

Hungry Girl 200 Under 200: 200 Recipes Under 200 Calories

by Lisa Lillien

CHAPTER 1: MORNING MINIS

fab-five banana pancake minis

PER SERVING (5 mini pancakes):
185 calories, 1g fat, 5g fiber
POINTS® value 3*

complete & utter oatmeal insanity

PER SERVING (entire recipe):
179 calories, 3.5g fat, 11g fiber
POINTS® value 3*

spinach, tomato, feta 'n egg wrap attack

PER SERVING (entire wrap):
168 calories, 5.5g fat, 15g fiber
POINTS® value 3*

slammin' smoked salmon 'n bacon b-fast sandwich

PER SERVING (entire sandwich):
194 calories, 3g fat, 6g fiber
POINTS® value 3*

tutti frutti biscuits

PER SERVING (1 biscuit):
132 calories, 2.25g fat, 2g fiber
POINTS® value 2*

creamy hot apple b-fast with brown sugar crunch

PER SERVING (entire recipe):
189 calories, 3g fat, 3g fiber
POINTS® value 3*

choco-monkey oatmeal

PER SERVING (entire recipe):
185 calories, 2g fat, 5g fiber
POINTS® value 3*

grab 'n go breakfast cookies

PER SERVING (1 cookie):
154 calories, 1.5g fat, 5g fiber
POINTS® value 2*

eggless stuffed breakfast burrito

PER SERVING (entire burrito):
199 calories, 6g fat, 15g fiber
POINTS® value 4*

cinnamon-vanilla french toast nuggets

PER SERVING (8 nuggets):
151 calories, 2.25g fat, 1.5g fiber
POINTS® value 3*

cheesy-good breakfast tartlets

PER SERVING (2 tartlets):
111 calories, 2g fat, 0.5g fiber
POINTS® value 2*

creamy crunchy freeze-dried frenzy

PER SERVING (entire recipe):
165 calories, 0.5g fat, 7g fiber
POINTS® value 3*

berries & cream oatmeal pudding

PER SERVING (entire recipe):
190 calories, 2.5g fat, 5g fiber
POINTS® value 3*

big fat blueberry muffins

PER SERVING (1 muffin):
137 calories, 2.25g fat, 3g fiber
POINTS® value 2*

easy caprese breakfast pizzas

PER SERVING (entire recipe):
185 calories, 5g fat, 6g fiber
POINTS® value 3*

oat-rageous chocolate chip pancake minis

PER SERVING (5 mini pancakes):
179 calories, 3.25g fat, 3.5g fiber
POINTS® value 3*

piña colada parfait surprise

PER SERVING (entire parfait):
175 calories, 0.5g fat, 5g fiber
POINTS® value 3*

sweet cinna-muffin

PER SERVING (entire recipe):
126 calories, 3.25g fat, 6g fiber
POINTS® value 2*

peachy maple-caramel crunch parfait

PER SERVING (entire parfait):
174 calories, 0.5g fat, 1.5g fiber
POINTS® value 3*

fro-yo'ed up oatmeal sundae

PER SERVING (entire sundae):
198 calories, 4.25g fat, 4g fiber
POINTS® value 4*

gooey cinnamon rolls with cream cheese icing

PER SERVING (1 iced roll):
126 calories, 5g fat, <0.5g fiber
POINTS® value 3*

CHAPTER 2: EGG- STRAVAGANZA

the breakfast club

PER SERVING (entire recipe):
195 calories, 2g fat, 1g fiber
POINTS® value 4*

frittata italiano

PER SERVING (¼ of recipe):
82 calories, 1.5g fat, 1.25g fiber
POINTS® value 2*

ginormous oven-baked omelette

PER SERVING (¼ of recipe):
140 calories, 3g fat, 1g fiber
POINTS® value 3*

that's a lotta frittata

PER SERVING (¼ of recipe):
120 calories, 2.5g fat, 2g fiber
POINTS® value 2*

cheesed-up pepperoni

pizza scramble

PER SERVING (entire scramble):
173 calories, 2.5g fat, 0.5g fiber
POINTS® value 4*

mexi-licious smothered

taco scramble

PER SERVING (entire scramble):
168 calories, 1g fat, 2g fiber
POINTS® value 3*

hula scramble

PER SERVING (entire scramble):
186 calories, 3.5g fat, 0.5g fiber
POINTS® value 4*

