolls, 1/2 cup Fat Free Cheese, 1/2 cup TJ Light Mexican Blend Cheese and DAKS Original Red

<https://flavorite.net/comfort-bake-yum/>

COPYCAT CRACKER BARREL HASHBROWN CASSEROLE: 1/10TH = 5SP

<https://copykat.com/2009/02/07/cracker-barrel-old-country-store-hash-brown-casserole/>

MODIFICATIONS: Light Butter, Low Fat Sour Cream, Healthy Request Cream of Chicken Soup and Light Cheese

COPYCAT STARBUCKS PUMPKIN SCONES: 8 Scones - 5sp

<https://www.myrecipes.com/recipe/Star...>

**MODIFICATIONS: Sukrin Brown Sugar (to order- <https://www.netrition.com/cgi/goto.cg...>) DAKS Pumpkin Pie Spice (to order- <https://daksspices.com/buy-daks> - code: jennswwjourney) Almond Milk, Sukrin Powdered Suga (to order- <https://www.netrition.com/cgi/goto.cg...>).

DRAGONFRUIT SMOOTHIE BOWL:

1/2 cup Coconut Water

1 cup Dragonfruit/Coconut (I found this at Costco)

1/2 frozen Banana

1/2 scoop Less Naked Whey Vanilla Protein (to order: <https://www.amazon.com/dp/B0787RNSPQ/...>

Toppings:

1/2 tbs Chia Seeds

1 tbs Pumpkin Seeds

1/4 Dried Dragonfruit Pices

1/2 tbs Unsweetened Coconut Flakes

1 bowl: 5p (all plans)

EGG CASSEROLE W/MUSHROOMS & CANDADIAN BACON: 1/6th = 5sp

MODIFICATIONS: Olive Oil, Light Butter, Fairlife Milk, 1/2 cup FF Cheese and 1/2 cup TJ Light Mozz

<https://reciperunner.com/egg-casserole-mushrooms-canadian-bacon/>

EGG NESTS: (To order True Roots Cookbook- <https://www.amazon.com/dp/1623369169/...>

MODIFICATIONS: No Peppers

1 Medium Sweet Potato- Peeled

1 tbs Coconut oil- melted

12 Eggs

1/8 tea Garlic Powder

1/8 tea Smoked Paprika

Salt/Pepper to taste

6oz Ham- chopped

1/2 Red Onion-chopped

Preheat oven to 375. Line muffin pan with liners. Using a cheese grater, grate potato and squeeze out as much moisture as possible. In a medium bowl, combine potato, oil, garlic powder, paprika and a pinch of salt. Mix.

Evenly distribute the potato mixture into the muffin cups and bake for 5 minutes.

In a large bowl, beat the eggs and a pinch of salt. Pour over potatoes. Top with Ham and Onion. Bake for 20-25 minutes until egg is set.

1sp each (blue & purple)

3sp each (green)

HOMEMADE CRANBERRY NUT GRANOLA: 12 Servings - 5sp 6sp 5sp

<https://www.foodnetwork.com/recipes/g...>

****MODIFICATIONS: Sugar Free Maple Syrup, Sukrin Brown Sugar (to order-
<https://www.netrition.com/cgi/goto.cg...> and Reduced Sugar Cranberries)**

FRENCH TOAST BAKE:

<https://www.amandacypert.com/blog/french-toast-bake>

Fruity Cereal Milk Protein Muffins:

1 cup Kodiak Buttermilk mix

2 scoops Ghost Fruity Cereal Milk Protein Powder

1/2 cup sweetener of choice

1 egg

3/4 FF Greek yogurt

1 tsp Vanilla

1/2 cup milk/milk alternative

Frozen blueberries

Bake at 350 for 10-15 minutes or until toothpick comes out clean. 12 muffins. 1sp each.

GINGERBREAD APPLE PANCAKE BAKE; 6 Servings - 4sp 3sp 3sp

<https://simplebites.net/baking-with-k...>

****MODIFICATIONS: Monkfruit Sweetener & Fairlife Milk****

GREEN SMOOTHIE BOWL:

3/4 cup Almond/Coconut Milk

1 cup Spinach

1/4 Avocado

1 tbs Ground Flax

1/2 frozen Banana

1/2 cup Frozen Pineapple

1/4 cup frozen Mango

Toppings:

1 tbs Chia Seeds

1 tbs Unsweetened Coconut flakes

1 tbs Dried Mulberries

1 tbs Dried Goji Berries (I order from Thrive- link below)

1 bowl: 5sp (all plans)

HAM & CHEESE HASH WAFFLES: 6SP each

**MODIFICATIONS: Light butter and 1/2 fat free cheese and 1/2 light shredded cheese.

<https://www.foodnetwork.com/recipes/ree-drummond/wafflemaker-hash-browns-3721250>

Ham & Cheese Quiche-

<https://emilybites.com/2015/04/ham-and-cheese-hash-brown-quiche.html>

HASHBROWN BREAKFAST CASSEROLE: 8 SERVINGS - 7SP (green plan)

<https://mindeescookingobsession.com/h...>

****MODIFICATIONS: 12 slices Center Cut Bacon, 1.5 cups FF shredded cheese, 1 cup Trader Joe's Lite Mexican blend, Fairlife FF milk & FF sour cream.**

HASHBROWN BROCCOLI SAUSAGE & EGG BFAST CASSEROLE:

<https://juliasalbum.com/hash-brown-br...>

MODIFICATIONS: Jimmy Dean Turkey Sausage Crumbles, 1/2 cup Light Shredded Cheese, 1 cup FF cheese, 1 cup FF Mozzarella cheese, FF 1/2 & 1/2, No butter*

8 Servings - 4sp (purple), 6sp (blue) 8sp (green)

HASH BROWN BREAKFAST CASSEROLE: 1/8th - 5SP

**MODIFICATIONS: Isernio's Chicken Sausage, 1 cup Fat Free Cheese, 1 cup Lite Mexican Blend Trader Joe's Cheese, Fair Life Milk, Bisquick Heart Smart Baking Mix*

<https://www.food.com/recipe/hash-brown-breakfast-casserole-108283>

Hash Brown Breakfast Cups:

<https://joyofbaking.com/breakfast/HashBrownBreakfastCups.html>

HEALTHY HASHBROWN CUPS: 2SP each

<https://happyhealthymotivated.com/bro...>

****MODIFICATIONS:** I used Ore Ida shredded hash browns, Light shredded cheese and Fairlife milk**

INSTANT POT BACON & CHEDDAR BITES

1sp Each

****MODIFICATIONS:** Fat Free 1/2 & 1/2 and Light Shredded Cheese**

<https://www.makeaheadmeal.com/bacon-cheddar-egg-bites-keto/>

KALE AVOCADO SMOOTHIE:

<https://www.allrecipes.com/recipe/246...>

***MODIFICATIONS:** 1/4 Avocado)

3sp all plans (not counting blended fruit)

LAKANTO BLUEBERRY MUFFINS: 1SP each

Substitute unsweetened applesauce for the oil.

LOW CARB PHILLY CHEESE STEAK BOWLS: 14th - 5sp

<https://easyhealthllc.com/main-dish/l...>

****MODIFICATIONS:** 92/8 or leaner ground beef and Trader Joe's Mozzarella (1oz)**

Low Fat Egg and Ham Breakfast Casserole (I subbed Turkey Sausage:

<https://www.geniuskitchen.com/recipe/low-fat-egg-and-ham-breakfast-casserole-439615>

MANGO BANANA SMOOTHIE BOWL:

1/2 cup Frozen Mango

1/2 frozen Banana

1/4 full fat Yogurt

1/4 cup low-fat Milk

1/4 cup canned Light Coconut Milk

Toppings:

1 tbs Pumpkin Seeds

1 tbs Unsweetened Coconut Flakes

1/2 tbs Chia Seeds

Fresh Papaya (or fruit of choice)

1 bowl- 6sp (all plans)

MINI WAFFLE BREAKFAST SANDWICH (Recipe from Mudhustler) 4SP

1/2 scoop Devotion angel Food Cake protein powder (10% off link below!!)

1/8 cup Birch Benders (or Kodiak) pancake mix

1 egg white

1/4 cup Seltzer Water

2 Eggs

Jimmy Dean Turkey Sausage Crumbles

Jarlsburg Light Swiss Cheese

Avocado

Mix waffle ingredients and cook in Dash mini waffle maker (in my amazon store-link below). Assemble sandwich.

NO BAKE ALMOND JOY PROTEIN BALLS:

<https://www.eatingbirdfood.com/easy-n...>

Devotion Protein Powder- 10% off - <http://devotionnutrition.com?aff=221>

Use the code- jennswwjourney

30-32 balls - 2sp (blue & green) 1sp (purple)

NO FLIPPING PROTEIN SHEET PAN PANCAKES: 1/6th = 5SP

<https://sweetpeasandsaffron.com/no-fl...>

**MODIFICATIONS: Birch Benders Protein Pancake Mix, Devotion Angel Food Cake Protein Powder (to order-<http://devotionnutrition.com?aff=221>

Use the code- jennswwjourney for 10% off!), Sugar Free Maple Syrup, Fair Life Milk & Light Butter**

OATMEAL COOKIE BAKED OATMEAL:

<https://www.budgetbytes.com/oatmeal-c...>

MODIFICATIONS- Sukrin Brown Sugar (to order- <https://www.netrition.com/cgi/goto.cg...> Melt Plant Based Butter & Fat Free Milk

6 Servings- 3sp (purple) 7sp (blue & green)

OVERNIGHT OATS: 5SP

1/4 Cup Oats

2 tsp Chia Seeds

1 tsp Sugar Free Honey

1 tbs Unsweetened Coconut Flakes

Berries of choice

1/2 Cup Almond Milk

1 Scoop Coconut Tone It Up Protein

Add to mason jar and shake!

PEANUT BUTTER CHOCOLATE CHIP OVERNIGHT OATS: 5sp

<http://www.dayslikelaura.com/eat/tast...>

MODIFICATIONS: 1/4 cup oats, 1/4 cup almond milk, 1 tbs choc chips, 1/2 ts chia seeds & 1/2 tbs Monkfruit

PB & HONEY OAT BARS:

<https://skinnyms.com/peanut-butter-an...>

16 Servings- 5sp (blue & green) 4sp (purple)

PB&J OVERNIGHT OATS: 6SP

<https://slimpickinskitchen.com/peanut-butter-jelly-overnight-oats/>

**MODIFICATIONS: I used PB2 and Truvia)

PIGS IN A BLANKET PANCAKE BAKE: 7sp(green) & 6sp(blue & purple)

<https://theskinnyishdish.com/pigs-in-...>

MODIFICATIONS: I used 1 bag of Jimmy Dean Turkey Sausage Crumbles

PUMPKIN CHOCOLATE CHIP BAKED OATMEAL: 1/6th - 5sp

MODIFICATIONS: DAKS Pumpkin Spice, 4 tbs PB2 or PB Almond mixed with SF syrup until creamy and 240 (4 servings) Lily's Chocolate chips

<https://chocolatecoveredkatie.com/2014/11/13/pumpkin-baked-oatmeal/>

PROTEIN BLUEBERRY QUINOA B-FAST BOWL: <https://skinnyms.com/protein-blueberr...> 4 Servings - 6sp (blue & green) 4sp (purple) **DEDUCT 1sp if you don't count for the fruit you top your bowl with**

PUMPKIN CHOCOLATE CHIP PANCAKE BAKE:

6 Servings - 5 sp5sp4sp

- Trader Joe's Pumpkin Mix

- 2 tbs Light Butter

- 3/4 cup Milk (I used Carb Master)

- 1 Egg

- 3 tbs Bake Believe Chocolate Chips (you can use any chips)

Combine all ingredients except chocolate chips. Spread in 9x9 greased baking dish,. Top with chocolate chips. Bake at 350 until cooked through.

PUMPKIN CRANBERRY BREAD (From Amanda Lewis) 10 Servings - 3sp (on ALL plans!!

1 1/2 cups Flour

2 Eggs

1/3 cup fresh Cranberries

1/2 cup Pumpkin Puree

2 tsp Almond Extract

1 tbs Cinnamon

1 tbs DAKS Pumpkin Spice (to order: <https://daksspices.com/buy-daks>

Code- jennswwjourney

5 tbs Baking Powder

5 tbs zero calorie Sweetener

Warm Water to thin out.

Mix all ingrediants together except cranberries (do not overmix). Fold in cranberries. Spray bread pan with non stick cooking spray. Bake at 375 until toothpick comes out clean.

PUMPKIN CREAM CHEESE PANCAKE BAKE: 1/8th - 6sp

<https://www.bettycrocker.com/recipes/...>

**MODIFICATIONS: Bisquick heart smart baking mix, Carb Master milk (you can also use almond, fairlife etc), fat free cream cheese, fat free half & half, Sukrin Gold brown sugar (to order- <https://www.netrition.com/cgi/goto.cg...>) Monkfruit sweetener and DAKS Pumpkin Pie Spice (to order- <https://daksspices.com/buy-daks>

Code- jennswwjourney

SAUSAGE EGG & CREAM CHEESE BREAKFAST CASSEROLE/; 1/6th = 6sp

<https://www.thepinningmama.com/sausage-egg-cream-cheese-breakfast-casserole-recipe/>

*MODIFICATIONS: Fat Free Cream Cheese, 4 oz FF Cheese, 4 oz Trader Joe's Lite Mozzarella and Fairlife Non-Fat Milk.

SHEET PAN BREAKFAST BAKE: 1/6TH = 6SP

<https://damndelicious.net/2017/04/17/sheet-pan-breakfast-bake/>

MODIFICATIONS: Light Butter, Center Cut Bacon and No Chives

STARBUCKS COPYCAT EGG BITES: 2 BITES = 1SP

<http://operation40k.com/instant-pot-copycat-starbucks-egg-bites-ham-and-cheese-w-basil/>

MODIFICATIONS- I used Jimmy Dean Turkey Sausage and 1/2 FF Cheese and 1/2 Trader Joe's Mozzarella

STRAWBERRIES & CREAM SMOOTHIE BOWL: 6SP

_Serves 1

1 cup Frozen Strawberries

½ cup Non-Fat Greek Yogurt

¼ cup Almond Milk

1 Tbsp. Sugar Free Maple Syrup, plus additional for drizzling

¼ tsp Pure Vanilla Extract

½ cup Cornflakes

5 Fresh Strawberries, sliced

¼ cup Blueberries

2 Tbsp. Almonds

1 Tbsp. Pumpkin Seeds

1 tsp Chia Seeds

PREPARATION:

Blend the strawberries, yogurt, 1 tablespoon of the maple syrup, and the vanilla until smooth. Transfer to a bowl and top with the cornflakes, strawberries, blueberries, almonds, pumpkin seeds, chia seeds, and a drizzle of yogurt.

STRAWBERRY CHEESECAKE FRENCH TOAST CASSEROLE:

8 Servings = 7SP 10 Servings = 6SP

<https://www.momontimeout.com/overnigh...>

****MODIFICATIONS:** Fat Free Cream Cheese, Splenda, Fair Life Milk, Fat Free 1/2 & 1/2, SF Maple Syrup & SF Strawberry Jam******

STRAWBERRY CHEESECAKE OVERNIGHT OATS: 8sp (green) 7sp (blue) 5sp (purple)

<https://wholefully.com/strawberry-che...>

*Modifications: ¼ cup Oats (1/2 cup if on purple), Sugar Free Honey (to order-
<https://www.netrition.com/cgi/goto.cg...> Fat Free Cream Cheese

****MY OATS**** 4sp (green) 4sp (blue) 2sp (purple)

1/4 cup Oats

1 tbs FF Cream Cheese

1/4 cup Almond Milk

2 tbs NF Greek Yogurt

1 tbs SF Honey

1 tsp Chia Seeds

Lemon Zest & Lemon Juice

Strawberries

STRAWBERRY SHORTCAKE OATMEAL:

2.5 cups water or milk of choice (milk makes it creamier)

1 cup mashed hulled Strawberries

1 cup Rolled Oats

2 tbs Pure Maple Syrup

1/2 tbs Coconut Oil

1/2 tea Vanilla

and add topping.

