

EAT WHAT YOU LOVE EVERYDAY FREESTYLE SMARTPOINT COMPARISONS**

Sippers, Smoothies, Shakes, and Cocktails		PAGE #	SMART
Iced Green Tea Refresher	39	0	
Raspberry Lemonade	40	2	
Citrus Cucumber Spa Water	42	0	
Strawberry Kiwi Smoothie	43	5	
Luscious Lemon Slim Smoothie	45	3	
Banana Berry Super Smoothie	46	5	
PB&J Smoothie	47	8	
Mocha Fudge "Mudslide" Milk Shake	48	9	
Soda Fountain Float Freezes	50	2	
Starbucks-Style Blended Strawberries & Cream Frappe	51	6	
Blended Strawberry Daiquiri	53	5	
65-Calorie Peppermint Mocha	54	2	
BBQ Bloody Marys	55	5	
Skinny Margaritas	56	5	
Breakfast and Brunch			
Apple Pie Oatmeal	59	3	
Everyday Granola	60	4	
Breakfast-Style Egg Salad Sandwich	62	2	
Anyday Egg "Muffins"	63	1	
Pizza Frittata	65	2	
Perfect Puffy 150-Calorie Cheese Omelet	66	1	
Hearty Breakfast Bake	67	5	
Savory Southern-Style Biscuits, Eggs, and Gravy	68	5	
Joe's Special Spinach and Egg Scramble	70	2	
Mexican-Style Steak & Eggs	71	3	
14-Karat Carrot Cake Pancakes	73	7	
Sweet and Savory French Toast Sandwiches	74	4	
Whole Grain Apple Popover Pancakes	75	4	
Apple Dapple Yogurt Parfait	76	4	
Maple Bacon Waffles	78	6	
Muffins, Bars, Breads, and Coffee Cakes			
Cinnamon Sugar "Donut" Muffins	82	2	
Chocolate Breakfast Muffins	83	4	
Raspberry Cream Cheese Muffins	84	5	
Chocolate Chip Cookie Muffins	86	6	
Blueberry Bran Muffin Tops	87	2	
Bananarama Breakfast Bars	89	3	
Gluten-Free Oatmeal Spice Bars	90	4	
Blueberry Biscones	91	4	
Savory Southern Biscuits	92	4	

Quick Sour Cream and Onion Biscuits	93	5
Jalapeno Cheddar Muffins	94	4
Pumpkin Banana Miniloaves	96	4
Classic Zucchini Bread	97	4
Apples and Cinnamon Quick Cake	99	5
Cinnamon Sour Cream Coffee Cake	100	6
All-Star Dips and Appetizers		
Deviled Eggs - Two Ways	103	0
Fruit Salsa with Cinnamon-Sugar Crisps	105	3
Two-Minute Fire-Roasted Salsa	106	0
Red Pepper Hummus	107	1
Buffalo Chicken Dip	108	2
Barbecued Black Bean Dip	110	1
Baked Pita Strips	111	1
Chicken Fajita Nachos	112	7
Creamy Crab Dip on a Crispy Crust	114	3
Sweet 'n Spicy Pickled Green Beans	115	1
Oven-Fried Mozzarella Sticks	116	3
Garlicky Grilled Shrimp	118	1
Easy Baked Egg Rolls	119	2
Moo-Shu Lettuce Wraps with Asian Peanut Sauce	120	3
Everyday Soups and Sandwiches		
Roasted Red Pepper and Tomato Soup	125	1
Weeknight Chicken and Dumplings	126	3
Outback-Style Creamy Onion Soup	128	4
Quickie Kale and Calico Bean Soup	129	0
Sweet Potato Pumpkin Harvest Soup	131	1
Mushroom Bisque	132	3
Game Day No-Chop Chili	133	4
Hearty Lasagna Soup	134	6
Turkey Avocado 'wich on Wheat	136	6
Curried Chicken Salad Sandwich Three Ways	137	5
Curried Chicken Salad in Warm Pita Pockets	138	5
Curried Chicken Salad Wraps	139	7
Cheesy Toasty Veggie Hero	141	8
Beef "Fil-A" Sandwich	142	4
Southern-Style Grilled Cheese	143	7
Buffalo Chicken Burger	144	5
Chicago-Style Hot Dogs	146	3
Simple Southwest Veggie Burgers	147	3
Bodacious "50-50" Bacon 'n Beef Burgers	149	8
San Francisco Patty Melt	150	8
Side and Entrée Salad Sensations		
Garden Salad with Thousand Island Dressing	153	2