hakuna frittata

PER SERVING (¼ of recipe):
84 calories, 2g fat, 1.5g fiber
POINTS® value 2*

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“it’s all greek to me” scramble
PER SERVING (entire scramble):
152 calories, 4.5g fat, 1.5g fiber
POINTS® value 3*

meaty ’n manly breakfast toastie
PER SERVING (entire recipe):
196 calories, 3.75g fat, 8g fiber
POINTS® value 3*

el ginormo oven-baked southwest omelette
PER SERVING (¼ of recipe):
188 calories, 3g fat, 2.5g fiber
POINTS® value 4*

super-cheesy all-american breakfast bake
PER SERVING (entire recipe):
159 calories, 2.5g fat, 1.25g fiber
POINTS® value 3*

turkey ’n swiss scramble
PER SERVING
(entire scramble with sauce):
191 calories, 5.25g fat, 0.5g fiber
POINTS® value 4*

snazzy spanish omelette
PER SERVING
(entire omelette with sauce):
191 calories, <0.5g fat, 4g fiber
POINTS® value 3*

CHAPTER 3: SCOOPABLE SALADS

redhot chick’n salad
PER SERVING (¾ cup):
142 calories, 2.25g fat, 0.5g fiber
POINTS® value 3*

veggie-loaded tangy tuna salad
PER SERVING (about ¾ cup):
153 calories, 2.5g fat, 2g fiber
POINTS® value 3*

citrus-licious egg white salad
PER SERVING (about 1 cup):
90 calories, 1g fat, 1.5g fiber
POINTS® value 2*

sweet ’n chunky chicken salad
PER SERVING (about 1 cup):
145 calories, 1.5g fat, 1g fiber
POINTS® value 3*

go greek chicken salad
PER SERVING (about 1 cup):
173 calories, 2.75g fat, 0.5g fiber
POINTS® value 4*

veggie-loaded tropical crab salad
PER SERVING (about 1 cup):
115 calories, 0.5g fat, 1.5g fiber
POINTS® value 2*

spicy taco tuna salad
PER SERVING (½ cup):
111 calories, 1.5g fat, 1g fiber
POINTS® value 2*

i can’t believe it’s not potato salad!
PER SERVING (⅔ cup):
97 calories, 1.25g fat, 3g fiber
POINTS® value 1*

every day is thanksgiving salad
PER SERVING (about ¾ cup):
117 calories, 1g fat, 1g fiber
POINTS® value 2*

coconut-glaze fruit salad
PER SERVING (1 cup):
122 calories, 1g fat, 3.5g fiber
POINTS® value 2*

creamy crab salad
PER SERVING (about ¾ cup):
112 calories, 1.75g fat, 0.5g fiber
POINTS® value 2*

scoopable chinese chicken salad
PER SERVING (1½ cups):
195 calories, 2.75g fat, 4.5g fiber
POINTS® value 3*

CHAPTER 4: START ME UP!

four-cheese stuffed-silly mushrooms
PER SERVING
(6 stuffed mushrooms):
198 calories, 1.75g fat, 4.5g fiber
POINTS® value 3*

cheesy butternut bake
PER SERVING (¼ of casserole):
101 calories, 1g fat, 3g fiber
POINTS® value 2*

crunchy sassy chinese slaw
PER SERVING (about 1 cup):
111 calories, 3.5g fat, 4g fiber
POINTS® value 2*

bacon-bundled bbq shrimp
PER SERVING (4 pieces):
116 calories, 1.75g fat, <0.5g fiber
POINTS® value 2*

spinach, mushroom, and mozzarella supreme
PER SERVING (¼ of casserole):
106 calories, 1g fat, 3.5g fiber
POINTS® value 2*

h-o-t hot boneless buffalo wings
PER SERVING (5 wings):
175 calories, 1.5g fat, 4g fiber
POINTS® value 3*

lean-o cioppino
PER SERVING (1 generous cup):
190 calories, 3.25g fat, 1.5g fiber
POINTS® value 4*

cheesy-good cornbread muffins
PER SERVING (1 muffin):
85 calories, 1.5g fat, 1g fiber
POINTS® value 2*

butternut hash browns
PER SERVING (about 1 cup):
104 calories, 3g fat, 3g fiber
POINTS® value 2*

sassy southwestern egg rolls
PER SERVING
(3 egg roll halves with sauce):
181 calories, 4.5g fat, 14g fiber
POINTS® value 3*

miracle mashies
PER SERVING (about ⅔ cup):
82 calories, 1g fat, 3g fiber
POINTS® value 1*