5sp (blue & green) 3sp (purple)

1/8 tea Salt

Unsweetened Coconut for topping

Add all ingredients to Instant Pot (except Coconut) and stir to combine. Place on Manual, high for 8 mins. Quick Release. Divide among 4 bowls

TRIPLE BERRY SMOOTHIE:

1/3 cup Apple Juice

1 tbs Chia Seeds

1 scoop Collagen Peptides

Roughly 1/2 cup frozen berries

1/2 a frozen or fresh banana

Handful of Spinach (Don't be SHY!!)

Blend until smooth. 3sp all plans (not counting blended fruit)

TROPICAL AVOCADO SMOOTHIE:

<https://www.allrecipes.com/recipe/246...>

MODIFICATIONS: I subbed the tropical smoothie packet from Costco

4sp all plans (not counting blended fruit) 7sp with counting the fruit

Ultimate Tater Tot Breakfast Casserole:

<https://emilybites.com/2019/01/ultimate-tater-tot-breakfast-casserole.html>

WAFFLE BREAKFAST SANDWICH: 3SP

1 Scoop of Protein Powder (I used Vanilla Tone It Up)

1/4 Cup High Protein Pancake Mix (I used Birch Benders. Kodiak is great too!)

1 Egg White

1/3 - 2/3 Cup Water (preferable seltzer)- depends on size of waffle maker.

I added 1 egg and 1 slice Jarlsberg Cheese- Total Waffle Breakfast Sandwich = 4SP

Lunch/Dinner:

2ID BAGEL DOGS: (Inspired by wwprogressnotperfection)

2 Bagel dogs= 7sp

1 cup Self Rising Flour

1 cup NF Greek Yogurt

8 Hebrew National FF Hot Dogs

Everything But The Bagel Seasoning

Combine flour and greek yogurt until dough is formed. Cut dough into 8 equal sections. Roll hot dogs in dough and roll in Everything Seasoning. Cook in air fryer until crispy or in oven at 400 until crispy.

2 INGREDIENT DOUGH PIZZA:

1/3 cup Self Rising Flour

1/3 cup NF Greek Yogurt

3oz Trader Joes Light Mozzarella

Skinnyish Dish 0 point Marinara (About 1/8 cup)

Mushrooms

Onion

15 slices Hormel Turkey Pepperoni

ENTIRE PIZZA= 8sp

3-Ingredient Sloppy Joes:

<https://simple-nourished-living.com/weight-watchers-30-minute-meals-simple-3-ingredient>

5-INGREDIENT PESTO PASTA SALAD: 1/12th - 3SP

<http://www.gimmesomeoven.com/5-ingred...>

MODIFICATIONS: 1/2 the jar of Pesto

AIR FRYER BEEF TACO FRIED EGG ROLLS

<https://www.staysnatched.com/air-fryer-beef-taco-fried-egg-rolls/>

MODIFICATIONS: 96/4 Extra Lean Ground Beef, Fat Free Cheese and No Oil

AIR FRYER CHICKEN FAJITA ROLL-UPS:

2SP0sp0sp

<https://awefilledhomemaker.com/air-fr...>

AIR FRYER CHINESE TAKE OUT SWEET N' SOUR PORK:

4 Servings: 6sp6sp6sp (INCLUDES SAUCE)

<https://thisoldgal.com/air-fryer-chin...>

MODIFICATIONS: No oil

AIR FRYER PARMESAN CHICKEN CUTLETS: 6sp

<https://www.epicurious.com/recipes/fo...>

****MODIFCATIONS: 1/4 cup flour, 1 egg, 1/2 cup panko and no oil****

AIR FRYER CHICKEN PARM: 3SP

<https://www.skinnytaste.com/chicken-parmesan-in-the-air-fryer/>

AIR FRYER CHICKEN QUESADILLA: 6sp

<https://plumcrazyaboutcoupons.com/air...>

****MODIFICATIONS:** Tumaros wraps, light sour cream, light cheese and Avocado Salsa from Costco**

AIR FRYER CHINESE FAKE OUT SWEET N' SOUR PORK:

4 Servings - 7SP 6 Servings - 5SP

****MODIFICATIONS:** Pork Tenderloin & No Oil.

<https://thisoldgal.com/air-fryer-chinese-take-out-sweet-n-sour-pork/>

AIR FRYER COPYCAT CHICK-FIL-A CHICKEN SANDWICHES: 5SP w/bun and light mayo

<https://thisoldgal.com/air-fryer-chick-fil-a-chicken-sandwich>

****MODIFICATIONS:** Almond Milk, Cornstarch, No Oil, Smart Bun**

AIR FRYER COXINHA: 2SP Each

<https://www.vahrehvah.com/coxinha-airfryer>

****MODIFICATIONS:** Fat Free 1/2 & 1/2 & Light Shredded Cheese**

AIR FRYER EMPANADAS: 5SP Each

****MODIFICATIONS:** I made mine Hawaiian style with Ham and Pineapple**

<https://slapdashmom.com/air-fryer-empanadas/>

AIR FRYER MONGOLIAN BEEF: 6 Servings - 4SP

<https://www.mommyhatescooking.com/gluten-free-air-fryer-mongolian-beef>

****MODIFICATIONS:** Petite Sirloin Steak & Sukrin Brown Sugar**

AIR FRYER PARMESAN MEATBALLS: 16 Meatballs- 2 Meatballs per serving.

<https://hip2save.com/recipes/easy-par...>

****MODIFICATIONS:** 96/4 Extra Lean Ground Beef- only 1lb)

AIR FRYER PARMESAN SHRIMP: 4 Servings - 2sp 2sp

<https://bitzngiggles.com/air-fryer-pa...>

****MODIFICATIONS: No oil***

AIR FRYER POPCORN SHRIMP: 6 SHRIMP - 1SP

**MODIFICATIONS: 1 Cup Flour and No Oil.

<https://www.diaryofarecipecollector.com/easy-popcorn-shrimp.html>

AIR FRYER SPINACH DIP CHICKEN: 5sp 2sp

<https://emilybites.com/2016/01/chedda...>

****MODIFICATIONS: Trader Joes Spinach Greek Yogurt Dip & No cheese***

AIR FRYER STEAK BITES & MUSHROOMS: 2 PCS - 1 SP (40 PCS TOTAL)

MODIFICATIONS I used London Broil & Light Butter.

<https://bestrecipebox.com/air-fryer-steak-mushrooms/>

ALOHA CHICKEN (from Joan's Pointed Plate): 1/4TH = 3SP (8SP W/RICE)

<http://joanspointedplate.com/aloha-chicken/>

AVOCADO CHICKEN SALAD (True Roots Cookbook- to order:

<https://www.amazon.com/dp/1623369169/...>

2 Cloves Garlic

1/2 Lemon

1 sp Peppercorns

1/2 Red Onion- roughly chopped

1/2 cup chopped Dill w/stems

2 Bone In Chicken Breasts

1/3 Cup Avocado Mayo

1 Avocado mashed

1/2 cup chopped Celery

Salt & Pepper

Add 5 cups water to pot and add garlic, lemon, peppercorns, onion and some of the dill. Add chicken, Simmer for 20-25 minutes or until chicken is cooked through,

Shred chicken. In a medium bowl add mayo, avocado, celery, dill and shredded chicken. Mx until combined.

Best served nice and cold!!

4 Servings (with full fat mayo)- 6sp (blue & purple) 7sp (green)

w/light mayo (1/2 cup)- 2sp (blue & purple) 3sp (green)

Bacon Cheeseburger Sloppy Joes:

1 pound extra lean ground beef

6 slices turkey or center cut bacon

1 small diced onion

3 tbs reduced sugar ketchup

1 tea yellow mustard

1 tbs Worcestershire sauce

1/2 tea salt

1/2 tea pepper

1 tbs cornstarch

1/2 beef broth

1 cup FF shredded cheese

Cook ground beef and onions. Add crumbled, cooked bacon. in a small bowl mix together beef broth and cornstarch. Add the ketchup mustard, Worcestershire sauce, salt, pepper and beef broth/cornstarch mixture. Add to pan and let cook 3-5 minutes. Turn off heat and add cheese and stir until melted. 6 servings (1/2 cup) = 4sp

Bacon Ranch Burgers: (I used ground turkey)

<https://www.litecravings.com/2018/08/08/chicken-bacon-ranch-burgers/>

BAKED PENNE: 6 SERVINGS - 6SP 5sp

<https://life-in-the-lofthouse.com/bak...>

****MODIFICATIONS: Fiber Gourmet Pasta (to order - <https://www.netrition.com/cgi/goto.cg...> Skinnish Dish Crockpot Marinara (recipe below), Fat Free Cream Cheese & Trader Joe's Organic Mozzarella***

BAKED GNOCCHI W/RICOTTA & MARINARA:

<https://www.marthastewart.com/333892/baked-gnocchi-with-ricotta-and-marinara>

****MODIFICATIONS: 2 Cup Gnocchi and 0pt Marinara (recipe below)****

4 Servings:

LowFat Ricotta- 6sp all plans

Full Fat Ricotta- 7sp all plans

BAKED PENNE WITH ITALIAN SAUSAGE:

<https://www.jocooks.com/recipes/baked...>

****MODIFICATIONS: Insernio's Chicken Sausage, 1 cup FF cheese and 1 cup Light Cheese & Fiber Gourmet Pasta (to order- <https://www.netrition.com/cgi/goto.cg...>**

6 Servings- 6sp (blue & purple) & 7sp (green)

BAGEL BLTT:

1 Western Bagel

2 sliced turkey or center cut bacon

0sp turkey- 1 slice

lettuce

tomato

Light mayo

Toast your bagel then assemble! 5sp total!! :)

BACON WRAPPED CHICKEN BITES 6 bites = 3SP (Air Fryer):

<https://www.skinnytaste.com/air-fryer-bacon-wrapped-chicken-bites/> **Used regular bacon**

BAKED SPICY CHICKEN MEATBALLS: 14 Meatballs - 2SP EA

<https://www.ruchiskitchen.com/baked-t...>

MODIFICATIONS: White Flour & SF Honey

BARLEY SALAD WITH STRAWBERRIES & BUTTERMILK DRESSING:

<https://www.womansday.com/food-recipes/food-drinks/a27285750/barley-salad-with-strawberries-and-buttermilk-dressing/>

MODIFICATIONS: Light Sour Cream

4 Servings - 3sp (purple) 8sp (blue) 9sp (green)

BASIL & GARLIC MEATBALLS: 3Meatballs - 3SP

MODIFICATIONS: 1 lb 96/4 lean ground beef, Carb Master milk and Sun dried Tomatoes

<https://cookeatshare.com/recipes/basil-and-garlic-meatballs-759581>

BASIL PESTO CHICKEN ALFREDO: 1/6TH = 7SP

<https://www.diaryofarecipecollector.com/basil-pesto-chicken-alfredo.html>

MODIFICATIONS: I used Fiber Gourmet Pasta, Light Butter and FF Half & Half

BEAN BURRITO BOWLS: 4 Servings - 6SP

<http://www.savvyeat.com/bean-burrito-...>

** I had 1/2 cup of rice with mine **

BEEF STROGANOFF BUBBLE UP CASSEROLE:

<https://litecravings.com/beef-strogan...>

6 Servings- 7sp (all plans)

BEST LOW POINT TURKEY BURGERS: 3SP EACH (4SP W/BUN)

<https://thepounddropper.com/best-low-point-greek-turkey-burgers/>

BBQ Burgers w/ Bun

4sp

*Modifications: I did not use the hot sauce

<https://www.bigoven.com/recipe/bbq-burgers/158444>

BBQ PULLED CHICKEN: 2sp- GREEN 0sp- BLUE & PURPLE

<https://litecravings.com/bbq-pulled-c...>

*Modifications: G Hughes BBQ sauce or 0sp sauce. Add to a bun- points not included.

BIG MAC SALAD - 1/4th - 5sp

<https://www.wholesomeyum.com/recipes/...>

MODIFICATIONS: 96/4 Ground Beef, Fat Free Cheese, Light Mayo and Stevia Baking Blend

BBQ BAKED POTATOES: 2SP Each

<http://allrecipes.co.uk/recipe/41060/...>

BBQ CHICKEN PIZZA: 7SP

<http://allrecipes.co.uk/recipe/18132/...>

**MODIFICATIONS: 2ID (1/3 cup self rising flour), G Hughes BBQ sauce, 3oz Mozzarella from Trader Joe's)

BBQ VEGGIES: 8 Servings = 2SP Each Serving

<https://www.bestrecipes.com.au/recipe...>

****MODIFICATIONS: 1/4 cup Olive Oil****

Best Chili Ever-

<https://simple-nourished-living.com/best-chili-recipe-ever-weight-watchers-points-plus-recipe/>

BROCCOLI BACON SALAD: 6 Servings - 5SP

MODIFICATIONS: Reduced Sugar Craisins & Light Mayo*

<https://www.delish.com/cooking/recipe-ideas/recipes/a53359/broccoli-salad-recipe/>

BRUSCHETTA CHICKEN: 4 Servings - 2SP each

<https://www.delish.com/cooking/recipe...>

****MODIFICATIONS: 1 tbs oil and 1oz mozzarella per breast****

CAJUN HONEY GLAZED CHICKEN BOWLS: 5 Servings- 1sp

<https://www.thechunkychef.com/cajun-h...>

****MODIFICATIONS: No jalapeno, Sukrin Brown Sugar (to order:**

<https://www.netrition.com/cgi/goto.cg...> and DAKS Original Red Seasoning (to order-

<https://daksspices.com/buy-daks> and code is jennswjourny. I put mine over a bed of Basmati Rice for 5 additional sp.

CALIFORNIA TURKEY CLUB WRAP: 4SP

<https://www.tasteslovely.com/californ...>

****MODIFICATIONS: 1 tbs Light Mayo & 1sp (1oz) Avocado****

CALIFORNIA TURKEY WRAP: 1 wrap = 4SP

<https://www.tasteslovely.com/californ...>

****MODIFICATIONS: Tumaros Wrap, Laughing Cow Cheese & 1sp of Avocado****

CASHEW CHICKEN: 8 Servings - 4sp 3sp 3sp plus add points for rice on all plans

<https://thepioneerwoman.com/cooking/c...>

MODIFICATIONS: No Oyster Sauce, No Oil, 16oz Raw Chicken & I used Brown Rice

CAULIFLOWER RICE ARANCINI: 2 Servings - 6SP

<https://www.skinnytaste.com/cauliflow...>

MODIFICATIONS: Sam's Choice Chicken Apple Sausage & Jar Marinara (Classico)

CHEESESTEAK SLOPPY JOES:

6sp each

<https://www.delish.com/cooking/recipe-ideas/recipes/a54392/cheesesteak-sloppy-joes-recipe/>

MODIFICATIONS

96/4 leans ground beef, No Oil, Jarlsberg Light Swiss Cheese, Kroger Sandwich Slims & Reduced Sugar Ketchup

CHEESE STUFFED TURKEY MINI MEAT LOAVES:

<https://www.allrecipes.com/recipe/998...>

MODIFICATIONS: 93% Turkey, 8 Simple Mills Crackers

6 Mini Loaves: 4sp (all plans)

w/99% Ground Turkey: 3sp (all plans)

Cheesy Potato and Bacon Bake:

<https://drizzlemeskinny.com/cheesy-potato-bacon-bake/>

CHEESY CHICKEN BROCCOLI RICE CASSEROLE:

2 cups shredded chicken

1 bag (10oz) of frozen cauliflower rice

1 bag (10oz) of broccoli

1/4 cup of light mayonnaise

1 can cream of chicken soup (98% fat free)

1 and 1/4 cup fat free cheddar

1/2 cup of cornflakes

Preheat oven to 350. Microwave/thaw cauliflower rice and broccoli. Combine all ingredients except cornflakes. Pour into 9x13 baking dish. Crush and sprinkle corn flakes on top. Bake for 30 minutes. 4sp for 1/4th of casserole!!