Italian "House" Salad with Cheesy Italian Dressing	154	2
Three-Minute Tomato & Avocado Salad	155	2
Spectacular Steakhouse Wedge Salad with Blue Cheese Dressing	156	4
Balsamic, Beet, and Orange Salad	158	3
Crunchy Cucumbers with Creamy Ranch Dressing	159	1
Antipasto Pasta Salad	161	4
Apple Poppy Seed Slaw	162	2
Guilt-Free Watergate Salad	163	2
Super-food Fruit and Grain Salad	164	2
Sweet Potato Salad with Warm Bacon Dressing	166	5
Hand-Tossed Pizza Salad for Two	167	8
Barbecued Chicken Chopped Salad	168	4
Chicken Waldorf Salad	170	8
Seafood Louie Salad	171	4
Easy Any Day Pastas and Pizzas		
Pasta with Chicken and Fresh Pomodoro Sauce	174	7
Chicken Enchilada Pasta Skillet	177	5
Better-for-You Three Cheese Baked Ziti	178	7
Stacked Macaroni and Cheese	179	8
Chicken Cheddar Bacon Ranch Mac 'n Cheese	180	7
Creamy Weeknight Spaghetti (7 with very lean ground turkey)	182	9
American Chop Suey	183	6
Sneaky Stuffed Shells	185	6
Pasta Carbonara	186	8
Panda-Style Chicken Chow Mein	187	4
Lemony Shrimp and Spinach Fettuccine in Cream Sauce	188	9
Easy All-Purpose Marinara	190	1
Light Luscious All Purpose Alfredo Sauce	191	2
Linguine with Red Clam Sauce for Two	192	7
Individual Mexican Pizzas	193	8
Chicken Alfredo Pizza	194	5
Cook It Fast or Slow: Pressure and Slow Cooker Favorites		
Asian BBQ Drummies	199	6
Italian Sloppy Joes	200	7
Old Fashioned Beef Stew	202	6
Citrus Salsa Chicken	203	0
Rigatoni and Meat Sauce	205	7
Chipotle Beef Barbacoa	206	4
Juicy Herbed Turkey Breast	207	0
Fabulous French Onion Chicken	208	3
Potato Leek Soup	210	3
Risotto Primavera	211	4
Turkey Taco Soup (1 with very lean ground turkey)	213	3
Judy's All Purpose Beans	214	0

Homemade Chicken Stock	215	0
Sides for Every Day and Every Occasion		
Popcorn Cauliflower	219	1
Thyme for Honey Mustard Carrots	220	2
Cheesy Spinach Bake	221	3
Classic Green Bean "Casserole"	223	2
Balsamic Green Beans Almandine	224	1
Skillet Roasted Brussels Sprouts	225	1
Jalapeño Popper Stuffed Zucchini Boats	226	3
Better Bean Succotash	228	1
Two-Minute Sugar Snap Peas	229	0
Terrific Tomato Tart	231	3
Extra Crispy Oven-Baked Steak Fries	232	5
Creamy Steakhouse Mashed Potatoes	233	5
30-Minute Twice-baked Potatoes	234	6
10-Minute Mexican Style Pintos	236	0
Instant Curried Rice and Pea Pilaf	237	3
Sweet Noodle Kugel	238	4
Quick 'n Easy Any Day Applesauce	239	0
Any Day Stuffin' Muffins	240	3
Any Day Stuffin' Muffins	240	3
Quick-Fix Chicken and Turkey Entrées		
Parmesan Crusted Chicken	244	3
Crispy Ranch Hand Chicken	245	5
Speedy Spinach and Artichoke Chicken	246	2
Any Day Chicken Enchiladas	248	3
No Bones Chicken Coq Au Vin	249	2
Stephen's Pretzel Chicken with Honey Mustard Sauce	250	3
20-Minute Chicken and Bean Stew	252	2
Sesame Chicken	253	4
Quicker-Than-Take-Out Sweet and Sour Chicken	254	3
Tandoori-Style Grilled Chicken	256	4
Almost Cheesecake Factory-Style Bang Bang Chicken	257	3
Grilled Portobello Turkey Stuffed "Pizzas" (2 with very lean ground turkey)	259	4
Moist and Flavorful Chicken For Days	260	0
Poor Man's Chop Turkey Stroganoff (5 with very lean ground turkey)	261	9
Lean Beef, Pork, and Seafood		
15-Minute Meatloaf Dinner	265	8
Skillet Shepherd's Pie	267	6
James Orange Beef	268	7
No-Fail Roast Beef	269	4
Filet Mignon with Creamy Crab Topping	270	6
Better Than Shake 'N Bake Pork Chops	272	5
Pork Tenderloin with Blackberry Barbeque Sauce	273	5