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cheesy “broc star” soup
PER SERVING (1 cup):
125 calories, 5.75g fat, 2g fiber
POINTS® value 3*

bacon ’n cheese bell pepper skins
PER SERVING (2 pieces):
119 calories, 5.5g fat, 1.25g fiber
POINTS® value 3*

mmmm-azing mini mushroom tartlets
PER SERVING (5 tartlets):
120 calories, 5.25g fat, 0.75g fiber
POINTS® value 3*

cheesy cauliflower casserole
PER SERVING (1 generous cup):
117 calories, 2g fat, 2.5g fiber
POINTS® value 2*

devilish eggs
PER SERVING (4 pieces):
79 calories, 1.75g fat, 1g fiber
POINTS® value 2*

CHAPTER 5: DIP IT GOOD

not-so-secret bbq sauce
PER SERVING
(about 3 tablespoons):
37 calories, 0g fat, 0.5g fiber
POINTS® value 1*

just fondue it
PER SERVING
(about 3 tablespoons):
89 calories, 2.5g fat, 0g fiber
POINTS® value 2*

hungry, hungry artichoke hummus
PER SERVING (¼ cup):
56 calories, 0.5g fat, 3g fiber
POINTS® value 1*

hint of mint yogurty cucumber dip
PER SERVING (¼ cup):
17 calories, 0g fat, 0.5g fiber
POINTS® value 0*

holy moly guacamole
PER SERVING (⅓ cup):
78 calories, 3g fat, 3.5g fiber
POINTS® value 1*

crazy-creamy spinach artichoke dip
PER SERVING (⅓ cup):
91 calories, 1.5g fat, 2g fiber
POINTS® value 2*

fluffy cinnamon–cream cheese dip
PER SERVING (3 tablespoons):
43 calories, <0.5g fat, 0g fiber
POINTS® value 1*

sweet cinnamon pita chips
PER SERVING (12 chips):
144 calories, 2.5g fat, 6g fiber
POINTS® value 2*

chunky caramel-apple pumpkin dip
PER SERVING (¼ cup):
52 calories, <0.5g fat, 1.25g fiber
POINTS® value 1*

mostly roasted veggie explosion
PER SERVING (⅛ of platter):
71 calories, <0.5g fat, 7g fiber
POINTS® value 1*

sweet caramelized onion dip
PER SERVING (⅓ cup):
74 calories, 1.75g fat, 0.5g fiber
POINTS® value 2*

kickin’ peanut sauce
PER SERVING (2 tablespoons):
55 calories, 2.5g fat, 0.5g fiber
POINTS® value 1*

zesty italian pita chips
PER SERVING (12 chips):
163 calories, 4.5g fat, 5.5g fiber
POINTS® value 3*

mexican bean & cheese dip
PER SERVING (about ⅓ cup):
87 calories, 0.5g fat, 3g fiber
POINTS® value 1*

creamy vanilla dip
PER SERVING (2 tablespoons):
34 calories, 0g fat, 0g fiber
POINTS® value 1*

nacho-average tortilla chips
PER SERVING (12 chips):
126 calories, 3g fat, 3g fiber
POINTS® value 2*

peachy-cream fruity fondue
PER SERVING (¼ cup):
45 calories, 0.5g fat, 0.5g fiber
POINTS® value 1*

fluffy speckled peanut butter dip
PER SERVING
(2 heaping tablespoons):
49 calories, 1.5g fat, <0.5g fiber
POINTS® value 1*

very-veggie spread
PER SERVING (⅓ cup):
45 calories, 1.25g fat, 2.5g fiber
POINTS® value 1*

CHAPTER 6: MINI MEAL MANIA

totally pumpin’ fettuccine
PER SERVING (entire recipe):
129 calories, 3g fat, 6.5g fiber
POINTS® value 2*

ez tomato-basil chicken
PER SERVING (¼ of recipe):
175 calories, 1.5g fat, 2g fiber
POINTS® value 3*

crazy calypso salad
PER SERVING (about 2 cups):
174 calories, 5g fat, 4g fiber
POINTS® value 3*

big bad burger wrap
PER SERVING (entire recipe):
199 calories, 5.5g fat, 16.5g fiber
POINTS® value 4*

smothered pig in a blanket
PER SERVING (entire recipe):
196 calories, 5.25g fat, 2.5g fiber
POINTS® value 4*