Cheesy Italian Rice Skillet -

<https://theskinnyishdish.com/cheesy-italian-rice-skillet/>

CHICKEN & APPLE SAUSAGE W/CABBAGE:

<https://www.allrecipes.com/recipe/221...>

MODIFICATIONS: Light Butter, Sam's Choice Chicken Apple Sausage (or other 2sp sausage) & 1.5 cups Apple Juice

4 Servings- 7sp (blue & green) 5sp (purple)

Chicken and Dumplings-

<https://www.justapinch.com/recipes/main-course/main-course-chicken/chicken-and-dumplings-weight-watchers.html>

CHICKEN & VEGGIE FETTUCCINE CASSEROLE:

<https://thepounddropper.com/chicken-and-veggie-fettuccine-casserole/>

I used (2) 12oz bags of veggies

Chicken & Wild Rice Casserole:

3-4 chicken breasts diced and cooked

1 can low fat cream of chicken soup

1/2 cup diced onion

1/2 cup light mayo

1 can French style green beans, drained

1 can water chestnuts, drained and diced
1 small jar pimentos
1 box wild rice (I like Rice a Roni or Uncle Bens)
1 can chicken broth
1 can French fried onions

Cook rice in chicken broth as directed on box. Stir the remaining ingredients into a large bowl. Add rice. Put into sprayed 9x13 pan and cover with fried onions. Cover with foil and bake at 350 for 1 hour. Remove foil halfway through so the topping can brown.

8 servings= 6sp (with 2 tbs French fried onions) or 8sp with full amount.

Chicken & Wild Rice Casserole

1/6th of the pan = 4sp

<https://thepounddropper.com/chicken-and-wild-rice-casserole/>

Chicken Bacon and Mushroom Skillet

2 servings, 5 SP each

<https://cookingbride.com/main-courses/poultry/bacon-chicken-and-mushroom-skillet/#wprm-recipe-container-16340>

Modification: Light shredded cheese

Chicken Bacon Ranch Burger-

<https://www.litecravings.com/2018/08/08/chicken-bacon-ranch-burgers/>

My burger without cheese was 5sp, 6sp with cheese. The recipe the burger is 2sp and 3sp with cheese

CHICKEN COBBLER - 6 Servings - 7sp

<http://allrecipes.co.uk/recipe/9336/c...>

MODIFICATIONS: 10 tbs light butter, 1 1/4 cup Milk alternative, & 1 1/2mcups Bisquick Heart Smart

CHICKEN CORDON BLUE ROLL UPS: 5SP for 2 rollups

MODIFICATIONS: I used Jarlsberg Light Cheese and split the cheese and ham between 2 roll ups

<https://thepounddropper.com/chicken-cordon-bleu-roll-ups/>

Chicken Club Quesadilla- 5sp

<https://www.sixsistersstuff.com/recipe/chicken-club-quesadillas-recipe/>

I used turkey breast instead of chicken, center cut bacon, Ole wraps and lite cheese

CHICKEN ENCHILADA CASSEROLE: 6 Servings - 4sp

<https://www.lifeissweeterbydesign.com...>

MODIFICATIONS: 1 cup Trader Joe's Lite Mexican Blend

CHICKEN FRIED CAULI RICE: 1/4th= 3SP

<https://laurenslatest.com/chicken-fried-cauli-rice/>

MODIFICATIONS: No Oil and Minced Onion

CHICKEN LETTUCE WRAPS: 3sp(green) & 2sp(blue & purple)

<https://litecravings.com/chicken-lett...>

*MODIFICATIONS: 96+ FF Ground Chicken and Sugar Free Honey (to order:

<https://www.netrition.com/cgi/goto.cg...>

CHICKEN PAD THAI: 6SP

<https://www.cookingclassy.com/chicken-pad-thai/>

MODIFICATIONS: No oil & Truvia Brown Sugar

CHICKEN PARM MEATBALLS WITH MARINARA:

<https://litecravings.com/chicken-parm...>

I used 98% lean chicken

5 meatballs w/sauce - 2sp (all plans)

CHICKEN POT PIE BUBBLE UP:

2 cups shredded chicken

1 can cream of chicken soup (98% fat free)

2 cups frozen mixed veggies

1 1/4 cup fat free shredded cheese

1 can of biscuits (I used the Great Value)

1/4 cup light sour cream

Preheat oven to 350. Combine all ingredients in a bowl other than biscuits. Spread in greased 9x13 pan. Place biscuit pieces evenly on top of the mix. Bake for 20 minutes!

1/4 of the entire pan is 5sp and 1/6th is 4sp!!!

CHICKEN SAUSAGE GNOCCHI SKILLET:

6 Servings- 7sp8sp8sp

<https://www.allrecipes.com/recipe/256...>

MODIFICATIONS: Potato Gnocchi, Light Butter (only 1/4 cup), & Sams Choice Chicken Apple Sausage (6 total)

Chicken Sausage, Potatoes, & Peppers

1/5th = 5sp

Sam's choice Chicken Apple Sausage

Red, yellow, green, and orange peppers

White Onion

Red Onion

Garlic

Dak's Green Zest

Potatoes

Avocado Oil Spray

Add everything to a sheet pan and roast at 450 degrees until cooked through

CHICKEN STOVE TOP COMFORT STEW: 4 servings- 6sp or 6 servings - 4sp

<https://www.justapinch.com/recipes/ma...>

MODIFICATIONS: Dried red onion, fat free sour cream, Healthy Request cream of chicken soup and 1 cup Trader Joes Lite Shredded Cheese and 1/2 cup Fat Free Cheese

CHICKEN YAKISOBA NOODLES: 6sp

MODIFICATIONS: No oils and no hot sauce

<https://www.budgetbytes.com/chicken-yakisoba/>

Copycat Chipotle Chicken Burrito Bowl: 5sp

<https://www.thespruceeats.com/copycat-chipotle-chicken-burrito-bowl-4173869>

I added the canned corn and used low fat cheese and sour cream

COPYCAT PANERA STRAWBERRY SALAD: 5 Servings- 6sp

MODIFICATIONS- Sugar Free Honey, Avocado Oil, Fat Free Feta and I used Slivered Almonds

<https://www.delish.com/cooking/recipe-ideas/recipes/a55039/strawberry-dressing-recipe/>

COPYCAT QDOBA CHICKEN BURRITO BOWLS: 6SP

**MODIFICATIONS: I used the newest version of the recipe and only used 1.8th cup Olive Oil. I added rice (1/2 cup), peppers, avocado (1sp worth), FF Sour Cream (1sp worth), onions and zucchini).

<https://gimmedelicious.com/2015/09/02/qdoba-copycat-chicken/>

Chicken Ranch Spaghetti Bake:

<https://drizzlemeskinny.com/chicken-ranch-spaghetti-bake/>

Chimichangas:

<https://www.geniuskitchen.com/recipe/ww-skinny-chimichangas-238239?oc=linkback>

Chimichurri Beef & Rice

1/6th = 4SP or 1/4th =6SP

*Modifications: No oil & 96/4 Extra Lean Ground Beef

<https://www.cookingclassy.com/chimichurri-beef-and-rice/>

Comforting Homemade Chicken Noodle Soup:

<https://www.skinnykitchen.com/recipes/comforting-chicken-soup/>

COPYCAT CHICK-FIL-A CHICKEN SANDWICH:

<https://wildflourskitchen.com/2017/02...>

MODIFICATIONS: Fat Free Milk, Sugar Alternative & No Oil

4 Servings- 3sp (blue & green) 6sp (green) - Just Chicken-

COPYCAT KFC BOWL:

14 pieces Trader Joes Mashed Potatoes

Corn

6 shake and bake nuggets

1/4 cup Heinz Gravy

FF Cheese

Pinch of Trader Joe's Lite Mozzarella

Air fry nuggets and assemble bowl!! 7sp

COPYCAT CHICK FIL-A SUPERFOOD SALAD: 1 salad w/dressing - 5sp

MODIFICATIONS: Sugar Free Syrup. 1 TBS toasted Walnuts per salad

<https://www.yummly.com/recipe/Copycat-Chick-fil-A-Superfood-Salad-2089859>

COPYCAT KFC POT PIE: 1/8th = 7SP or 1/6th = 10SP

MODIFICATIONS: Light Butter, Reduced Fat Cream of Chicken Soup and Almond Milk

https://copykat.com/wprm_print/30439

COPYCAT ORANGE CHICKEN:

<https://www.delish.com/cooking/recipe-ideas/recipes/a46657/skinny-orange-chicken-recipe/>

MODIFICATIONS: 1 cup flour, 1 cup panko, 1/8 cup honey

Copycat Panda Express Chow Mein:

<https://www.litecravings.com/2018/05/09/copycat-panda-express-chow-mein/>

COPYCAT PANERA ASIAN SESAME CHICKEN SALAD: 2 Servings - 5sp with toppings.

MODIFICATIONS: Swerve Brown Sugar, Monkfruit Sweetner, Only used Sesame oil in the chicken marinade. Toppings: 2 tbs sliced almonds and 1 tbs Wonton strips

<https://iowagirleats.com/2012/02/06/panera-copycat-salad-recipe/?amp>

Copycat Panera Fuji Apple Salad

8sp

*Modifications: I halved the recipe. I used 1/2 cup Olive Oil total. My salad included: 1tbs pecans, .25 oz Apple Chips (you can use more if you buy the ones without sugar), 1oz Fat Free Feta, 1tbs reduced sugar cranberries and 2 tbs dressing

<https://therecipecritic.com/fuji-apple-chicken-salad-panera-bread-copycat/>

COPYCAT PANERA TURKEY CHILLI: 1/8th= 3sp

<http://www.threecookingsisters.com/panera-bread-turkey-chili-copycat-recipe.html>

** I used 93/7 ground turkey (2pds) & No Olive Oil)

COPYCAT TACO BELL CRUNCHWRAP SUPREME: 7SP

<https://life-in-the-lofthouse.com/taco-bell-crunchwrap-supreme-copycat>

MODIFICATIONS: 96/4 Ground Beef, Ole Extreme Wellness Wraps, Light Sour Cream, Light Shredded Cheese

COPYCAT TACO BELL MEAT & POTATO BURRITO (Louise Lane Recipe):

Ole Extreme Wraps

Potatoes (raw or frozen)

Tostitos Queso

96/4 Lean Ground Beef

Add filling to burrito and grill until crispy on both sides! YUM!!

COPYCAT TACO BELL QUESADILLA: 9sp 10sp

<https://www.delish.com/cooking/recipe...>

MODIFICATIONS: 4oz light mayo, Ole Wraps, 4 slices (1per quesadilla) Velveeta light cheese and 1.5 cups FF cheese and 1/2 cup Trader Joe's Lite Mexican Blend

EASY COTTAGE PIE: 6 Servings - 5sp

<https://orgasmicchef.com/recipes-2/ea...>

MODIFICATIONS: No Oil, Fair Life Milk & Light Butter

COUNTRY CAPTAIN CHICKEN: 6 Servings - 1sp (without rice)

<https://www.tasteofhome.com/recipes/c...>

MODIFICATIONS: Chicken breast, Sukrin Brown Sugar (to order: <https://www.netrition.com/cgi/goto.cg...> & 1/4 cup raisins

Cowboy's Meal:

<https://theskinnyishdish.com/cowboys-meal>

CREAM CHEESE CHICKEN LASAGNA-

<https://thepounddropper.com/cream-cheese-chicken-lasagna/>

Creamy Chicken Bacon Ranch Bubble Up

<https://drizzlemeskinnny.com/creamy-chicken-bacon-ranch-bubble-up/>

CREAMY LEMON CHICKEN PASTA:

<https://www.goodhousekeeping.com/food...>

**MODIFICATIONS: Fiber Gourmet Pasta (to order: <https://www.netrition.com/cgi/goto.cg...> No Oil, 2 medium/large chicken breasts & Fat Free Cream Cheese*

4 Servings - 6sp (blue or purple) 9sp (green) *if you use a 0sp pasta on purple it is 2sp*

Creamy Poppyseed Chicken Casserole:

<https://thepounddropper.com/2018/04/19/creamy-poppseed-chicken-casserole/>

CREAMY SPINICH AND SHRIMP TORTILLINI: 1/6TH = 6SP

<https://www.diaryofarecipecollector.com/shrimp-spinach-tortellini.html>

MODIFICATIONS: No Oil or Butter (subbed cooking spray), Fat Free 1/2 & 1/2

CRESCENT CHICKEN:

<https://www.diaryofarecipecollector.com/crescent-chicken.html>

MODIFICATIONS: Fat Free Cream cheese, Light Butter, 1 cup FF Cheese and 1 cup Trader Joe's Lite Mozzarella and Healthy Request Cream of Chicken Soup

CROCKPOT BEEF STEW: 7SP

<https://www.cookingclassy.com/slow-cooker-beef-stew/#wprm-recipe-container-34869>

MODIFICATIONS: I did not use olive oil

CROCK POT CHICKEN & GRAVY:

<https://litecravings.com/crock-pot-ch...>

6 Servings - 2sp (about 3/4 cup) (blue & purple) 5sp (about 3/4 cup) (green)

CROCKPOT CHICKEN & GRAVY: (FeliciaFitnessHealth Recipe)

1 serving is 2/3 cup = 2sp

Makes 6 servings

-Boneless skinless chicken breast (around 2lbs)

-2 packets McCormick Chicken Gravy

-1 can Cream of Chicken Soup (98% fat free)

-2 cups water

-Pepper

Combine soup, gravy mixes, water and pepper into slow cooker and whisk until fully combined. Add chicken into slow cooker. Cover and cook on low 10 hours (or high for 5-6 hours)

Pair with mashed potatoes, rice, or eat by itself! Delicious!

Tip- Make sure chicken is fully thawed before putting in the crockpot. If chicken is frozen the gravy can become too watery and thin.

Crockpot Chili:

1lb extra lean ground turkey

1 tbs garlic

1 red pepper- chopped

1 green pepper- chopped

2 tbs chili powder

2 tsp cumin

28oz crushed tomatoes

15oz kidney beans- drained and rinsed

1 onion- chopped

1/4 canned green chilies- diced

2 tbs tomato paste

pepper/salt to taste

Cook meat and chop veggies. Add to crockpot and cook on high for 4 hours or low for 6-8 hours.

0 points with 99% lean ground turkey or 2sp with 93/7 turkey.

