

## EAT WHAT YOU LOVE FREE-STYLE SMART POINT COMPARISONS\*

Recipe Name	Page #	SMART
Old-Fashioned Lemonade	33	0
Strawberry Lemonade	34	1
Key Lime Limeade with Fresh Mint	35	1
Easy Sonic-Style Cherry Limeade	36	2
Festive Fruit Punch	37	1
Fruit Juice Spritzer	38	2
Gingered Carrot Spritzer	39	1
Southern Sweet Tea	41	0
Agave Green Tea	42	3
Marlene's Mocha Freeze	43	3
Marlene's Frosty Chai Freeze	44	3
Instant Coffeehouse Café Mocha	45	2
Coffeehouse Chai Latte	46	3
Rich and Creamy Hot Chocolate	47	3
Cinnamon "Sugar" Steamer	48	4
Steaming Cranberry Orange Sipper	49	3
Hot Caramel Apple Cider	50	4
Mulled Teatime Cider	52	3
Holiday Eggnog	53	3
<b>Super Smoothies and Shakes</b>		
Breakfast in a Glass Smoothie	57	1
Supreme Light Strawberry Banana Smoothie	58	7
Blue Wave Smoothie	59	4
Berry Berry Lime Smoothie	61	4
Blushing Peach Smoothie	62	4
Banana Breeze Smoothie	63	5
Piña Colada Smoothie	64	4
Soy Good for You Banana Smoothie	65	4
Pumped Up Peanut Butter Smoothie	66	9
Easy Frosty Strawberry Fruit Shake	67	4
Frozen Hot Chocolate Frosty	68	6
Vanilla Cake Batter Milkshake	69	9
Double Chocolate Pudding Milkshake	71	9
Sensational Pudding Milkshakes	72	7
Pumpkin Pie Milkshake	73	8
<b>Marvelous Muffins, Quick Breads, and Coffee Cakes</b>		
Quick Bran Muffins	77	4
Everyday Blueberry Muffins	78	4

Cinnamon Applesauce Muffins	79	4
Fresh Zucchini Muffins	80	4
Banana Chocolate Chip Muffins (4 with nonfat Greek yogurt)	81	5
Two-Bite Double Chocolate Muffins	83	3
Breakfast Oatmeal Squares	84	3
Old Fashioned Pumpkin Bread	85	4
Wholesome Banana Bread	86	4
Luscious Lemon Loaf	88	5
Quick Sour Cream Coffee Cake (5 with nonfat Greek yogurt)	89	6
Blue Ribbon Sour Cream Coffee Cake	91	6
Cherry Almond Coffee Cake	92	5
Amazing Apple Coffee Cake	93	5
Quick Raspberry Cream Cheese Twist	94	7
Wholesome Buttermilk Biscuits	95	3
<b>Breakfast Entrees</b>		
Cinnamon Roll Oatmeal	99	4
Quick Overnight Oatmeal	100	4
South of the Border Wrap	101	3
Breakfast BLT Sandwich	103	5
Scrambled Egg and Ham Panini	104	6
Breakfast Pizza	105	5
Omelet in a Baggie	106	2
Turkey Breakfast Sausage (0 with extra lean turkey)	107	2
Classic Italian Frittata	108	1
Greek Frittata	110	1
Fajita Frittata	111	1
Ham and Cheese Biscuits	112	4
Everyday Cinnamon French Toast	113	7
Brown Sugar Cinnamon French Toast	115	5
Easy Oven Baked French Toast	116	4
Better-for-You Buttermilk Pancakes	117	4
Pumpkin Pancakes	118	4
Wholesome Blueberry Pancakes	119	4
Fruit and Yogurt Breakfast Sundaes	120	4
<b>Winning Appetizers</b>		
Skinny Dip and Chips	123	1
Tomato Basil Bruschetta	124	4
Healthy Hummus	125	1
“Homemade” Salsa in a Flash	126	0
Spicy Jalapeño Carrots	127	1
Creamy Guacamole	128	2
Creamy Tuscan White Bean Dip	129	1
Smoky Blue Cheese Bacon Dip	130	2