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so low mein with chicken
PER SERVING (1½ cups):
167 calories, 1.5g fat, 6g fiber
POINTS® value 3*

bbq mango tilapia
PER SERVING (½ of recipe):
197 calories, 2.5g fat, 1g fiber
POINTS® value 4*

chicken fajita lettuce cups
PER SERVING (3 lettuce cups):
190 calories, 2.5g fat, 4g fiber
POINTS® value 3*

crazy-good coconut chicken taco
PER SERVING (1 taco):
198 calories, 2.25g fat, 3.75g fiber
POINTS® value 3*

turkey-tastic creamy shirataki bowls
PER SERVING (¼ of recipe):
195 calories, 3g fat, 4.75g fiber
POINTS® value 3*

super veggie-stuffed peppers
PER SERVING
(2 stuffed-pepper halves):
188 calories, 2g fat, 8.5g fiber
POINTS® value 3*

blc wraps
PER SERVING (3 lettuce wraps):
163 calories, 1.5g fat, 5.5g fiber
POINTS® value 3*

philly cheesesteak lettuce cups
PER SERVING (2 lettuce cups):
197 calories, 7.5g fat, 1g fiber
POINTS® value 4*

chicken fajita pita
PER SERVING (entire recipe):
180 calories, 1.5g fat, 3.5g fiber
POINTS® value 3*

superb-y herby sauce-exposed pizzas
PER SERVING (entire recipe):
144 calories, 2.75g fat, 6g fiber
POINTS® value 2*

cheesy saucy veggie stacks
PER SERVING (1 stack):
191 calories, 1.25g fat, 13g fiber
POINTS® value 3*

dan's snazzy green pepper pizzas
PER SERVING (3 pieces):
189 calories, 3.25g fat, 4g fiber
POINTS® value 3*

fettuccine hungry girlfredo veggie explosion
PER SERVING (entire recipe):
151 calories, 4.5g fat, 7g fiber
POINTS® value 3*

mmm mmm goo-lash
PER SERVING (entire recipe):
197 calories, 5.75g fat, 6.5g fiber
POINTS® value 4*

CHAPTER 7: TORTILLA MADNESS

lean bean 'n cheese enchiladas
PER SERVING (1 enchilada):
187 calories, 2g fat, 4g fiber
POINTS® value 3*

turkey reuben quesadilla
PER SERVING (entire quesadilla):
186 calories, 6.5g fat, 13g fiber
POINTS® value 3*

cheesy beefy quesadilla
PER SERVING (entire quesadilla):
196 calories, 5g fat, 13.5g fiber
POINTS® value 4*

blt quesadilla
PER SERVING (entire quesadilla):
175 calories, 4.5g fat, 12.5g fiber
POINTS® value 3*

buffalo chicken chop salad wrap
PER SERVING (entire recipe):
199 calories, 5g fat, 12.5g fiber
POINTS® value 4*

crispy white pizza
PER SERVING (entire pizza):
176 calories, 3g fat, 13g fiber
POINTS® value 3*

spicy tortilla pizza mexicali
PER SERVING (entire pizza):
196 calories, 4g fat, 14g fiber
POINTS® value 3*

blt salad wrap
PER SERVING (entire recipe):
185 calories, 5.5g fat, 13g fiber
POINTS® value 3*

extreme mega-supreme pizza pocket
PER SERVING (entire recipe):
196 calories, 6g fat, 13g fiber
POINTS® value 4*

cheeseburger quesadilla
PER SERVING (entire quesadilla):
186 calories, 3.5g fat, 16g fiber
POINTS® value 3*

little taco salad in a shell
PER SERVING (entire recipe):
178 calories, 4.25g fat, 15.5g fiber
POINTS® value 3*

CHAPTER 8: SHIVERING SIPS

joe cool java freeze
PER SERVING (entire drink):
68 calories, 3.75g fat, <0.5g fiber
POINTS® value 2*

cravin' cap'n crunch shake
PER SERVING (entire shake):
192 calories, 2.75g fat, 2.5g fiber
POINTS® value 4*

frozen fudge chip freeze
PER SERVING (entire drink):
138 calories, 4.5g fat, 1.5g fiber
POINTS® value 3*

raspberry mocha madness swappuccino
PER SERVING (entire drink):
82 calories, 1.75g fat, 1g fiber
POINTS® value 2*