CROCKPOT MEATLOAF: 8 Servings- 5sp (all plans)

<https://crockpotladies.com/recipe/cro...>

MODIFICATIONS: 96% Extra Lean Ground Beef, Pepperidge Fam Stuffing Mix & Fat Free Cheese

CROCKPOT PIZZA CASSEROLE:

6 Servings - 6sp8sp

<https://www.stockpilingmoms.com/pinte...>

**MODIFICATIONS: Skinnish Dish Crockpot Marinara (recipe below), Fiber Gourmet Pasta (to order- <https://www.netrition.com/cgi/goto.cg...> Trader Joe's Organic Mozzarella and 50 slices turkey pepperoni.

CROCKPOT STEAK TACOS: <https://www.recipesthatcrock.com/steak-tacos-crock-pot/>

** I USED OLE WRAPS, FF CHEESE AND LIGHT SOUR CREAM)** 2 Soft Tacos= 7sp

CROCKPOT UPSIDE DOWN TACO PIE: 6 Servings - 7sp (all plans)

<https://crockpotladies.com/recipe/cro...>

MODIFICATIONS: 96% Extra Lean Ground Beef, Fat Free Cheese and Bisquick Heart Smart Baking Mix

Enchiladas:

Here is the original recipe: <https://www.recipe-diaries.com/skinny-beef-enchiladas/print/17464/>

My modifications: 96/4 lean ground beef, taco seasoning, green chilies, FF Refried beans, Ole Wraps and Velveeta Shreds (on top). Cook your hamburger and then add the taco seasoning, 1/2 the enchilada sauce, chilies and refried beans and cook until combined. This is the filling. Add FF cheddar cheese to your Ole wrap and top with enchilada sauce and Velveeta Shreds (5 servings) 2 enchiladas are 5sp!

Darn Good Skinny Meatloaf:

<https://www.skinnykitchen.com/recipes/darn-good-skinny-meatloaf/>

DECADENT 4 CHEESE MAC-N-CHEESE WITH TORTELLINI- 1/6th - 6sp

<https://www.skinnykitchen.com/recipes...>

Deep Dish Sloppy Joe Casserole:

1/6th = 9sp

<https://emilybites.com/2013/10/deep-dish-sloppy-joe-casserole.html>

DEVILLED CHICKEN SAUSAGES & ROASTED POTATOES:

2SP for 1 Sausage & 3SP for Potatoes

<https://www.tegel.co.nz/recipes/devil...>

**MODIFICATIONS: Sam's Choice Chicken Apple Sausage & Swerve Brown Sugar.

Emily Bites Cheesy Bacon BBQ Taquitos: 2sp each

<https://emilybites.com/2019/02/cheesy-bacon-bbq-chicken-taquitos.html/print/>

EASY COTTAGE PIE: 6 Servings - 5sp

MODIFICATIONS: No Oil, Fair Life Milk & Light Butter

<https://orgasmicchef.com/recipes-2/easy-cottage-pie-my-comfort-food/>

ENCHILADA BAKE:

1.25lbs ground turkey

1/2 of an onion- chopped

1 tbs minced garlic
1 cup salsa
1 cup FF shredded cheese (or light)
1 can rinsed and drained black beans
4 oz FF Cream Cheese
10 oz enchilada sauce (I used 19oz)
2 tbs taco seasoning
4 cups/8oz pasta of choice

Cook turkey then add onions and garlic. Cook until onions are soft. Boil pasta al dente. Add taco seasoning to turkey mixture, stir. Add cream cheese and stir until melted. Add beans, salsa and enchilada sauce to turkey and mix well. Drain and rinse the pasta and add to turkey mixture. Pour into 9x13 pan and cover with foil. Bake at 350 for 30 minutes. Remove foil and add cheese.

Bake an additional 15 minutes.

10 1-cup servings= 4sp per serving.

Everything Creamy Chicken Bubble Up:

<https://drizzlemeskinny.com/everything-creamy-chicken-bubble/>

FARMHOUSE CHICKEN DINNER: 4 Servings - 7SP

MODIFICATIONS: Boneless Chicken, Kraft Fat Free Zesty Italian, Jasmine Rice and Fat Free Cream Cheese

<https://www.myfoodandfamily.com/recipe/094487/farmhouse-chicken-dinner>

FELICIA FITNESS HEALTH CHICKEN STROGANOFF: 5SP

1 Chicken Breast- Cubed
1/3 Cup Low Fat Cottage Cheese
2oz (dry) Fiber Gourmet Rotini Pasta (link to Netrition to order below!!)
Onion
Mushroom

Spinach

Salt, Pepper and Garlic Powder

Saute veggies until tender. While veggies are cooking, boil pasta until tender. Cook chicken until cooked through. Mix chicken with veggies, add pasta and cottage cheese and mix until combined!

FETA GREEK TURKEY MEATBALLS: 0sp (I counted as 1sp)

MODIFICATIONS: 99% FF Turkey, Fat Free Feta and Nonfat Greek Yogurt

<https://sweetpeasandsaffron.com/feta-stuffed-greek-meatballs-with-lemon-garlic-yogurt-sauce/>

FONTINA ROLLED CHICKEN: 4 Servings - 6SP each

<https://www.tasteofhome.com/recipes/f...>

MODIFICATIONS: Fat Free Cream Cheese, Mozzarella Cheese, Center Cut Bacon, No Sun Dried Tomatoes (only because I couldn't find them), No Oil and 1 cup of Breadcrumbs

FRENCH ONION CHICKEN MEATBALLS:

<https://www.delish.com/cooking/recipe...>

*Modifications: No oil, 98% Ground Chicken, Mozzarella Cheese in place of Gruyere, I will be using 24 Simple Mills Crackers & Melt Butter)

4 Servings -

8sp 6sp 6sp (Using Melt Butter)

6sp 4sp 4sp (Using Light Butter)

FULLY LOADED BURGER BOWLS: 6 servings- 6sp

MODIFICATIONS: 96/4 Extra Lean Ground Beef, light butter, 1 cup light shredded cheese and 1 cup fat free cheese and Center Cut bacon

<https://www.familyfreshmeals.com/2018/05/fully-loaded-burger-bowls.html>

GARLIC BACON AND CHEESE STUFFED CHICKEN BREAST:

<https://drizzlemeskinny.com/garlic-bacon-and-cheese-stuffed-chicken-breast/>

GARLIC BUTTER MEATBALLS W/SPAGHETTI SQUASH: 4 Servings - 7sp 5sp

<https://www.delish.com/cooking/a22159...>

****MODIFICATIONS: 96/4 Ground Chicken, No Oil and Light Butter)**

General Tso's Chicken:

<https://www.wsmartpointsrecipes.xyz/2015/12/general-tsos-chicken-4-smartpoints.html#.XGQ3beSWwdU>

GRILLED BRUSSELL SPROUTS: 6 Servings - 2SP

<https://www.delish.com/cooking/recipe...>

****MODIFICATIONS: 1 tbs oil and sugar free honey (To order-
<https://www.netrition.com/cgi/goto.cg...>**

GRILLED CHICKEN MANGO AND AVOCADO SALAD: 4sp (all plans)

<https://www.skinnytaste.com/californi...>

GROUND BEEF CASSEROLE: 4 Servings - 4SP

<https://healthyrecipesblogs.com/groun...>

****MODIFICATIONS: 1 pound 96/4 Extra Lean Ground Beef, Fat Free Cream Cheese, Trader Joe's Light Mozzarella****

GROUND BEEF DINNER - 1/6th - 6sp

<https://www.cditchen.com/recipes/rec...>

****MODIFICATIONS: 96/4 Extra Lean Ground Beef, Healthy Request Soups & I cooked mine in the Instant Pot for 20 minutes****

GROUND BEEF ENCHILADAS: 3SP EACH

<https://keviniscooking.com/?s=ENCHILADAS>

**MODIFICATIONS: No Oil, 96/4 Ground Beef, FF Refried Beans, 4oz Trader Joes Lite Mozz and 4oz FF Cheese. Also, I used the Ole Wraps.

GROUND BEEF GOULASH:

<https://www.food.com/recipe/ground-beef-goulash-86858>

*MODIFICATIONS: 96/4 Ground Beef, Healthy Request Tomato Soup, 1/2 cup Parmesan Cheese, 1/2 cup Velveeta Shreds & Fiber Gourmet Pasta (to order: <https://www.netrition.com/cgi/goto.cg...>

6 Servings: 7sp (all plans) 5sp (purple with 0sp pasta)

GROUND BEEF LO MEIN: 4 Servings = 6SP

<https://under500calories.com/recipe/5...>

**MODIFICATIONS: Fiber Gourmet Pasta (Link to Netrition to order below!!) and only regular Sesame Oil.

GROUND BEEF RISOTTO: 4 Servings- 8SP or 6 Servings- 6SP

<https://www.bettycrocker.com/recipes/...>

**MODIFICATIONS: 96/4 LEAN GROUND BEEF.

Ground Beef Stroganoff- 1/6th= 6sp

<https://www.cookingclassy.com/beef-stroganoff/>

*Modifications- Olive oil spray & 96/4 lean ground beef *

GROUND BEEF TOTCHAS: 1/6th = 7sp

<https://www.pillsbury.com/recipes/gro...>

MODIFICATIONS: 1 bag tater tots, 96/4 lean ground beef, 3oz Trader Joe's Mozzarella and 3 oz Fat Free cheese

GUINNESS BEEF STEW:

<https://www.under500calories.com/recipe/b71c8-guinness-beef-stew>

GYROS: 5SP (6 Servings)

**MODIFICATIONS: I used ground chicken (1 pound) and Center Cut Bacon. I used Rojo's Tzatziki and Josephs pitas!

<https://dishdish.us/recipe/gyros/#.XP6Br-SpWUk>

HAMBURGER BUDDY:

<https://www.geniuskitchen.com/recipe/hamburger-buddy-258043>

HAMBURGER PIE-

1/8th = 3sp or 1/4th= 7sp

1 cup Self-Rising Flour

1 cup NF Greek Yogurt

1 pound 96/4 lean ground beef

Small Onion- diced

Green Beans- fresh or frozen

1 Egg

5 oz Light Shredded Mozzarella

15oz can of Tomato Sauce

Cook ground beef and onion. Prepare 2 ingredient dough (mix together the self-rising flour and greek yogurt) Spread dough into greased pie dish. Brush egg over dough. Add 1oz of cheese to dough. Add green beans and tomato sauce to ground beef and let simmer for 5 minutes. Add to dough and top with 5oz of shredded cheese. Bake at 350 for 20-25 minutes.

Hawaiian Pasta Salad

3/4th cup =4SP

MODIFICATIONS: Fiber Gourmet Pasta, 8oz Ham, Light Mayo, Light Sour Cream and Sugar Free Honey

<https://www.spendwithpennies.com/hawaiian-pasta-salad/>

HAWAIIAN SHEET PAN DINNER: 4 Servings - 1SP (without rice)

<https://vintagekitty.com/hawaiian-ste...>

MODIFICATIONS: I used chicken and no oil

Healthy Baked Fish Sticks with Lemon Caper Sauce – 5SP (Air Fryer):

<https://www.skinnytaste.com/healthy-baked-fish-sticks-with-lemon/>

HEALTHY INSTANT POT FRIED RICE: 6 Servings - 5SP

<https://fitfoodiefinds.com/instant-po...>

MODIFICATIONS: 1 tsp Oil & Sugar Free Maple Syrup

HEALTHY SLOW COOKER CHICKEN & DUMPLINGS:

<https://skinnymys.com/healthy-slow-coo...>

MODIFICATIONS: Light Butter, Fairlife or milk substitute

HONEY LIME SHRIMP:

<https://www.cookingclassy.com/honey-l...>

*with raw honey & butter: 5sp (blue & purple) 6sp (green)

*with sugar free honey & light butter: 2sp (blue & purple) 3sp (green)

INSTANT POT BOLOGNESE: 6 Servings = 7SP or 8 Servings = 5sp

<https://girlandthekitchen.com/how-to-...>

**MODIFICATIONS: 99% lean ground turkey, Fat Free 1/2 & 1/2, Light Butter and Fiber Gourmet Pasta (order here:

<https://www.netrition.com/cgi/goto.cg...>)

INSTANT POT BEEF CARNITAS: 6 Servings w/cheese- & 2 shells- 7SP

<https://recipes.instantpot.com/recipe...>

**MODIFICATIONS: 1 pound Steak & Light Cheese)

INSTANT POT BEEF STEW: 8 Servings - 4sp

<https://copykat.com/instant-pot-beef-...>

MODIFICATIONS: 20 oz stew meat, no oil and 24 oz potatoes

INSTANT POT BROCCOLI & CHEDDAR PASTA: 6 Servings = 5sp or 4 Servings = 7sp

*MODIFICATIONS: I cut the recipe in half- 1/2 pound (1 8oz pkg of Fiber Gourmet Pasta), 4 oz FF Cheese, 4 oz Lite Cheese and FairLife FF Milk.

<https://www.adventuresofanurse.com/instant-pot-broccoli-cheddar-pasta/>

Instant Pot Buffalo Chicken Pasta

1/6th = 6SP

*Modifications: Bolthouse ranch, light butter, fat free cream cheese, light shredded cheese, and fiber gourmet pasta

<https://www.adventuresofanurse.com/instant-pot-buffalo-chicken-pasta/>

INSTANT POT CHICKEN NOODLE SOUP: 6 Servings - 5sp 3sp 0sp if using 0 point pasta

<https://www.delish.com/cooking/recipe...>

**MODIFICATIONS: No Oil & Fiber Gourmet Pasta (to order-

<https://www.netrition.com/cgi/goto.cg...>

INSTANT POT CHICKEN YAKITORI: 5sp

<https://mealplanaddict.com/2018/11/in...>

****MODIFICATIONS:** Sukrin Brown Sugar (to order-<https://www.netrition.com/cgi/goto.cg...>) 1 cup cooked rice**

INSTANT POT GOULASH: 1 Heaping Cup = 2SP

<https://mycrazygoodlife.com/instant-pot-goulash-21-day-fix-goulash/>

****MODIFICATIONS:** 99% Lean Ground Turkey and Fiber Gourmet Pasta (linked in my Amazon Store below) & Zero Point Marinara**

INSTANT POT GARLIC CHICKEN: 0sp

***MODIFICATIONS:** I used Dak's Seasoning (YUM!!) - to order: <https://daksspices.com/buy-daks>

Code- jennswwjourney

<https://everydayshortcuts.com/instant-pot-skinny-garlic-chicken/>

INSTANT POT ITALIAN CREAMY CHECKEN PASTA: 1/6TH = 4SP OR 1/4TH = 6SP

<https://www.youbrewmytea.com/2017/10/instant-pot-italian-creamy-chicken-pasta-recipe.html>

****MODIFICATION:** Fiber Gourmet Pasta**

INSTANT POT JAMBALAYA: 1/6TH = 6SP

****MODIFICATIONS**** Sam's Choice Chicken Apple Sausage & DAKS Red

<https://amindfullmom.com/instant-pot-jambalaya/>

INSTANT POT LASAGNA: 1/6th - 7sp

<https://www.pressurecookrecipes.com/i...>

****MODIFICATIONS:** Low Fat Ricotta, Skinnyish Dish Marinara (recipe below), Light Trader Joe's Mexican blend cheese & 96/4 Extra Lean Ground Beef**

INSTANT POT MAC & CHEESE: 8 Servings- 7SP

<https://thesaltymarshmallow.com/insta...>

****MODIFICATIONS:** Fiber Gourmet Pasta (to order: <https://www.netrition.com/cgi/goto.cg...>) Light Butter, 1 cup Fat Free cheese and 1 cup Trader Joes Lite Mexican blend. Carb Master milk (you can also use Fair Life).