Sensational Spinach Dip	131	2
Classic Hot Artichoke Dip	132	3
Salmon Mousse Spread	134	1
Homemade Pita Chips	135	2
Oven-Fried Zucchini Rounds	137	2
Steamed Artichokes with Creamy Mustard Dip	138	3
Easy Sweet-and-Sour Meatballs	139	3
BBQ Chicken Quesadillas	140	4
Pepperoni Pizza Poppers	142	7
Buffalo Chicken Strips with Blue Cheese Dip	143	4
Spicy Shrimp with Asian Apricot Dipping Sauce	145	1
Sweet 'n' Spicy Nuts and Bolts Party Mix	146	5
<b>Quick Fix Soups and Chilies</b>		
Chicken Tortilla Soup	149	2
Creamy Broccoli Cheddar Soup	150	2
Rotisserie Chicken Noodle Soup	151	2
Any Day Beef Barley Vegetable Stoup	152	3
5-Minute Egg Drop Soup	153	1
Speedy Black Bean Soup with Jalapeño Cream	154	2
“Cream” of Butternut Squash Soup	156	2
Chunky Chicken Minestrone Soup	157	1
Italian Sausage and Escarole Soup	158	5
Creamy Basil Tomato Soup	159	3
Spaghetti and Meatball Soup	161	5
“Cup of Red” Clam Chowder	162	2
Creamy Seafood Chowder	163	5
Chicken Corn Chowder	164	4
Super Chili (1 with extra lean turkey)	166	4
Quick-Fix White Chicken	167	1
<b>Sensational Side and Entrée Salads</b>		
Everyday Mixed Greens with Italian Vinaigrette	173	2
Wedge Salad with Buttermilk Ranch Dressing	174	1
Romaine Salad with Avocado Ranch Dressing	175	3
Balsamic Salad with Pears, Blue Cheese, and Pecans	176	6
Shredded Spinach, Lettuce, and Fresh Orange Salad	178	2
Strawberry Spinach Salad with Buttermilk Poppy Seed Dressing	179	1
5-Minute Skinny Slaw	180	1
Apple Jicama Cranberry Slaw	181	2
Classic Creamy Coleslaw (1 with Greek yogurt)	183	2
Fresh Broccoli and Walnut Salad	184	4
Family-Friendly Italian Tomato Salad	185	5
Best Ever Three Bean Salad	186	2

Red, White, and Blue Potato Salad	188	6
Pasta Primavera Salad	189	5
Creamy Macaroni Salad Three Ways	190	6
Warm Spinach Salad with Olive Oil and Garlic	191	3
<b>Entrée Salads</b>		
Thai Shrimp Salad	193	0
Everyday Chicken Caesar Salad	195	4
Buffalo Chicken and Blue Cheese Salad	196	6
Chinese Chicken Salad with Crunchy Ramen Noodles	197	7
Fajita Beef Salad	198	3
Spinach, Tuna, and White Bean Salad	199	4
Southwest Chicken Salad	200	2
<b>Food In Hand</b>		
Dilly of a Tuna Sandwich	204	3
Nutty Chicken Salad Sandwich	205	4
Stuffed Seafood Salad Rolls	206	6
Greek Pita Pocket	208	5
Deli-Style Roast Beef Sandwich with Horseradish Sauce	209	9
Very Veggie Wrap	210	2
Chicken Caesar Wrap	211	5
Express Beef Lettuce Wraps (3 with extra lean turkey)	212	6
Way Better For You Tuna Melt	213	8
Turkey Pesto Panini	215	9
Crispy, Spicy Chicken Sandwich	216	4
Just Right Meatball Heroes	217	9
Quick Pita Pizzas	218	4
Turkey Burgers Italiano (5 with extra lean turkey)	219	9
Surprise Turkey Joes (3 with extra lean turkey)	220	6
Baja Fish Tacos	222	5
<b>Great Pasta-bilities</b>		
Cowboy Spaghetti (7 with all extra lean ground turkey)	226	8
Pasta Primavera	227	7
Chicken Fajita Pasta	229	6
Creamy Seafood Linguine	230	6
Penne and Shrimp in Spicy Tomato Sauce	231	6
Corkscrew Chicken, and Broccoli Alfredo	232	7
Greek Chicken Bowtie Pasta	234	7
Asian Beef Noodle Bowl	235	4
Lazy Pork Lo Mein	236	7
Spicy Chicken Oriental Primavera	237	6
Rigatoni, White Beans, and Sausage	239	7
Fast Fix Lasagna Bake	240	7
Nutty Beefy Noodles (7 with extra lean ground beef)	241	9