Skillet Pork Chops with Buttermilk Gravy	274	6
Porchetta-Style Pork Loin	276	5
Company's Coming Glazed Ham	277	5
15-Minute Garlic Baked Shrimp	278	5
Fast-Fix Buffalo Salmon	280	0
Tuscan Tilapia	281	2
Chuck's Barbecued Salmon	282	1
Fish 'n Chips	283	3
Grilled Fish with Mango Salsa	285	1
Pies, Cakes, Cupcakes, and Frostings		
No-Bake Banana Caramel Cream Cheese Pie	288	7
Deep-Dish Double Berry Rhubarb Pie	289	4
10-Minute Peanut Butter Pretzel Pie	290	10
90-Calorie Vanilla Cupcakes	292	3
Luscious Coconut Cupcakes	293	6
Cherry-Filled Black Forest Cupcakes	295	6
Carrot-Zucchini Sheet Cake	296	2
Old Fashioned Orange Buttermilk Cake	297	5
Coconut Layer Cake with Creamy Coconut Cream Cheese Frosting	298	9
Heavenly Strawberry Cake Roll	300	5
My Unbelievable Chocolate Cake (Classic or Gluten-Free)	301	6
Molten Chocolate Lava Cakes	303	9
Whipped Cream Cheese Frosting	304	1
Chocolate Fudge Glaze	305	2
Cookies, Creamy Favorites, and More		
Double Chocolate Softies	309	4
Peanut Butter Oatmeal Chocolate Chip Cookies	310	4
Coconut Almond Cookies	312	3
Lemon Meringue Meringues	313	2
James' Spicy Ginger Cookie Coins	314	2
Cherry Berry Crunch	315	6
5-Ingredient Strawberry Blossom Pudding Cups	317	5
Jammin' Cheesecake Squares	318	5
Easy Icebox Éclair Squares	319	5
Tiramisu	320	8
Marvelous Strawberry Mousse	322	3
Super Creamy Pumpkin Pie Cups	323	4
Red Velvet Cheesecake Cupcakes	324	5
Blackberry Bread Pudding	326	8
Homemade Frozen Fruit Pops- Mango Orange	327	1
Homemade Frozen Fruit Pops-Strawberry Blueberry	327	2

Nutrition Notes.

Please note that the point value reflected here in many cases will be *less* than the number you will get if you simply plug the nutritional numbers provided at the bottom of the recipe into a Weight Watcher's Smart Points Calculator due to the way smart points are correctly calculated.

The nutrition information on each page includes ALL of the ingredients that are in the recipe with the exception of "optional" ingredients. In order to properly calculate SmartPoints™, the nutritional value of all zero point foods must first be subtracted, as was done for this addendum.

I am happy to say, as my healthy recipes have always been lower not only in calories but also added sugars and saturated fat - and generous in lean healthy protein - they are perfect for eating smart!

Enjoy!

Marlene

* Only recipes whose Smart Point comparison value differs from the Plus Point comparison appear here. If a recipe does not appear here the newest Smart Point comparison value is equal to the Plus Point comparison found on the recipe in Eat What You Love Everyday.