INSTANT POT MEATY ITALIAN PASTA DINNER: 1/8TH = 7SP

****MODIFICATIONS**** Italian Breakfast Turkey Sausage, 96/4 Lean Ground Beef, Fiber Gourmet Pasta and Trader Joe's Lite Mozzarella.

<https://www.homemadefoodjunkie.com/instant-pot-meaty-italian-pasta-dinner/>

INSTANT POT PHILLY CHEESESTEAKS: 4 Servings - 5sp 3sp 3sp

<https://www.delish.com/cooking/recipe...>

****MODIFICATIONS: No Oil & Fat Free Cheese)**

INSTANT POT POTATO SOUP: 14 Servings - 6sp

<https://www.livinglocurto.com/baked-p...>

****MODIFICATIONS: Light butter, light sour cream, fat free cream cheese, 1 cu Trader Joes Organic Mozzarella, 1 cup Fat Free cheese & 1 cup Carb Master milk.**

INSTANT POT SUNDAY POT ROAST: 10 Servings = 7SP

<https://www.laaloosh.com/2018/02/08/instant-pot-sunday-pot-roast-recipe/>

****MODIFICATIONS-** No Olive Oil and I used a 2.75 pound roast**

INSTANT POT TACO PASTA: 1/6TH = 4SP OR 1/4TH = 6SP

<http://foodyschmoodyblog.com/instant-pot-taco-pasta/>

****MODIFICATIONS:** 96/4 Lean Ground Beef, Fiber Gourmet Pasta, 1/2 FF Cheese adn 1/2 Light Mozzarella**

Instant Pot Teriyaki Chicken

3sp

*Modifications: Chicken breasts, G Hughes Teriyaki Sauce and I did not use the cornstarch

<https://www.pressurecookrecipes.com/instant-pot-teriyaki-chicken/>

INSTANT POT WHITE CHICKEN CHILLI:

<https://theskinnyishdish.com/instant-pot-white-chicken-chili/>

MODIFICATIONS: I used 3 large chicken breasts, FF half & half & FF Cream Cheese

8 Servings: 1sp (blue & purple) 5sp (green)

ITALIAN TURKEY MEATBALLS: 6 Servings - 4sp 6sp 6sp

<https://www.allrecipes.com/recipe/219...>

****MODIFICATIONS: 1 pound 93/7 Ground Turkey, I used stuffing instead of breadcrumbs and Light Butter****

Jalapeno Popper Chicken Biscuit Casserole: 6SP

<https://thepounddropper.com/jalapeno-popper-chicken-biscuit-casserole/>

MODIFICATIONS: I used Green Chilies instead of jalapenos

JAMAICAN CHICKEN SHEET PAN DINNER:

<https://sweetpeasandsaffron.com/jamai...>

*MODIFICATIONS: Sukrin Brown Sugar (to order- <https://www.netrition.com/cgi/goto.cg...> and 1 lb potatoes. I also added Avocado Oil (adds 1sp per serving)

4 Servings- 2sp (blue) 0sp (purple) 5sp (green) *ADD 1SP IF USING OIL*

JAMIE EASON'S ITALIAN TURKEY BURGERS: 0SP

<https://www.bodybuilding.com/fun/jamie-easons-livefit-recipes-italian-turkey-burgers.html%20%20%20%20%20%20%20%20%20%20%20>

JAMIE EASON'S TURKEY MEATLOAF MUFFINS: 1sp each

*MODIFICATIONS: 99% Extra Lean Ground Turkey & DAKS Original Red Seasoning

<https://cleananddelicious.com/jaime-easons-turkey-meatloaf-muffins/>

KOREAN GROUND TURKEY RICE BOWLS: 5sp per bowl

<http://theschmidtywife.com/korean-ground-turkey/>

MODIFICATIONS- Sugar Free Honey & I added cabbage, julienned carrots and zucchini

KFC Coleslaw

1/6th =2sp

*Modifications: Light mayo, Stevia in the Raw and Fat free ½ & ½

<https://dinnerthendessert.com/kfc-coleslaw-copycat/>

Lasagna Bubble Up:

<https://drizzlemeskinny.com/bubble-up-lasagna/>

LAST MINUTE CHICKEN DINNER: 4 Servings - 5sp

<https://www.allrecipes.com/recipe/475...>

**MODIFICATIONS: No oil, 1 pound of potatoes & Carb Master or Fair Life milk (you can also use almond milk).

LIGHTENED UP BEEF STROGANOFF:

<https://thepounddropper.com/lightened...>

**MODIFICATIONS: I used Fiber Gourmet Pasta (To order- <https://www.netrition.com/cgi/goto.cg>).

LIGHT CREAM CHEESE CHICKEN: 4 Servings - 6SP

<https://onceamonthmeals.com/recipes/i...>

*MODIFICATIONS: Fat Free Cream Cheese & Fiber Gourmet Pasta (To order the pasta:
<https://www.netrition.com/cgi/goto.cg...>)

LOADED AIR FRYER POTATO WEDGES: 12 SERVINGS- 4SP EACH

MODIFICATIONS 1 cup Trader Joe's Lite Shredded Mozzarella & 1 cup Fat Free Shredded Cheese, Fat Free Cream Cheese, Omitted Ham & Colby Cheese & 1.5 cups Panko.

<https://www.fatherandus.com/loaded-air-fryer-potato-wedges/>

LOADED SLOW COOKER POTATOES: 7sp(green & blue) & 4sp(purple)

<https://www.delish.com/cooking/recipe...>

MODIFICATIONS: 2 cups FF cheese, 1 cup Light cheese, Center Cut Bacon & Light Sour Cream

LOW CARB STEAK FAJITA ROLL-UPS: 2SP Each

<https://www.aspicyperspective.com/low...>

MODIFICATIONS: 1 pound Petite Sirloin and no oil

Mac n Cheese:

<https://thepounddropper.com/pepper-jack-mac-n-cheese-with-chicken/>

MAC & CHEESE W/MEATBALLS: 8 Servings with 3 Meatballs - 8sp 8sp

<https://stage-recipes.instantpot.com/...>

**MODIFICATIONS: Trader Joe's Turkey Meatballs, Light Butter, Fiber Gourmet Pasta (to order-
<https://www.netrition.com/cgi/goto.cg...> 6 oz Trader Joe's Lite Shredded Cheese, 6 oz Fat Free Cheese & Fat Free 1/2 & 1/2**

Make Ahead Pepperoni Pizza Sandwiches:

<https://theskinnyishdish.com/pepperonipizzasandwiches/>

MARINATED GRILLED SHRIMP: 2SP EACH (6 skewers total)

<https://www.allrecipes.com/recipe/216...>

****MODIFICATIONS:** 1/4 cup Olive Oil & No Cayenne**

MARYLAND CRAB CAKES: 4 Servings - 6sp

****MODIFICATIONS:** I used Imitation Crab (If you use fresh, it is zero points so recalculate the total points per serving) & Light Mayo**

<https://www.food.com/recipe/maryland-crab-cakes-8696>

MEATBALL PARM BAKE: 4 Servings - 6sp 4sp 2sp if you replace stuffing with a zero point grain option

<https://www.thechunkychef.com/meatbal...>

MODIFICATIONS: 1 lb 94/4 Ground Beef, Pepperidge Farm Stuffing, FF Milk, No Asiago Cheese, Skinnishdish Crockpot Marinara (recipe below) & FF Cheese

MEATLOAF: 6 Servings - 5sp

<https://www.food.com/recipe/meatloaf-...>

****MODIFICATIONS:** Carb Master milk, Sugar free ketchup, Sukrin Brown Sugar (to order- <https://www.netrition.com/cgi/goto.cg...> and 96/4 extra lean ground beef**

MEATLOAF & MASHED CALIFLOWER:

<https://www.skinnykitchen.com/recipes/darn-good-skinny-meatloaf/>

1/5th of the Meatloaf= 5sp

MESQUITE MARINATED KABOBS:

1 packet Grill Mates (Prepare per package instructions)

Steak, cut into 2x3 pieces

Veggies

Skewer your meat and veggies and BBQ! Add Daks Red Mountain Rub.

MEXICAN FRUIT SALAD - 0SP

<https://www.dinneratthetoo.com/mexican-fruit-salad/>

MINI BURGERS: 6 Burgers- 5sp each

****MODIFICATIONS:** I doubled the entire recipe with the exception of the cheese - I used 1 1/2 oz total. Also, 1 egg should be enough. 96/4 ground beef, 1/2 the pastry sheet and no oil**

<https://www.pauladeen.com/recipe/mini-burgers/>

MINI PEPPERONI AND BACON PIZZA MUFFINS:

<https://drizzlemeskinny.com/mini-pepperoni-bacon-pizza-muffins/>

MONGOLIAN BEEF: 4 Servings - 8sp

<https://www.delish.com/cooking/recipe...>

****MODIFICATIONS:** Sukrin Brown Sugar & Petite Sirloin Steak**

MUDHUSTLER SPINACH LOBSTER MAC (My own spin!) : 4 Servings - 5sp

- 1 package Fiber Gourmet Pasta
- 10 oz Trader Joes Spinach & Kale Dip
- 1 package Langostino Tails

Boil pasta. When almost coked- add in lobster. Drain and mix together with dip, Serve!

MUDHUSTLER TURKEY CRANBERRY MEATBALLS

2sp each 1sp each 1sp each

- 2 lbs 99% extra lean ground turkey
- 2 eggs
- 3/4 cup Pepperidge Farms Herb Stuffing mix
- 1/3 cu reduced sugar Craisins
- 1 tsp of Sage, Rosemary, Garlic Powder, Salt and Pepper
- 2 tbs chopped Celery
- 2 tbs chopped Onion (or minced)

Combine all ingredients. Bake at 400 until cooked.

OLIVE GARDEN ZUPPA TOSCANA SOUP: 4sp (green & blue) 2sp (purple) 8 Servings

<https://copykat.com/olive-garden-zupp...>

****MODIFICATIONS: 1 full bag of Jimmy Dean Turkey Sausage Crumbles & Fat Free 1/2 & 1/2****

OH SO EASY BROCCOLI CHEDDAR POT PIES: 6SP each

**MODIFICATIONS: Fair Life FF milk, 1/2 FF cheese and 1/2 LF cheese and DAK'S Original Red

<https://ohmyveggies.com/recipe-oh-so-easy-broccoli-cheddar-pot-pies/>

One Pot Alfredo Pasta w/Bacon and Peas:

<https://theskinnyishdish.com/one-pot-alfredo-pasta-with-bacon-peas/>

ONE-POT CHEESY CHICKEN ENCHILADA PASTA: 6SP

<https://www.bettycrocker.com/recipes/...>

MODIFICATIONS: I used FF cheese

ONE POT CHICKEN PARM PASTA:

<https://drizzlemeskinny.com/one-pot-chicken-parmesan-pasta/>

1 cup = 5sp

One Pot Macaroni & Cheese-

<https://www.litecravings.com/2018/08/17/one-pot-macaroni-and-cheese/>

ONE POT MEXI BEEF & CORN BAKE: 6 Servings = 5SP

<https://www.diaryofarecipecollector.com/one-pot-mexi-beef-corn-bake.html>

**MODIFICATIONS- 96/4 lean ground beef and Daks Red Spice

OUTBACK STEAKHOUSE ALICE SPRINGS QUESADILLA: 6SP EACH

****MODIFICATIONS:** Light Mayo, SF Honey, Light Butter, 1oz Trader Joes Lite Mozzarella and 1/8th cup Light Shredded Cheese**

<https://copykat.com/outback-steakhouse-alice-springs-quesadilla/>

PAD THAI: 4 Servings - 7sp or 6 Servings - 5sp

<https://tastesbetterfromscratch.com/p...>

****MODIFICATIONS:** Finer Gourmet Spaghetti (to order- <https://www.netrition.com/cgi/goto.cg...>) 1 tbs oil, Shrimp, no bean sproouts, no fish sauce, Sukrin Gold Brown Sugar (to order- <https://www.netrition.com/cgi/goto.cg...>) no hot sauce and PB2**

PASTA CARBANARA: 1/5th - 6SP

****Fiber Gourmet Pasta, Center Cut Bacon & FF 1/2 and 1/2**

<https://under500calories.com/recipe/90096-pasta-carbonara>

PATTY MELTS: 5SP

<http://skinnypoints.net/patty-melts-w...>

****MODIFICATIONS:** I used 96/4 lean ground beef, light mayo, Jarlsberg Swiss Cheese and butter spray**

PEANUT NOODLES W/CHICKEN: 4 Servings = 5sp

****MODIFICATIONS:** 1 TBS Sesame Oil, 7 TBS PB2 mixed with water, Truvia, Fiber Gourmet Pasta & I added chicken breast.

<https://www.allrecipes.com/recipe/13974/peanut-noodles/>

PEPPERONI PIZZA CASSEROLE: 6 Servings- 8SP or 8 Servings- 6SP

<https://www.allrecipes.com/recipe/219...>

****MODIFICATIONS:** 96/4 Ground Beef, Fiber Gourmet Pasta (link to Netrition to order below!), Skinnyish Dish Crockpot Marinara (recipe below), Turkey Pepp and 12oz Trader Joes Lite Mozz.

PESTO CHICKEN SALAD:

<https://skinnymys.com/pesto-chicken-sa...>

POINTS ARE FOOD CHICKEN SALAD ONLY - NO ROLL

3 Servings: 2sp (purple & blue) 4sp (green)

Philly Cheese Pasta:

<https://thepounddropper.com/philly-cheese-pasta/>

PHILLY CHEESESTEAK SANDWICHES: 8SP

<https://www.geniuskitchen.com/recipe/...>

****MODIFICATIONS: No Cayenne Pepper and no mushrooms****

PHILLY CHEESESTEAK SANDWICHES: 9sp

****MODIFICATIONS: 14oz shaved beef, no oil, no lettuce and 1 oz TJ Organic Mozzarella Cheese****
Bun I used was 5sp but I pulled out the guts which made it 3sp. The meat mixture and cheese is 5sp. I added 1 tbs Light Mayo which made my sandwich 9sp.

<https://www.ricardocuisine.com/en/recipes/3895-philly-cheesesteak>

PIMENTO CHEESE CHICKEN SALAD:

<https://emilybites.com/2019/02/piment...>

MODIFICATIONS: Chosen Foods Avocado Mayo and Trader Joe's Organic Mozzarella

WITH CHOSEN FOODS MAYO: 5sp (blue & purple) 7sp (green) -NOT including bread of choice)

WITH LIGHT MAYO: 4sp (blue & purple) 6sp (green) - NOT including bread of choice.

PINEAPPLE FRIED RICE: 8sp- GREEN & BLUE 0sp- PURPLE (with 0sp rice)

<https://www.skinnytaste.com/pineapple...>

****I did not use the oil, chili flakes or fish sauce****

PINEAPPLE TERIYAKI MEATBALLS:

<https://litecravings.com/pineapple-te...>

0sp for up to 2 meatballs (blue & purple) or 1sp for up to 6 meatballs.

Osp for up to 2 meatballs (green) or 3sp up to 6 meatballs

PIZZA BAGELS: 6sp for 4 halves

1 package of Western Bagel Bagettes (I prefer the Everything or Wheat)

Skinnyish Dish 0 Point Crockpot Marinara (If you use bottled marinara, just adjust the points)

Turkey Pepperoni or Mini Pepperoni

Trader Joe's Lite Mozzarella

Jimmy Dean Sausage Crumbles

Minced Onion

Assemble pizza bagels and cook in air fryer or oven until crispy.

