

# Hungry Girl: Recipes and Survival Strategies for Guilt-Free Eating in the Real World

## by Lisa Lillien

### CHAPTER 1: RISE & DINE

yumtastic breakfast burrito  
PER SERVING (1 burrito):  
239 calories, 3g fat, 9g fiber  
POINTS® value 4\*

super-duper veggie scramble  
PER SERVING (entire recipe):  
183 calories, 3g fat, 5g fiber  
POINTS® value 3\*

smokin' salmon cream cheese roll-up  
PER SERVING (entire recipe):  
239 calories, 5.5g fat, 9.5g fiber  
POINTS® value 4\*

fancy-schmancy oatmeal  
PER SERVING (entire recipe):  
183 calories, 2.5g fat, 5.5g fiber  
POINTS® value 3\*

bring on the breakfast pizza  
PER SERVING (1 pizza):  
127 calories, <0.5g fat, 1.5g fiber  
POINTS® value 2\*

cinnamonlicious french toast  
PER SERVING (3 slices):  
195 calories, 1g fat, 8g fiber  
POINTS® value 3\*

eggamuffin 101  
PER SERVING (entire recipe):  
184 calories, 2g fat, 6g fiber  
POINTS® value 3\*

tutti frutti crunch yogurt parfait  
PER SERVING (1 parfait):  
210 calories, 1g fat, 3.5g fiber  
POINTS® value 4\*

blueberry apple pancake shake-up  
PER SERVING (3 pancakes):  
252 calories, 2.5g fat, 4g fiber  
POINTS® value 4\*

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

ginormous cereal bowl-anza  
PER SERVING (1 bowl):  
286 calories, 3g fat, 10g fiber  
POINTS® value 5\*

eggs bene-chick  
PER SERVING (entire recipe):  
183 calories, 8g fat, 3g fiber  
POINTS® value 4\*

### CHAPTER 2: CHOP 'TIL YA DROP

rockin' & choppin' taco salad  
PER SERVING (1 salad):  
286 calories, 3.5g fat, 12g fiber  
POINTS® value 5\*

buffalo chicken choppity chop  
PER SERVING (1 salad):  
192 calories, 3g fat, 5g fiber  
POINTS® value 3\*

crazy-delicious cobby chop  
PER SERVING (1 salad):  
223 calories, 3g fat, 6.5g fiber  
POINTS® value 4\*

retro-rific chopped chef salad  
PER SERVING (1 salad):  
220 calories, 5.5g fat, 4g fiber  
POINTS® value 4\*

hacked 'n whacked santa fe shrimp supreme  
PER SERVING (1 salad with dressing):  
380 calories, 4g fat, 11.5g fiber  
POINTS® value 7\*

sliced 'n diced fajita steak salad  
PER SERVING (1 salad):  
253 calories, 5g fat, 6.5g fiber  
POINTS® value 5\*

chinese chicken chop  
PER SERVING (1 salad):  
245 calories, 2g fat, 10g fiber  
POINTS® value 4\*

the hg special  
PER SERVING (1 salad):  
308 calories, 5.5g fat, 9g fiber  
POINTS® value 6\*

hot chick bbq chop  
PER SERVING (1 salad):  
320 calories, 2.5g fat, 10g fiber  
POINTS® value 6\*

chop-tastic veggie salad  
PER SERVING (1 salad):  
206 calories, 3.5g fat, 11g fiber  
POINTS® value 4\*

hacked 'n whacked blt salad  
Co-developed with Weight Watchers®  
PER SERVING (1 salad):  
208 calories, 4g fat, 7g fiber  
POINTS® value 4\*

pizzalicious chop chop  
PER SERVING (1 salad):  
206 calories, 6g fat, 6g fiber  
POINTS® value 4\*

big chomp cheeseburger chop  
PER SERVING (1 salad):  
152 calories, 1g fat, 8g fiber  
POINTS® value 2\*

### CHAPTER 3: SOUPER DOUPER

freakishly good french onion soup  
PER SERVING (1 bowl):  
113 calories, 4.5g fat, 1.5g fiber  
POINTS® value 2\*

perfect plum tomato cabbage soup  
PER SERVING (1 generous cup):  
35 calories, <0.5g fat, 1.5g fiber  
POINTS® value 0\*

egg flower power soup  
PER SERVING (1 generous cup):  
50 calories, <0.5g fat, 1g fiber  
POINTS® value 1\*

sassy salsa pumpkin soup  
PER SERVING (1 generous cup):  
177 calories, 1g fat, 8.5g fiber  
POINTS® value 3\*

spicy tomato soup  
PER SERVING (1 cup):  
76 calories, <0.5g fat, 3.5g fiber  
POINTS® value 1\*

v10 soup  
PER SERVING (1 generous cup):  
60 calories, <0.5g fat, 3.5g fiber  
POINTS® value 1\*