New-Age Tuna Noodle Casserole	242	6
Quick Turkey Bolognese	243	6
Everyday Spaghetti and Italian Meatballs	244	9
<b>For the Love of Vegetables</b>		
Oven-Baked Onion Rings	249	3
Quick "Pickle" Chips	250	0
Sweet Sesame Broccoli	251	1
Seared, Steamed, and Glazed Green Beans	252	1
Orange-Ginger Carrots	253	1
Maple-Glazed Carrot Coins	254	1
Curried Cabbage	256	1
Roasted Asparagus with Parmesan Cheese	257	2
High-Heat Roasted Vegetables	258	3
Easy Cheesy Microwave Medley	259	2
Sautéed Sweet Peppers and Onions	260	1
Stewed Italian Zucchini Parmesan	261	1
Buttered Zucchini Ribbons	262	2
Sautéed Summer Vegetables	263	1
Spaghetti Squash Pomodoro	264	3
"Spaghetti-ed" Spaghetti Squash	265	3
Thyme for Mushrooms	266	1
Sour Cream and Cheddar Mashed Faux-tatoes	267	1
Parmesan Garlic Cauliflower Potato Mash	268	3
Super Simple Sweet-and-Sour Red Cabbage	269	1
Asian Stir-Fried Vegetables with Ginger and Garlic	271	2
<b>Starchy Sides</b>		
Stovetop Macaroni and Cheese	274	7
Sweet Potato Wedges	276	4
Parmesan Garlic Smashed Potatoes	277	4
Sweet Potato Puff	279	5
Sweet and Easy Acorn Squash	280	3
Red Potatoes and Green Beans	281	3
Spanish Rice	282	1
Veggie Brown Rice Pilaf	283	2
Stephen's Stir-Fried Rice	284	2
Greek-Style Couscous	286	2
Stovetop Barbequed Beans	287	1
Simple Southwest Black Beans	288	0
Curried Lentils and Carrots	289	0
Country Cornbread Muffins	290	4
Perfect Grilled Corn on the Cob	291	0
<b>Chicken and Turkey</b>		
Best Oven-Fried Chicken	295	4

Skillet Chicken Parmesan	297	6
Garlic-Lime Chicken	298	4
Chicken Curry in a Hurry	299	2
No Bones Chicken Cacciatore	300	3
20-Minute Perfect Poached Chicken	301	0
Jammin' Chicken	302	3
Honey Mustard–Glazed Chicken	303	3
Quicker Than Take-Out Orange Chicken	304	5
Orange Chicken Vegetable Stir-Fry	306	4
Classic Chicken Piccata	307	4
Slow-Cooker Root Beer Barbequed Chicken	309	2
Marlene's Favorite Go-To Italian Chicken	310	0
Greens and Beans Balsamic Chicken	311	4
Martha's Sunday Best Artichoke Heart Chicken	312	4
Creamy Chicken Enchiladas	313	5
Home-Style Turkey Pot Pie	314	7
One-Pot Turkey Sausage Dinner	316	7
Salsa Meatloaf (1 with extra lean ground turkey)	317	5
Turkey Scaloppini and Creamy Mushroom Sauce	318	4
Teriyaki Turkey Cutlets	320	1
<b>Lean Beef and Pork</b>		
All-American Meatloaf Minis (2 with extra lean ground turkey)	323	5
Everyday Italian Meatballs (1 with extra lean ground turkey)	324	2
Tex Mex Chili Bake	325	4
Skillet Beef Stroganoff	327	7
Szechwan Beef and Broccoli Stir-Fry	328	5
Chili's-Style Grilled Beef Fajitas	329	4
Not Everyday Beef Tenderloin with Gorgonzola Sauce	330	8
Smothered Steak Burgers with Mushroom Gravy	332	6
20 Minute Pork Marsala	333	5
Pork Chop Suey	334	2
Pork Satay with Peanut Sauce	337	5
Skillet Pork Chops with Rosemary Mustard Cream Sauce	338	7
Sweet and Tangy Apricot Pork Chops	339	6
Pork Tenderloin with Cranberry Pan Sauce	340	6
<b>Fabulous Fish and Seafood</b>		
Crispy Parmesan Fish	343	3
Crunchy Cheddar Fish Strips	344	4
Cornmeal-Crusted "Fried" Catfish with Homemade Tartar Sauce	345	3
South of the Border Snapper Vera Cruz	346	1
Easy Baked Cod with Lemon Butter Dill Sauce	347	2
Fabulous 15-Minute Halibut	348	3