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pb & j super-shake

PER SERVING (entire shake):
199 calories, 7.25g fat, 3g fiber
POINTS® value 4*

chocolate chip cookie crisp puddin' shake

PER SERVING (entire shake):
198 calories, 3.75g fat, 1g fiber
POINTS® value 4*

green tea crème swappuccino

PER SERVING (entire drink):
75 calories, 2.5g fat, 1g fiber,
POINTS® value 2*

mint chocolate chip freeze

PER SERVING (entire drink):
87 calories, 4.75g fat, 0g fiber,
POINTS® value 2*

freckled lemonade

PER SERVING (entire drink):
27 calories, 0g fat, 1g fiber
POINTS® value 0*

too-good two-berry citrus smoothie

PER SERVING (entire smoothie):
101 calories, 0.5g fat, 5g fiber
POINTS® value 1*

chocolate-banana smoothie

PER SERVING (entire smoothie):
164 calories, 1.5g fat, 3.75g fiber
POINTS® value 3*

freezy-cool lemon slushie

PER SERVING (entire slushie):
30 calories, 0g fat, 0g fiber
POINTS® value 1*

mango-tango slushie

PER SERVING (entire slushie):
40 calories, 0g fat, 1g fiber
POINTS® value 1*

key lime pie shake

PER SERVING (entire shake):
124 calories, 1.25g fat, 1.5g fiber
POINTS® value 2*

piña colada smoothie

PER SERVING (entire smoothie):
86 calories, 0g fat, 1g fiber
POINTS® value 2*

no-name peachy pumpkin drink

PER SERVING (entire drink):
118 calories, 1g fat, 3.75g fiber
POINTS® value 2*

CHAPTER 9: YO, CUPCAKE!

crazy-crumblly super-yummy coffee cakes

PER SERVING
(1 cupcake with crumb topping):
118 calories, 2g fat, 2.5g fiber
POINTS® value 2*

red velvet insanity cupcakes

PER SERVING
(1 frosted cupcake):
140 calories, 3g fat, 0.5g fiber
POINTS® value 3*

14-carat cupcakes

PER SERVING (1 frosted cupcake):
133 calories, 1g fat, 2g fiber
POINTS® value 2*

chocolate marshmallow

madness cupcakes
PER SERVING
(1 glazed and topped cupcake):
109 calories, 2g fat, 0.75g fiber
POINTS® value 2*

iced 'n spiced pumpkin puddin' cupcakes

PER SERVING
(1 frosted cupcake):
112 calories, 1.75g fat, 0.5g fiber
POINTS® value 2*

razzle dazzle chocolate

raspberry cupcakes
PER SERVING
(1 frosted cupcake):
124 calories, 2g fat, 2g fiber
POINTS® value 2*

death by chocolate cone cakes

PER SERVING
(1 Cone Cake with toppings):
93 calories, 2.5g fat, 0.5g fiber
POINTS® value 2*

piña colada cupcakes

PER SERVING (1 frosted cupcake):
115 calories, 1.75g fat, <0.5g fiber
POINTS® value 2*

strawberry shortycakes

PER SERVING (1 cupcake):
68 calories, 0g fat, 0g fiber
POINTS® value 1*

jelly-filled cupcakes

PER SERVING (1 cupcake):
92 calories, 1.75g fat, 0g fiber
POINTS® value 2*

blueberry-packed lemon shorties

PER SERVING (1 frosted cupcake):
113 calories, 1.5g fat, <0.5g fiber
POINTS® value 2*

banana cupcakes with pb frosting

PER SERVING (1 frosted cupcake):
143 calories, 3.75g fat, 0.5g fiber
POINTS® value 3*

CHAPTER 10: SWEET STUFF

104-calorie crème brûlée

PER SERVING (1 custard cup):
104 calories, 0.5g fat, 0g fiber
POINTS® value 2*

super-duper strawberry shortcake

PER SERVING (entire dessert):
191 calories, 2g fat, 2g fiber
POINTS® value 4*

tiramisu pudding

PER SERVING (entire dessert):
166 calories, 1g fat, 0g fiber
POINTS® value 3*

top banana bread

PER SERVING (1/8 of recipe):
140 calories, 0.5g fat, 3.75g fiber
POINTS® value 2*