Pizza Casserole-

<https://thepounddropper.com/pizza-casserole/>

PIZZA POCKETS:

1 Cup Self-Rising Flour

1 Cup NF Greek Yogurt

Marinara Sauce (I used Skinnyish Dish Zero Point Crockpot Marinara)

Turkey Pepperoni (I used 10 slices) or other protein

Cheese (I used Trader Joes Lite Mozzarella- 1oz)

Any veggies you want

Make dough- roll out into 4 equal sections. Add fillings and fold to close and seal. Cook in Air Fryer until cooked through and golden brown (you can also cook them in the oven at 400). My pizza pockets were 5sp each.

PIZZA POT PIES: 6 SERVINGS - 8SP (green plan)

<https://www.lecremedelacrumb.com/pizz...>

****MODIFICATIONS: Monk Fruit Sweetener, No oil, 1 cup Jimmy Dean Turkey Sausage Crumbles, 1 cup Trader Joe's Organic Mozzarella and 15 slices Turkey Pepperoni***

POT ROAST DINNER - 6 Servings - 7sp (green & blue) 4sp (purple)

<https://www.recipesthatcrock.com/the-...>

POT ROAST (Instant Pot) : 6 Servings - 5sp (3oz meat, 2sp potatoes & 1sp sauce)

<https://www.fromvalerieskitchen.com/i...>

MODIFICATIONS: 1 tbs oil

RAMEN NOODLE SALAD: 5SP per serving

<https://www.lifeissweeterbydesign.com...>

**MODIFICATIONS: Pumpkin seeds instead of sunflower seeds.

Roasted Chicken Sausage, Peppers & Potatoes:

<http://www.thecomfortofcooking.com/2014/12/roasted-chicken-sausage-peppers-and-potatoes.html>

I used Sam's Choice Chicken Apple Sausage and olive oil spray

5 servings @ 4sp per serving

SALISBURY STEAK:

<https://www.food.com/recipe/salisbury...>

MODIFICATIONS: I used Pacific Mushroom Soup, 93/7 Grass Fed Ground Beef & 12 Simple Mills Crackers

6 Servings- 3sp (blue & purple) 4sp (green)

SAUSAGE & CHICKEN KABOBS: 6 Servings = 6sp

<https://www.tasteofhome.com/recipes/s...>

MODIFICATIONS: I used the Foster Farms Fajita Chicken, Hillshire Farms Turkey Sausage

Sausage & Ricotta Pasta:

<https://emilybites.com/2017/04/sausage-ricotta-pasta.html>

SAUSAGE & PEPPER EGG BAKE:

<https://emilybites.com/2018/11/sausag...>

MODIFICATIONS: No Marjoram, No Jalapenos & I added a Red Pepper

6 Servings- 3sp (blue & purple) 8sp (green)

SAUSAGE SKILLET DINNER:

4 Servings - 8sp 4.5 sp 5 sp

6 Servings - 6sp 3 sp 4sp

<https://www.tasteofhome.com/recipes/s...>

MODIFICATIONS: Sam's Choice Chicken Apple Sausage and 1 pound of potatoes

SAUSAGE, SPINACH & GORGONZOLA PASTA: 1/5th - 6sp

<https://www.sheknows.com/food-and-rec...>

**MODIFICATIONS: Sam's Choice Chicken Apple Sausage (or 2sp sausage), Fiber Gourmet Pasta (to order-

<https://www.netrition.com/cgi/goto.cg...>

Light Butter, Carb Master milk or milk alternative, NF Greek yogurt and 4 tbs Gorgonzola.

SZECHUAN BEEF STIR-FRY:

<https://www.myfoodandfamily.com/recipe...>

MODIFICATIONS: Lean Steak with all visible fat trimmed & no Kraft dressing

SESAME GINGER STIR FRY WITH GINGER SOY SAUCE: 4 Servings- 5sp (all plans)

<https://www.dinner-mom.com/sesame-bee...>

**MODIFICATIONS: Sukrin Brown Sugar (to order - <https://www.netrition.com/cgi/goto.cg...>

SHEPHERDS PIE: <https://www.geniuskitchen.com/recipe/low-fat-shepherds-pie-194660>

MODIFICATIONS: No Oil, 96/4 Lean Ground Beef

SHEET PAN STEAKHOUSE DINNER: 4 Servings - 6sp

MODIFICATIONS: 1 pound 8 oz of potatoes, 1 tsp oil and I used 2 Petite Sirloin Steaks

<https://www.bettycrocker.com/recipes/sheet-pan-steakhouse-dinner/69fc576c-c468-4852-99d9-b85a96592f0a>

SKINNISH DISH CROCKPOT MARINARA:

<https://theskinnyishdish.com/crockpot-marinara/>

0sp all plans

SKILLET BALSAMIC GLAZED CHICKEN & POTATOES (ONE-POT RECIPE):

<https://skinnyms.com/skillet-balsamic...>

MODIFICATIONS: Sugar Free Honey (if desired) and 4 medium Red Potatoes

Using Sugar Free Honey: 7sp (blue) 10sp (green) 2sp (purple)

SKILLET PIZZA GNOCCHI BAKE-

<https://theskinnyishdish.com/amazing-skillet-gnocchi-pizza-bake/>

SKINNY ALFREDO:

4 Servings: 9sp7sp8sp

<https://www.delish.com/cooking/recipe...>

MODIFICATIONS: Fiber Gourmet Pasta (to order: <https://www.netrition.com/cgi/goto.cg...>) & no oil

SKINNY BAKED SPRING ROLLS: 2 Rolls - 1sp

<https://www.skinnykitchen.com/recipes...>

**MODIFICATIONS: I did not make the peanut sauce. I used spring roll wrappers. No oil. **

Skinny Cheeseburger Pot Pie:

<https://www.skinnykitchen.com/recipes/skinny-cheeseburger-pot-pie/>

SKINNY CHICKEN CHOW MEIN: 1/4th - 3sp

<https://www.skinnykitchen.com/recipes...>

**MODIFICATIONS: Fiber Gourmet Pasta & Sukrin Gold

Skinny Chicken Enchilada Casserole with Green Chile Sauce:

<https://www.skinnykitchen.com/recipes/skinny-chicken-enchilada-casserole-with-green-chile-sauce/>

Skinny Mexican Chicken and Brown Rice Casserole:

<https://www.skinnykitchen.com/recipes/skinny-mexican-chicken-and-brown-rice-casserole/>

SKINNY ORANGE CHICKEN: 6 Servings - 3sp (without rice)

<https://www.gimmesomeoven.com/skinny-...>

**MODIFICATIONS: 2 tsp Olive Oil, fresh squeezed OJ, Sugar Free Honey (order here- <https://www.netrition.com/cgi/goto.cg...>)

SKINNISH DISH CROCKPOT MARINARA:

<https://theskinnyishdish.com/crockpot-marinara/>

0sp all plans

Slow Cooker Beef & Tater Taco Soup:

<https://theskinnyishdish.com/beefandtaterfachili/>

SLOW COOKER CREAMY TORTELLINI & SAUSAGE: 8 Servings - 7sp (green and blue plan)

<https://whoneedsacape.com/2013/10/slo...>

****MODIFICATIONS:** Turkey Sausage, No Oil and Fat Free Cream Cheese**

SLOW COOKER FRENCH ONION CHICKEN: 4 Servings - 7sp 5sp

<http://www.motherthyme.com/2018/10/sl...>

****MODIFICATIONS:** Light Butter, 1 cup FF Mozzarella, 1/2 cup Trader Joe's Lite Shredded Cheese and 10 tbs croutons**

SLOW COOKER GARLIC PARM CHICKEN: 4 Servings (8sp on green) (5sp on blue) (2sp on purple)

<https://www.delish.com/cooking/recipe...>

MODIFICATIONS: No Oil, Chicken Breast & Light Butter

SLOW COOKER HOISIN CHICKEN: 8 Servings- 1sp - 6 Servings - 2sp or 4 Servings - 2sp.

<https://www.cookincanuck.com/slow-coo...>

****MODIFICATIONS:** Sugar Free Honey (to order- <https://www.netrition.com/cgi/goto.cg...> and no chiii-garlic sauce**

Slow Cooker Pulled Pork

Pork Roast (the leaner the better)

G Hughes BBQ Sauce (½ - 1 cup)

Pineapple tidbits - drained

Salt & Pepper

Cook until easily shredded. Add to Smart Bun 6sp

SMOTHERED PORK CHOPS: 1 chop = 5sp

<https://www.foodnetwork.com/recipes/food-network-kitchen/smothered-pork-chops-recipe-2106699>

*MODIFICATIONS: 1/4 cup Flour, No Oil and Low Fat Buttermilk.

SOUR CREAM ENCHILADAS

(From Lauren at <https://www.youtube.com/louiselane>) 1 = 2SP, 2 = 5SP and 3 = 7SP.

For the Chicken:

- 3 Chicken Breasts
- 1 Tbsp Chili Powder
- 1 Tbsp Cumin
- 1 to 1.5 cups of your favorite salsa (salsa verde works too!)
- salt & pepper to taste

Spray crock pot with olive oil spray (or pam), add in chicken breast and top with salt, pepper, cumin and chili powder, then dump in salsa (you can use a whole jar or just measure out a cup or 2!) Cook on high for 3-4 hours until chicken is tender and pulling apart easily.

For the Enchiladas:

- 3 Tbsp Flour
- 1/2 tsp seasoning salt
- 1/2 tsp cumin
- 2 cups chicken broth
- 1/2 cup light sour cream or the low fat Chobani Savor
- 4oz can of green chiles
- 8 Tortillas (I recommend Ole Xtreme Wellness)
- 2 cups fat free cheese

-1 roma tomato for topping

-Cook garlic (and onion if you have it) on the stove on medium heat until fragrant and translucent.

-In a separate bowl add in 3 Tbsp of flour (I used self rising because that's what I had on hand), seasoning salt, cumin, and chicken broth (can be any temperate, just not boiling!) and whisk together until well combined.

-Add flour and broth mixture to the pan with the garlic and onion and cook on medium high heat, stirring constantly, until the sauce thickens up, about 5-7 minutes.

-Remove from heat and add in half cup of sour cream or chobani savor and whisk in until well combined.

-In a large bowl add your shredded chicken, green chiles, 1/2 cup of the fat free cheese, and 1/2 cup of the sauce. Still together and set aside.

-Spray a baking dish with olive oil or pam, fill each tortilla with about 1/3 cup of the chicken mixture, roll up and add to dish. After all of your enchiladas are in the pan add in the remaining sauce over the top, cover with foil and bake at 350 for 25 minutes. After 25 minutes top remove the foil and add in the remaining 1.5 cups of cheese and put back in the oven uncovered for 5 minutes or until the cheese is melted. Top with tomatoes once its out of the oven!

Spaghetti Pie Muffins:

https://www.sidechef.com/recipes/535/Spaghetti_Pie:_Meal_in_a_Muffin

SPECIAL CHOWMEIN: 1/6th= 6sp

<http://www.groupprecipes.com/26250/special-chow-mein.html>

Modifications: I tripled the recipe(only for 2 servings) Sweet Potato Glass Noodles & added 1 tbs of Sesame Oil

STEAK & MUSHROOM PASTA: 8 Servings - 6SP (6 Servings - 8sp)

**MODIFICATIONS: 1 LB Petite Sirloin (or other lean steak), DAKS Lemon Pepper

<https://halaal.recipes/recipes/details/11415/steak-and-mushroom-pasta>

STUFFED PEPPERS:

<https://www.bettycrocker.com/recipes/stuffed-peppers/63e29e18-903e-467c-aec5-fba4ce3a138f>

****I used Light Mozzarella and 96/4 ground beef****

SUN DRIED TOMATO CHEESY MEATBALLS:

<https://cafedelites.com/sun-dried-tomato-cheesy-meatballs/>

****MODIFICATIONS: 96/4 OR 93/7 Ground Beef, Sun Dried Tomatoes not in oil and No oil in the meatballs.**

6 Servings-

****If using 96/4 Ground Beef- 3sp (blue & purple) 4sp (green)**

**** If using 93/7 Ground Beef- 4sp (blue & purple) 5sp (green)**

SWEDISH TURKEY MEATBALLS:

<https://www.food.com/recipe/swedish-t...>

***MODIFICATIONS: I used Pepperidge Farm Herb Stuffing, Fairlife or Carb Master Milk (you can use Almond Milk), Classico Light Alfredo and Fiber Gourmet Pasta (to order- <https://www.netrition.com/cgi/goto.cg...>**

6 Servings- 7sp (all plans) + 3sp for Fiber Gourmet Pasta

SWEET & SOUR MEATBALLS:

<https://www.food.com/recipe/sweet-and...>

MODIFICATIONS: 93/7 Ground Beef, I used 8 Simple Mills Crackers, No Vegetable oil, Avocado/Olive Oil in place of Vegetable oil in the sauce, Sukrin Brown Sugar (to order: <https://www.netrition.com/cgi/goto.cg...> and Low/No Sugar Ketchup

4 Servings: 5sp (all plans)

SWEET POTATO HASH: 1/4th - 4sp

<https://www.copymethat.com/r/xT4JVPo/...>

****MODIFICATIONS: Turkey Sausage****

TACO CASSEROLE:

<https://pointskitchen.com/taco-casserole/>

****MODIFICATIONS: I used shredded chicken, low fat sour cream and baked Tostitos Scoops (32 chips)****

TACO LASAGNA:

<https://www.bunsinmyoven.com/taco-lasagna/>

****MODIFICATIONS: 96/4 Ground Beef, Light Sour Cream, Fat Free Cheese and 1sp Tortillas)**

4 Servings- 8sp (all plans)

TACO PIE-

(Points may change depending on exact ingredients used)

1 pound 96/4 lean ground beef

1 onion chopped

1tbsp chili powder

1 ..14 oz can tomato sauce

1 package (10oz) corn thawed/drained

6 tortillas (I use extreme wellness brand 1pt each)

1 cup Kraft fat free shredded cheddar cheese

Preheat oven to 375. Brown meat, onions and chili powder in skillet. Add tomato sauce and corn and simmer for 5 minutes or until fully heated. Spoon 1 cup of mixture into round casserole dish. Cover with 3 tortillas and top with another 2 cups of meat mixture and 1/2 cup of cheese. Cover with remaining tortillas, then remaining meat mixture and cover with foil. Bake for 25 minutes. Top with remaining cheese and bake another 5 minutes uncovered until cheese melts.

SERVING SIZE

Cut into 6 makes each slice 3 points

Cut into 4 makes each slice 5 points

ONE-PAN TACO RICE DINNER: 1/4TH - 8SP

<https://www.thecountrycook.net/one-pa...>

MODIFICATIONS: 96/4 Extra Lean Ground Beef, 1 cup uncooked Rice, 1/2 cup Fat Free Cheese and 1/2 cup Light Cheese

TAMALE PIE:

<https://amindfullmom.com/tamale-pie/>

*MODIFICATIONS: No Oil, 1 lb 96/4 Extra Lean Ground Beef, Fat Free Cheese, Sugar Free Honey (to order- <https://www.netrition.com/cgi/goto.cg...> Non-Fat Greek Yogurt & Fairlife or Carb Master Milk (you can use Almond Milk).