Perfect Pan-Seared Scallops	349	1
Crab Cakes with Mustard Dill Sauce (crab cake only 4)	350	5
Honey Dijon Grilled Shrimp Skewers	352	2
Spicy Kung Pao Shrimp	353	4
Southern-Style Shrimp Creole	355	1
Sweet-and-Sour Shrimp Stir-Fry	356	2
Salmon Packets with Fresh Tomato Basil Relish	357	1
Orange-Ginger Glazed Salmon	359	2
<b>Pies and Fruit Desserts</b>		
Apple Crumble Pie	363	7
Old-Fashioned Pumpkin Pie	364	5
No-Bake Creamsicle Pie	365	7
Triple Chocolate Cheesecake Pie	366	10
Berries in a Cloud	368	5
Mixed Berries with Orange Custard Sauce	369	2
Easy, Elegant Balsamic Strawberries	370	1
Strawberry Cheesecake Crêpes	371	4
Cherry Berry Pie Cups	373	4
Fast, Fresh Fruit Tart	374	8
Strawberry Banana Kabobs	375	0
Apple Stir-Fry	376	1
5-Minute Blackberry Crisp	377	3
Warm Cinnamon Apple Crisp	378	4
<b>Classic Cookies and Cakes</b>		
Amazing Peanut Butter Cookies	383	3
Better-For-You Chocolate Chip Cookies (without nuts 3)	385	4
Oatmeal Raisin Cookies	386	4
Simple Meringue Cookies	387	2
Chocolate Almond Meringue Cookies	388	2
Lemon Tea Cakes	389	2
No-Bake Peanut Butter Oat Bites	390	2
Chocolate Cherry Bars	391	4
Blueberry Cheesecake Bars	392	3
Soft -Batch Chocolate Chip Bar Cookies	394	4
Quick 'n' Healthy Carrot Cupcakes	395	5
Perfect White Cupcakes	397	5
Black and White Two-Bite Cupcakes	398	5
Gingerbread Gems	399	2
One-Bowl Dark Chocolate Snack Cake	400	5
Fresh Banana Cake	401	3
Pumpkin Pecan Cake with Whipped Cream Cheese Frosting	403	7
Unbelievable Chocolate Cake	404	6
Whipped Cream Cheese Frosting	406	1

Chocolate Whipped Cream Frosting	407	2
Lemon Bundt Cake	408	7
<b>Delectable Creamy Desserts</b>		
Creamy Old-Fashioned Vanilla Pudding	411	3
Warm Microwave Chocolate Pudding	412	4
All-Purpose No-Bake Vanilla Cheesecake	413	5
Everyday Cheesecake	415	6
Key Lime Cheesecake “Cupcakes”	416	4
Frozen Almond Mini Cheesecakes	418	4
Delectable Coconut Custard	419	5
Guilt-Free Banana Cream Pie in a Bowl	420	5
Creamy Instant Pumpkin Mousse	421	1
Peanut Butter Mousse	423	7
Easy Ultra-Rich Chocolate Mousse	424	9
10-Minute Soft Frozen Strawberry Yogurt	425	0
Frozen Lemonade Squares	426	4
Quick, Creamy Fudge Pudding Pops	428	2

\*The nutrition information you will find on each of my recipes is comprehensive and includes **all** of the ingredients that are in each recipe (with the exception of “optional” ingredients). As such, placing the information provided with the recipe into a points calculator or app will not yield the correct point value in many cases (the points will often be too high).

As per guidelines set forth by Weight Watchers®, the freestyle smart point comparison points have been calculated by factoring in the 0 point values for the 200 zero point “free” foods.

Additionally, when using a tool such as the recipe builder, please note there are often many choices, with varying point values, for the same ingredient (reduced fat cheese for example). I selected the products I use, or those that had similar nutrition stats. Yours may be different.

I am happy to say that because my healthy recipes have always been low in not only calories, but also added sugars and saturated fat, and generous in lean protein, they are still a perfect fit for a healthy weight loss or weight maintenance program – especially when every point counts!

Enjoy!

*Marlene*

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