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“swirls gone wild”

cheesecake brownies

PER SERVING (1 brownie):
133 calories, 1.75g fat, 1.5g fiber
POINTS® value 3*

goopy crunch fruit tartlets

PER SERVING (2 fruit tartlets):
86 calories, 1g fat, 2g fiber
POINTS® value 1*

mini microwave

triple chocolate cake

PER SERVING (entire dessert):
130 calories, 1.5g fat, 0.5g fiber
POINTS® value 3*

cran-tastic baked pear slices

PER SERVING (¼ of recipe):
98 calories, 0g fat, 5g fiber
POINTS® value 1*

“it’s a snap!” ginger

cookie ’n peach parfait

PER SERVING (entire parfait):
158 calories, 2.5g fat, 1.25g fiber
POINTS® value 3*

pb & j cocoa-nana snack mix

PER SERVING (¾ cup):
110 calories, 2g fat, 1g fiber
POINTS® value 2*

so-good chocolate chip softies

PER SERVING (1 softie):
88 calories, 1.5g fat, 2g fiber
POINTS® value 1*

funky monkey squares

PER SERVING (1 square):
73 calories, 1.5g fat, 1g fiber
POINTS® value 1*

hungry girl-nola

PER SERVING (about 1 cup):
165 calories, 1.25g fat, 4g fiber
POINTS® value 3*

marshmallow fudge mania!

PER SERVING (1 piece):
66 calories, 0.5g fat, 0.75g fiber
POINTS® value 1*

fruity vanilla snack mix

PER SERVING (1 cup):
103 calories, 1.5g fat, 1.5g fiber
POINTS® value 2*

chewy s’mores snack mix

PER SERVING (¾ cup):
109 calories, 1.25g fat, 0.5g fiber
POINTS® value 2*

CHAPTER 11: FUN WITH COOL WHIP FREE

mmmm! miracle mousse

PER SERVING (entire dessert):
100 calories, 2.5g fat, 0.5g fiber
POINTS® value 2*

toffee almond caramel

cream cakes

PER SERVING (6 Cream Cakes):
96 calories, 3.5g fat, 0.25g fiber
POINTS® value 2*

strawberry shortcake bites

PER SERVING
(2 Shortcake Bites):
88 calories, 1g fat, 0g fiber
POINTS® value 2*

caramel piña colada crunchers

PER SERVING (2 crunchers):
90 calories, 0.5g fat, 1g fiber
POINTS® value 2*

pb-nana poppers

PER SERVING (5 Poppers):
108 calories, 3g fat, 2g fiber
POINTS® value 2*

chunky & nutty frozen pb cups

PER SERVING (1 PB Cup):
78 calories, 2g fat, 0.5g fiber
POINTS® value 2*

gimme gimme s’mores sandwich

PER SERVING (entire sandwich):
133 calories, 2.5g fat, 0.5g fiber
POINTS® value 3*

pumpkin pudding parfait

PER SERVING (entire parfait):
172 calories, 2.25g fat, 6g fiber
POINTS® value 3*

chocolate cherry crunchers

PER SERVING (2 crunchers):
79 calories, 1.5g fat, 1g fiber
POINTS® value 2*

vanilla-thrilla coffee float

PER SERVING (entire float):
111 calories, 3g fat, 0g fiber
POINTS® value 2*

crustless banana cream pie

PER SERVING (⅛ of pie):
115 calories, 1.5g fat, 1g fiber
POINTS® value 2*

CHAPTER 12: FUN WITH FUJIS

jell-O fizzy fruit minis

PER SERVING (1 mini mold):
36 calories, 0g fat, 1g fiber
POINTS® value 1*

pico de fuji

PER SERVING (½ cup):
43 calories, <0.5g fat, 1.25g fiber
POINTS® value 1*

fuji fritters

PER SERVING (1 fritter):
93 calories, 1.75g fat, 1.5g fiber
POINTS® value 2*

red hot apple pie in a cup

PER SERVING (entire recipe):
140 calories, 0.5g fat, 3.5g fiber
POINTS® value 2*

i heart apple slaw

PER SERVING (about 1 cup):
59 calories, <0.5g fat, 2.5g fiber
POINTS® value 1*

caramel apple tartlets

PER SERVING (2 tartlets):
100 calories, 2g fat, 1.5g fiber
POINTS® value 2*

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Hungry Girl 200 Under 200: 200 Recipes Under 200 Calories