8 Servings: 7sp (blue & purple) 9sp (green)

TATER TOT TOPPED CHICKEN POT PIE:

<https://theskinnyishdish.com/tater-to...>

MODIFICATIONS: Fat Free Cheese & 3 large Chicken Breasts

8 Servings - 6sp (blue & purple) & 8sp (green)

TATER TOT CASSEROLE: 1/8th - 8sp

<https://thesaltymarshmallow.com/best-...>

MODIFICATIONS: 96/4 extra lean ground beef, fat free sour cream, 98/5 fat free cream of mushroom and fat free cheese

Tex Mex Meaty Mac & Cheese

1/4th = 6sp

*Modifications: Fiber Gourmet Pasta, 1 cup reduced fat cottage cheese, 1 cup fat free cheese

<https://skinnyms.com/tex-mex-meaty-mac-and-cheese-casserole-recipe/>

TURKEY, BACON & AVOCADO WRAPS:

<https://thepounddropper.com/turkey-bacon-avocado-wrap/>

Turkey Dinner Bubble Up-

<https://drizzlemeskinny.com/turkey-dinner-bubble-up>

TURKEY MEATBALL TORTELLINI SOUP-

<https://www.skinnytaste.com/turkey-meatball-spinach-tortellini-soup/>

TURKEY MEATBALLS WITH MASHED POTATOES AND HERBED GRAVY: (My dinner was 7sp)

<https://www.momontimeout.com/the-best-turkey-meatballs-with-herbed-gravy/>

**MODIFICATIONS: No olive oil used.

TURKEY SAUSAGE CASSOULET: 6SP

<https://www.fitnessmagazine.com/recipe/turkey/turkey-sausage-cassoulet/>

MODIFICATIONS: I omitted the olive oil

Turkey Taco Pasta Salad:

<https://drizzlemeskinny.com/turkey-taco-pasta-salad/>

VEGETARIAN TACO POCKETS: 2 Pockets- 6sp

<http://willowbirdbaking.com/2017/03/0...>

**MODIFICATIONS: I only used 1 pie crust, Fat Free Cream Cheese, Light Shredded Cheese & No Oil)

VEGETARIAN LASAGNA: 8 Servings - 7sp or 6 Servings - 9sp

<https://www.food.com/recipe/vegetaria...>

MODIFICATIONS: Skinnyish Dish Crockpot Marinara (recipe below), Low Fat Ricotta & Trader Joe's Organic Mozzarella

VEGETARIAN MUSHROOM MEATBALLS: 8 Servings - 4sp

<https://cooktoria.com/mushroom-meatba...>

****MODIFICATIONS:** No oil, Minced Onion and Skinnyish Dish Crockpot Marinara (recipe below) and Fiber Gourmet Pasta (to order: <https://www.netrition.com/cgi/goto.cg...> ******

VEGGIE FRIED RICE: 4 Servings - 3 sp 3sp

1/2 Onion - peeled & chopped

1/2 Carrot -diced

2 Eggs

2 cups cooked rice

1 cup frozen peas

2 tbs Soy Sauce

Turn on saute button and allow to warm up. Spray with non stick cooking spray. Add onion & carrot and cook until soft- about 5 mins. Move veggies to the side and scramble eggs- about 3 minutes. Add rice and peas. Stir and cook about 2 mins. Turn off and mix in soy sauce. Serve.

VEGGIE POT PIE: 8 Servings- 5sp (green plan), 6sp (blue), 4 sp (purple)

(1) Pie Crust

1 Medium Leek (chopped)

1.5 cps Celery (chopped)

8oz Mushrooms (thinly sliced)

1 Bag of frozen Mixed Veggies

2 Cloves of Minced Garlic

4oz Potatoes peeled and sliced into cubes

2.25 cups Veggie Broth

Poultry Seasoning

Cook leeks, celery and mushrooms in skillet sprayed with non-stick cooking spray 5-7 minutes or until tender. Add in garlic. Add potatoes, broth and seasoning. Cover and bring to a boil . Reduce heat to low and simmer 10 minutes. Add in mixed veggies and simmer until warm.

Spray a pie pan with nonstick cooking spray and add in filling (if it is too thin, add 1 tbs cornstarch and 1 tbs water to a bowl and make a slurry. Add to mixture to thicken). Add pie crust over the top and brush with egg wash.

Bake at 400 for 30-40 minutes or until cooked and crust is golden brown.

WHISKEY PINEAPPLE CHICKEN: 1sp (for marinade)

<https://www.plainchicken.com/2018/07/...>

WHISKEY PINEAPPLE CHICKEN: 1sp (for marinade)

<https://www.plainchicken.com/2018/07/whiskey-pineapple-chicken.html>

WINTER COBB SALAD: 8 Servings - 7sp 9sp 9sp or 6 Servings - 10sp 11sp 11sp

<https://mealthy.com/recipes/1545/wint...>

****MODIFICATIONS:** Low-fat Mayo (2oz), Sugar Free Honey (to order-

<https://www.netrition.com/cgi/goto.cg...> 1/4 cup Olive or Avocado Oil, No Poppy Seeds, No add'l tbs of oil, Center Cut Bacon and Reduced Sugar Cranberries)

WONTONS: 4 WONTONS = 3SP

<https://www.allrecipes.com/recipe/14704/best-egg-rolls/>

****MODIFICATIONS:** 1 Pound 93/7 Ground Turkey, No Oil and No Flour. I also used wonton wrappers not eggroll**

WW DILL POTATO SALAD: 3/4 CUP (heaping) - 4SP

<https://simple-nourished-living.com/weight-watchers-dill-potato-salad-recipe/>

Dessert:

1SP CUPCAKES:

FROM MUDHUSTLER WEBSITE- Makes 6 Cupcakes

****MODIFICATIONS:** I doubled the recipe to make 12 cupcakes and used regular cocoa**

1 serving or scoop of Devotion Nutrition Angel food cake protein powder (10% OFF DISCOUNT LINK & CODE BELOW)

1 tsp of baking powder

1 tsp of espresso powder (intensifies the flavor)

3 tbsp of Hershey's special dark cocoa powder

1/4 cup of Kodiak power cakes whole grain waffle mix or Birch Benders high protein pancake mix

3 tbsp of Sukrin brown sugar alternative

2 ripe bananas

1/4 cup of Lily's dark chocolate baking chips

1 egg

1/4 cup of water

Mix the dry then add the wet ingredients. Bake at 350.

7-up Cake:

<https://www.skinnykitchen.com/recipes/7-up-cake-a-dreamy-vintage-cake-made-skinny/>

APPLE CIDER CINNAMON MUFFINS:

1 box Pillsbury SF Cinnamon Swirl Mix

2 eggs

1/3 cup Unsweetened Applesauce

2 Packets SF Apple Cider Mix

Set cinnamon swirl mix aside and combine all other ingredients. Mix until combined with handheld mixer. Scoop mix into 12 muffin ups. Add cinnamon swirl crumble and mix with toothpick. Bake according to package instructions.

12 muffins= 3sp each

APPLE CRISP: 6 Servings - 3sp 3sp 2sp

<https://thepounddropper.com/easy-low-...>

APPLE CRISP: 6 Servings - 3sp or 4 Servings - 5sp

<https://celebratingsweets.com/apple-c...>

MODIFICATIONS: SF Apple Cider Mix, Stevia in the Raw Baking Blend, Sukrin Brown Sugar (to order- <https://www.netrition.com/cgi/goto.cg...> and Light Butter

BANANA BLUEBERRY BARS: 12 Servings - 5sp (green & blue) 4sp (purple)

<https://skinnyms.com/banana-blueberry...>

MODIFICATIONS: 7 Dates

BARRETT PASTERS CRANBERRY FLUFF: 6 Servings - 2sp (all plans)

10 tbs Light Cool Whip

1/2 bag fresh Cranberries

1 tbs SF Vanilla Pudding

1 servings of Lily's Chocolate Chips

1 tsp Vanilla

1/2 can Crushed Pineapple

1 cu NF Greek Yogurt

20 mini Marshmallows

Cook cranberries until they pop (about 10 mins). Stain. Mix all ingredients together and fold in cranberries.

Berry Cheesecake Salad

6 servings = 3sp per serving

*Modifications: Light whipped topping & Almond Milk

<https://www.recipe-diaries.com/berry-cheesecake-salad-weight-watchers/>

Blueberry Lemon Crumble Muffins:

<https://drizzlemeskinny.com/blueberry-lemon-crumble-muffins/>

BROWNIES: 20 servings w/frosting = 2SP each

1 Box Pillsbury SF Brownie Mix

1/3 cup Unsweetened Applesauce

3 tbs Water

146 Lily's Chocolate Chips

1 packet instant Espresso

1 Egg

Frosting: Pillsbury SF Chocolate

Mix together and bake at 350 until cooked through.

BROWNIE BATTER WHOOPIE PIES: 1sp

For the cookies-

- 2 servings of Chocolate Brownie Batter Devotion Nutrition protein powder
- 1tsp vanilla extract
- 1tsp baking powder
- 1 tbsp of espresso powder (intensifies chocolate flavor)
- 1 egg
- 1/4 unsweetened apple sauce

Mix together and spoon into a 12 cavity whoopie pie pan that is sprayed with non stick spray

Cook at 350 for 10 min

For filling

- 5 tbsp of cool whip free
- 2 tbs of Marshmallow fluff

Mix together and reserve in freezer while the tops and bottoms finish cooking and are completely cooled

1 tbsp of filling in between a top and bottom

Makes 6 assembled whoopie pies

1 Weight Watcher smart point each

CANDY APPLE SALAD: 1 CUP = OSP

32oz NF Greek Yogurt

2 Apples Chopped

20oz Crushed Pineapple Drained

1 pkg SF Butterscotch Pudding

Mix yogurt and pudding and add apples and pineapple. Enjoy!

CARAMEL PRETZEL CUPCAKES: 3SP each

1 box Sugar Free Devils Food Cake Mix

2 Pretzel Rods broken per cupcake (24 rods total)

Sugar Free Caramel Syrup

Unsweetened Applesauce

3 Eggs

ONE POINT CARROT CAKE PROTEIN CUPCAKES: 1SP each

<https://thepounddropper.com/one-point...>

Carrot Cake Loaf with Cream Cheese Icing:

<https://drizzlemeskinny.com/carrot-loaf-cream-cheese-icing/>

CHEWY CHOCOLATE CHIP CRAISIN GRANOLA BARS: 12 servings - 5sp

**MODIFICATIONS: 2 cups oats, 1/2 cup flour, 1/3 cup light butter, 1/4 cup SF honey, 1/4 cup Swerve brown sugar, 1/4 cup mini chocolate chips and 1/4 cup reduced sugar Craisins

<https://www.allrecipes.com/recipe/11382/chewy-granola-bars/>

CHEWY PEANUT BUTTER GRANOLA BARS: 1 Bar - 4sp

<https://www.gimmesomeoven.com/chewy-p...>

MODIFICATIONS: PB2 with SF syrup, Agave 5 sweetener, pumpkin puree, 1/2 cup almonds and Bake Believe Chocolate Chips

CHOCOLATE CHIP BLONDIES: 1/24TH = 3SP

<https://kodiakcakes.com/recipes/heart-brownies/>

MODIFICATIONS: NF Greek Yogurt (no butter) and Unsweetened Applesauce (no oil)

CHOCOLATE CHIP COOKIES:

<https://kodiakcakes.com/recipes/chocolate-chip-cookies/>

MODIFICATIONS- Light butter, Sukrin brown sugar and Lily's Chocolate Chips(200 chips) 1sp each

CHOCOLATE CHIP ZUCCHINI BREAD: 1/8th = 4SP

<https://www.fuelingasouthernsoul.com/dark-chocolate-zucchini%e2%80%8b%e2%80%8b%e2%80%8b%e2%80%8b-bread-kodiak-cakes/>

MODIFICATIONS: Apple Sauce, Truvia Brown Sugar, Almond Milk and Lily's Chocolate Chips

Chocolate Muffins:

2 cups Dark Chocolate Kodiak Mix

1 cup Water

6oz or 1 small container NF Greek Yogurt

1 Egg

3/4 tbs Vanilla Extract

1 tbs Stevia or Sweetener

Mix ingredients together and add to greased muffin pan. Cook at 350 for 10-15 minutes or until a toothpick comes out clean. 12 muffins @ 2 sp each.

CHOCOLATE PB BROWNIES: 2SP EA

3/4 cup Protein Powder (I recommend Devotion Brownie Batter- discount below!)

1/2 cup Water

1 tsp Baking Powder

3 Large Egg Whites

2 tbs Unsweetened Applesauce

1 tsp Vanilla Extract

2 tbs PB2

4 tbs Sugar Free Frosting

Mix ingredients together and bake at 350 in 8x8 pan for 10-12 minutes. Melt frosting for about 20 seconds and spread over brownies.

CINNAMON STRUSSEL APPLE MUFFINS: 3sp each

1 box of Pillsbury Cinnamon Muffin and Bread mix

Sub unsweetened applesauce for the oil

2 apples peeled and diced

Mix all ingredients and scoop into sprayed muffin tin. Bake per package instructions.

CINNAMON SWIRL COFFEE CAKE: 12 Servings - 5sp

****MODIFICATIONS:** Light Butter, 7/8 cup Flour, Splenda Baking Blend & Sukrin Brown Sugar**

<http://thedomesticdiva.org/blog/2019/03/11/coffeecake-recipe/>

EGGNOG CUPCAKES: 16 Cupcakes - 4sp 2 sp 2sp

<https://www.lovefromtheoven.com/eggno...>

****MODIFICATIONS: Pillsbury SF Cake Mix, SF Pudding, Trader Joe's Almond Nog, Unsweetened Applesauce, Light Butter & So Nourished Powdered Sugar Alternative (linked in my Amazon Store!)**

GLUTEN FREE PUMPKIN BARS:

<https://litecravings.com/gluten-free-...>

2sp w/out frosting (all plans) or 4sp w/frosting (all plans)

HOMEMADE PUMPKIN PUDDING: 4 Servings - 1sp

****MODIFICATIONS:** Carb Master FF milk and DAKS Pumpkin Spice

<https://cincyshopper.com/homemade-pumpkin-pudding/>

Instant Pot WW Apple Cake

4 servings = 4sp each

*Modifications: I halved the recipe - all ingredients

<https://www.midlifehealthyliving.com/instant-pot-weight-watchers-apple-cake-7/>

JACK O LANTERN CARAMEL BROWNIES: 9 Servings - 4sp

1 box of Pillsbury Sugar Free Brownie Mix

Kraft Caramel Bits

Unsweetened Applesauce (or greek yogurt)

1 Egg

Sprinkles

Pumpkin Silicone Mold (to order- <https://www.amazon.com/shop/jennswwo...>)

Prepare brownies to package instructions substituting the oil for unsweetened applesauce. Spray mold with non-stick cooking spray. Add sprinkles of your choice directly to mold (or add to brownies fresh out of the oven). Add mix 3/4 full and drop in 5-6 caramel bits. Bake per package instructions!