by Lisa Lillien

apple & onion stuffing

PER SERVING (1 cup):
108 calories, 1g fat, 4.25g fiber
POINTS® value 1*

chunky apple–cinnamon muffins

PER SERVING
(1 muffin with topping):
127 calories, 2.5g fat, 2.5g fiber
POINTS® value 2*

apple icobbler

PER SERVING (about 1 cup):
126 calories, 1g fat, 5.5g fiber
POINTS® value 2*

CHAPTER 13: FUN WITH FIBER ONE

crispy tuna croquettes

PER SERVING (4 croquettes):
170 calories, 2g fat, 10.5g fiber
POINTS® value 3*

freakishly fantastic faux-fried zucchini

PER SERVING (1/3 of recipe):
78 calories, 0.5g fat, 9g fiber
POINTS® value 1*

sweet cinnamon fritter fries

PER SERVING
(1/3 of recipe with syrup):
144 calories, 1g fat, 12g fiber
POINTS® value 2*

too-good-to-deny pumpkin pie

PER SERVING (1/8 of pie):
133 calories, 3g fat, 9g fiber
POINTS® value 2*

fiber-ific fried cheese sticks

PER SERVING (4 pieces):
155 calories, 5.5g fat, 7g fiber
POINTS® value 3*

bloomin' blossom

PER SERVING
(1/2 of recipe with sauce):
192 calories, 1.75g fat, 17g fiber
POINTS® value 3*

fiber-fried green beans with spicy cucumber-ranch dip

PER SERVING
(1/2 of recipe with dip):
129 calories, 1.5g fat, 14g fiber
POINTS® value 2*

key lime mousse pie

PER SERVING (1/8 of pie):
88 calories, 3g fat, 6g fiber
POINTS® value 1*

fluffy lemon squares

PER SERVING (1 square):
121 calories, 2.5g fat, 5.5g fiber
POINTS® value 2*

san diego baja-style fish tacos

PER SERVING
(1 taco with sauce):
152 calories, 2g fat, 5.5g fiber
POINTS® value 2*

sweet crust quiche supreme

PER SERVING (1/6th of quiche):
144 calories, 4.25g fat, 9g fiber
POINTS® value 2*

no-harm eggplant parm

PER SERVING (1/4 of recipe):
170 calories, 2.5g fat, 13g fiber
POINTS® value 3*

vanilla crème pumpkin cheesecake

PER SERVING
(1/12 of cake with topping):
160 calories, 3.25g fat, 5g fiber
POINTS® value 3*

s'mores krispymallow treats

PER SERVING (1 square):
57 calories, 1g fat, 1.5g fiber
POINTS® value 1*

CHAPTER 14: FUN WITH VITALICIOUS

dynamite double chocolate dream parfaits

PER SERVING (1 parfait):
165 calories, 2.75g fat, 6.5g fiber
POINTS® value 3*

freezy-cool whoopie pie

PER SERVING (entire dessert):
115 calories, 1.5g fat, 6g fiber
POINTS® value 2*

puddin'-packed caramel brownie blitz!

PER SERVING (entire dessert):
154 calories, 2.5g fat, 6g fiber
POINTS® value 2*

bananaberry pudding cream pie explosion

PER SERVING (entire dessert):
164 calories, 3g fat, 5.25g fiber
POINTS® value 3*

mile-high choco-berry vitatop pie

PER SERVING (1/2 of pie):
145 calories, 2.25g fat, 5.5g fiber
POINTS® value 2*

chocolate fluff 'n nutter

PER SERVING (entire dessert):
176 calories, 4.5g fat, 6.5g fiber
POINTS® value 3*

black forest cheesecake parfait

PER SERVING (entire parfait):
144 calories, 1.75g fat, 5.25g fiber
POINTS® value 2*

yogurt-smothered apple 'n apricot surprise

PER SERVING (entire recipe):
165 calories, 1g fat, 6g fiber
POINTS® value 3*

chocolate for breakfast vitasundae

PER SERVING (entire sundae):
194 calories, 1.75g fat, 7.5g fiber
POINTS® value 3*

double-trouble chocolate trifle

PER SERVING (1/4 of trifle):
193 calories, 1.5g fat, 6.5g fiber
POINTS® value 3*

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