JAM BARS:

<https://litecravings.com/oatmeal-jam-...>

*MODIFICATIONS: Sukrin Brown Sugar (to order- <https://www.netrition.com/cgi/goto.cg...>)

Jam Thumbprint Cookies: 2sp each

<https://drizzlemeskinny.com/jam-shortbread-thumbprint-cookies/>

JAMIE EASON PUMPKIN BARS: 1/12th = 3sp

**MODIFICATIONS: DAKS Pumpkin Pie Spice and Pecans.

<https://www.bodybuilding.com/recipes/jamie-easons-pumpkin-protein-bars>

LAYERED PUDDING DESSERT- 1/6TH = 4SP

<https://www.tasteofhome.com/recipes/layered-pudding-dessert/>

MODIFICATIONS: I used 40 of the mini Vanilla Wafers and I used Light Whipped Topping

Lemon Blueberry Loaf-

<https://drizzlemeskinny.com/blueberry-lemon-loaf/>

LEMON CHEESECAKE:

<https://thepounddropper.com/lemon-cheesecakes/>

LEMON ZUCCHINI CAKE: 8 Servings - 4sp each (10 servings - 3sp)

**MODIFICATIONS: Stevia Baking Blend, Unsweetened applesauce, Light butter and Sukrin Powdered Sugar

<https://www.mybakingaddiction.com/wp-json/mv-create/v1/creations/661/print>

LUCKY CHARMS SQUARES: 18 servings- 4sp each

<https://spaceshipsandlaserbeams.com/blog/party-food/lucky-charms-squares>

MINI BROWNIE BATTER DONUTS: 1sp each

<https://thepounddropper.com/mini-brownie-batter-donuts/>

MINI CREME BRULEE CAKES: 1SP Each

(Recipe from MudHustler)

2 Servings Devotion Angel Food Cake Protein Powder (Link below for 10% off!!)

1/2 cup Flour

1 Egg

1 tsp Baking Powder

1 tsp Vanilla Extract

1/4 cup Unsweetened Applesauce

1 1/4 cup cold Water

Mix together and spoon into sprayed Bundt pan. Bake at 350 for 10 minutes.

CREME BRULEE DRIZZLE:

3 tbs Light Cool Whip

3 tbs Almond Milk

Devotion Nutrition Crème Brulee Flex Flavor

Drizzle over all 12 cakes. Adds no additional points.

MUDHUSTLER BIG BOY FUDGE BROWNIES: 2sp- GREEN 1sp- BLUE & PURPLE (1/8th of pan)

1/2 cup Flour

2 Scoops Devotion Angel Food Cake Protein Powder (to order: <http://devotionnutrition.com?aff=221>)

Use the code- jennswwjourney

2 Eggs

1 tbs Baking Powder

¼ cup Unsweetened Cocoa Powder

15oz Canned Pumpkin

¼ cup Brown Sugar Alternative (I use Sukrin and you order from Netrition)

1 tbs Vanilla

1 tbs Espresso Powder

Mix and bake at 375 in a 13x9 baking dish for 20 minutes.

NO BAKE CAKE BALLS:

1/3 cup Coconut Flour

1 1/3 cups Almond Flour

5 tbs Pure Maple Syrup

2 teas Vanilla

3 tbs Coconut Oil (melted)

1/4 Almond Milk (milk of choice)

Pinch of Salt

1/4 cup Coconut Sugar

Line a baking sheet with Parchment paper. In a medium bowl combine all ingredients (except Coconut Sugar) and mix. Roll into 18+ balls.

Pour the sugar into small bowl and roll cake balls in sugar and place on baking sheet. Freeze for 1 hour. Lasts up to 2 weeks in fridge.

I made 23 balls and only used 1/8 cup of the sugar. 23 balls - 2sp all plan

NO BAKE COOKIES: 13 Servings- 3sp

8 tbs PB2

1/4 cup Sugar Free Syrup

4 tbs Coconut Oil

2 tbs Cocoa Powder

Salt

1 tsp Vanilla

1 cup Oats

In a pan add PB2, syrup and oil. Mix and melt. Reduce the heat and add the oats, salt, cocoa and vanilla. Stir. Make 13 cookies on parchment and put in fridge until cooled, Enjoy!!

NO BAKE CHERRY CHEESECAKE: 1/12th - 3sp

<https://www.thestatenislandfamily.com...>

NO BAKE PEANUT BUTTER COOKIES:

<https://thepounddropper.com/no-bake-p...>

2sp per cookie or 2 cookies for 5sp (blue & green)

2sp per cookie, 2 cookies for 3sp or 3 cookies for 5sp (purple)

MOJITO CAKES- 14 SERVINGS- 3SP EACH

MODIFICATIONS Sugar Free Cake Mix, Unsweetened Applesauce, Light Butter and Stevia Baking Blend.

<https://www.bettycrocker.com/recipes/mojito-cake/ad6ca84c-89a6-4313-b42d-52988d3118ee>

PB CHOCOLATE MUFFINS: 2sp each

<http://www.myfithealthyfamily.com/peanut-butter-kodiak-muffins/>

Modifications: Lily's Chocolate Chips on top only)

PB2 PEANUT BUTTER: (from Amanda Lewis) 1SP per TBS

3 tbs PB2

1/4 cup Sugar Free Syrup

Splash of milk

Mix together and refrigerate.

PEPPERMINT BROWNIES: 10 SERVINGS - 4SP (green plan)

- 1 box Pillsbury SF Brownie Mix

- 1 Egg

- 1/3 cup Unsweetened Applesauce

- 1.5 teaspoons Peppermint Extract

- 4 Candy Canes

Prepare per box instructions. Pour into greased brownie pan. Break up Candy Canes and drop on top (push into batter). Bake at 350 until toothpick comes out clean. Enjoy!

PEPPERMINT RICE KRISPIE TREATS: 24 Servings - 5sp (all plans)

<https://www.cookingclassy.com/pepperm...>

****MODIFICATIONS: Light Butter, Trader Joe's Peppermint Marshmallows & Bake Believe White Chocolate Chips****

PINEAPPLE UPSIDE DOWN CUPCAKES: 3SP

<https://wereparents.com/pineapple-upside-down-cupcakes/>

MODIFICATIONS: Fat Free 1/2 & 1/2, Swerve Brown Sugar & Swerve Granulated Sugar

PUMPKIN APPLE BREAD: 14 Servings - 4sp (12 servings - 5sp)

<https://www.verybestbaking.com/recipe...>

**MODIFICATIONS: Oat Flour, Sugar Free Honey (to order: <https://www.netrition.com/cgi/goto.cg...>) & Unsweetened Applesauce.

PUMPKIN FLUFF: 4 Servings - 3sp

<https://www.tastefullyeclectic.com/pu...>

MODIFICATIONS: Light Cool Whi and I used SF Cheesecake pudding

PUMPKIN SNICKERDOODLES: 2sp each

**MODIFICATIONS: DAKS Pumpkin Pie Spice

<https://www.cookingclassy.com/pumpkin-snickerdoodles/#wprm-recipe-container-30969>

RUM RAISIN BARS (SO GOOD!!!) 3sp ALL PLANS

<https://www.pillsbury.com/recipes/rum...>

MODIFICATIONS: Sukrin Gold (to order: <https://www.pillsbury.com/recipes/rum...> Light Butter, Unsweetened Coconut and 4oz Maraschino Cherries

SKINNY DOUBLE CHOCOLATE CHIP MUFFINS:

<https://thepounddropper.com/skinny-do...>

18 Muffins - 2sp (all plans)

SLOW COOKER COBLER:

<https://thepounddropper.com/low-point-slow-cooker-cobbler/>

MODIFICATIONS: I used 3 tbs Melt Butter

12 Servings - 3/4 cup each

4sp (all plans)

SPICED PUMPKIN CUPCAKES: 2SP (w/o frosting) or 3sp with.

<https://www.bettycrocker.com/recipes/...>

****MODIFICATIONS: 1 cup whole Pecans, Sugar alternative, Sugar Free Yellow Cake Mix, Unsweetened Applesauce and Sugar Free Frosting****

TRIPLE CHOCOLATE CUPCAKES W/FROSTING: 4sp (mini-1sp)

Pillsbury Sugar Free Devils Food cake Mix

Unsweetened Applesauce (prepare per box instructions)

Pillsbury Sugar Free Chocolate Frosting

Lilys or other chocolate chips

Prepare per box instructions, Frost large cupcakes with just shy of 1 tbs of frosting (1sp) and mini cupcakes with just a dash of frosting (0sp). SO good!!!

VALENTINE'S DAY CHERRY WHITE CHOCOLATE COOKIES:

24 Cookies - 4sp each

2oz Maraschino Cherries

2.5 cups Flour

1/2 cup Sugar Alternative (I used monkfruit)

1 cup Light Butter

6oz Bake Believe White Chocolate Chips (you can find these at Walmart)

1/2 tea Almond Extract

Red Food Coloring

2 tea Light Butter

Sprinkles

325 degree oven. Chop cherries. Mix flour and sugar together. Cut in cold butter. Add cherries, extract and food color. Add in about 2oz of the white chocolate chips. Roll into 24 balls and place on parchment lined baking sheet. Use a glass, dip in sugar and flatten cookies.

Melt the remainder of the white chocolate chips in a small sauce pan with the 2 tsp of butter.

After cookies has cooled- dip half in the white chocolate and dip in sprinkles. Let cool completely.

WW Red Velvet Cake:

1 box SF Yellow Cake Mix (follow the directions but substitute the oil with applesauce)

Red Food Coloring

1-2 tbs Unsweetened cocoa powder

Frosting:

2 oz FF or reduced fat cream cheese

1 cup Light Whipped Topping

2 tsp Powdered Sugar

1/2 tsp Vanilla Extract

Pinch of Salt

1/8 cup of sweetener of choice

Food color is desired

Sprinkles

Prepare cake mix as directed. Add food coloring and cocoa powder. Fully combine. Bake cake at 350 until toothpick comes out clean. Cool.

Prepare frosting and frost all side of the cake. Add sprinkles!

1/10th= 5sp

Scoopable Apple Pie-

<http://www.hungry-girl.com/recipe-makeovers/slow-cooker-apple-pie>

Single Serve Monkey Bread: (I used 2 cans of dough) 4sp each

****If you use 1 can they would be 2sp each****

8 ounces can Reduced Fat Pillsbury Crescent Rolls

¼ cups Splenda (Stevia/or Sugar Substitute Of Choice)

3 tablespoons Cinnamon (Divided)

1 tablespoon Light Butter

½ cups Sugar Free Maple Syrup

Cut crescent rolls into 24 equal pieces and roll into balls. Combine sugar and cinnamon. Roll balls into cinnamon/sugar mixture and place in greased muffin tin. 4 balls per muffin compartment. Mix together syrup, cinnamon and melted butter and drizzle over monkey breads. Bake at 350 until cooked through.

****OPTIONAL: Melt 1.5 tbs SF Vanilla frosting and drizzle over Monkey breads (does not add points)****

SHEET TRAY MAPLE CINNAMON TRAIL MIX: 1/16th -4sp

****MODIFICATIONS: Reduced Sugar Craisins and Sugar Free Maple Syrup****

<https://tasty.co/recipe/sheet-tray-maple-cinnamon-trail-mix>

SOFT SUGAR COOKIES: 4SP EACH

<https://deliciouslysprinkled.com/soft-sugar-cookies/>

****MODIFICATIONS: Light butter, Truvia (I did not roll the cookies in additional Truvia before baking)****

- Pillsbury Sugar Free Vanilla Frosting (1sp worth per cookie)

- Whopper Robin Eggs (3 eggs per cookie for 1sp)

SWEET AND SALTY NO BAKE COOKIES:

<https://drizzlemeskinny.com/sweet-salty-no-bake-cookies/>

THIN MINT FUDGE BROWNIES:

<https://insidebrucrewlife.com/wp-json/mv-create/v1/creations/249/print>

MY MODIFICATIONS: 8 tbs of FF sweetened condensed milk, 12 tbs of white chocolate chips, light butter, 4 oz of marshmallow cream and 8 Oreo thins (mint).

TRADER JOE'S PUMPKIN O'S SQUARES: 1/20th - 4sp or 1/16th - 5sp

1/2 cup I Can't Believe It's not Butter Light

1 10oz bag of mini marshmallows

7 cups of Trader Joe's Pumpkin O's

Melt butter, add marshmallows and stir in cereal. Cool and cut into squares. YUM!!

VALENTINE'S DAY CHERRY WHITE CHOCOLATE COOKIES:

24 Cookies - 4sp each

2oz Maraschino Cherries

2.5 cups Flour

1/2 cup Sugar Alternative (I used monk fruit)

1 cup Light Butter

6oz Bake Believe White Chocolate Chips (you can find these at Walmart)

1/2 tea Almond Extract

Red Food Coloring

2 tea Light Butter

Sprinkles

325 degree oven. Chop cherries. Mix flour and sugar together. Cut in cold butter. Add cherries, extract and food color. Add in about 2oz of the white chocolate chips. Roll into 24 balls and place on parchment lined baking sheet. Use a glass, dip in sugar and flatten cookies.

Melt the remainder of the white chocolate chips in a small sauce pan with the 2 tsp of butter.

After cookies has cooled- dip half in the white chocolate and dip in sprinkles. Let cool completely.

Sauces:

SIMPLE SWEET N'SOUR SAUCE:

10sp10sp10sp

<https://thisoldgal.com/sweet-n-sour-s...>

SKINNY KITCHEN RANCH:

<https://www.skinnykitchen.com/recipes/the-best-skinny-ranch-dressing-3-ingredients%e2%80%a8%e2%80%a8/>

MODIFICATIONS- I use 2 packets of the Buttermilk Ranch

ZERO POINT CROCKPOT MARINARA:

<https://theskinnyishdish.com/crockpot-marinara/>

ZERO POINT TZATZIKI SAUCE

<https://thepounddropper.com/zero-point-tzatziki-sauce/>

Sides:

BAKED BEANS WITH SMOKED SAUSAGE: 6 SERVINGS- 7SP

MODIFICATIONS: No Oil, Chicken Sausage, Turkey Sausage Links and Swerve Brown Sugar

<https://copykat.com/best-ever-baked-beans-with-smoked-sausage/>

CREAMY SUMMER SWEET CORN PASTA SALAD: HEAPING ¾ CUP – 3SP

<https://theskinnyishdish.com/creamy-summer-sweet-corn-pasta-salad/>

MODIFICATIONS: I used Fiber Gourmet Pasta

GARLIC KNOTS: 12 SERVINGS = 1SP each

<https://caitstraightup.com/2016/04/19/homemade-garlic-knots-with-two-ingredient-dough/>

MODIFICATIONS- I used 1 cup flour

HEALTHY SWEET POTATO CASSEROLE: 10 Servings - 6 sp 6 sp

<https://joyfoodsunshine.com/healthy-s...>

**MODIFICATIONS: Daks Pumpkin Spice

Shaved Brussel Sprouts:

1 bag shaved Brussel sprouts

2 slices center cut back- fried and crumbles

2 tbs Balsamic Vinegar

Cook and crumble bacon. Add to pan with Brussel Sprouts. Cook down until al dente and add balsamic. Cook until cooked through. 1/2 the pan- 2 sp

Vanilla Cornbread Muffins:

<https://thepounddropper.com/vanilla-cornbread-muffins/>

SAUSAGE & CHEESE BISCUITS:

<https://thepounddropper.com/?s=sausage+and+cheese>

Drinks:

CHOCOLATE PB BANANA SMOOTHIE: 4SP

1 Scoop Brownie Batter Devotion Protein Powder (link for 10% off-
<http://devotionnutrition.com?aff=221>

Use the code- jennswwjourney)

1 Cup Almond Milk

2 tbs PB2

1 Frozen Banana (or any frozen fruit)

Blend and ENJOY!!!

STRAWBERRY LIME VODKA SPRITZER: 3SP

<https://www.farmwifedrinks.com/strawberry-lime-vodka-spritzer/>

SUMMER PEACH DRINK: 3SP

<https://www.homecookingadventure.com/recipes/summer-peach-drink>

COPYCAT STARBUCKS PASSION LEMONADE: 0SP

Tazo Passion Tea (steep until dark pink in color)

1 pitcher packet of Crystal Light Lemonade Mix

Mix together and enjoy!!