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### CHAPTER 3: SOUPER DOUPER (Cont)

noodled-up chicken soup  
PER SERVING (1 generous cup):  
98 calories, 1g fat, 2g fiber  
POINTS® value 2\*

kickin' chicken tortilla soup  
PER SERVING (1 generous cup):  
101 calories, 1g fat, 1.5g fiber  
POINTS® value 2\*

rockin' roasted shrimp & asparagus corn  
chowder  
PER SERVING (1 1/2 cups):  
182 calories, 1.5g fat, 3.5g fiber  
POINTS® value 3\*

hot & sour soup  
PER SERVING (1 generous cup):  
105 calories, 4g fat, 1.5g fiber  
POINTS® value 2\*

kazu's special eggplant & shrimp soup  
PER SERVING (1 cup):  
68 calories, <0.5g fat, 1.5g fiber  
POINTS® value 1\*

southwestern surprise  
PER SERVING (1 generous cup):  
168 calories, 1g fat, 6.5g fiber  
POINTS® value 3\*

### CHAPTER 4: LET'S DO LUNCH

rockin' tuna melt  
PER SERVING (1 sandwich):  
212 calories, 2.5g fat, 6g fiber  
POINTS® value 4\*

guilt-free 1-2-3 blt  
PER SERVING (1 sandwich):  
141 calories, 2g fat, 6g fiber  
POINTS® value 2\*

my big fat greek pita  
PER SERVING (2 pita halves):  
219 calories, 1.5g fat, 9.5g fiber  
POINTS® value 4\*

bbq-rific chicken wrap  
PER SERVING (1 wrap):  
274 calories, 4g fat, 10g fiber  
POINTS® value 5\*

outstanding veggie patties  
PER SERVING (1 patty):  
70 calories, 0.5g fat, 5g fiber  
POINTS® value 1\*

veggie tuna wrap explosion  
PER SERVING (1 wrap):  
215 calories, 3.5g fat, 10g fiber  
POINTS® value 4\*

crab-ulous smothered burrito  
PER SERVING (1 burrito):  
300 calories, 4.5g fat, 13.5g fiber  
POINTS® value 6\*

too-good turkey club wrap  
PER SERVING (1 wrap):  
275 calories, 4g fat, 9.5g fiber  
POINTS® value 5\*

yummilicious veggie burger wrap  
PER SERVING (1 wrap):  
253 calories, 6.5g fat, 13g fiber  
POINTS® value 5\*

veggie-friendly asian lettuce wraps  
PER SERVING (3 wraps):  
220 calories, 3.5g fat, 8g fiber  
POINTS® value 4\*

weeeeee...veggie wheels!  
PER SERVING (6 pieces):  
143 calories, 2.5g fat, 10g fiber  
POINTS® value 2\*

rockin' shrimp pad thai  
PER SERVING (1/2 of recipe):  
242 calories, 3g fat, 9g fiber  
POINTS® value 4\*

mexi-tato  
PER SERVING (1 potato):  
277 calories, 0.5g fat, 8g fiber  
POINTS® value 5\*

saucy bbq seafood skewers  
PER SERVING (2 skewers with sauce):  
298 calories, 7g fat, 2.5g fiber  
POINTS® value 6\*

citrus-y stir-fry shrimp  
PER SERVING (1/2 of recipe):  
282 calories, 3.5g fat, 5g fiber  
POINTS® value 5\*

loaded 'n oated veggie pizza  
PER SERVING (1 pizza):  
231 calories, 2g fat, 11g fiber  
POINTS® value 4\*

hawaiian pineapple chicken skewers  
PER SERVING (2 skewers):  
178 calories, 1.5g fat, 2.5g fiber  
POINTS® value 3\*

### CHAPTER 5: JUNK FOOD JUNKIE

hg's famous bowl  
PER SERVING (1 bowl):  
288 calories, 6.5g fat, 5g fiber  
POINTS® value 6\*

ooey-goey chili cheese nachos  
PER SERVING (1/6th of recipe):  
216 calories, 3.5g fat, 4g fiber  
POINTS® value 4\*

bake-tastic butternut squash fries  
PER SERVING (1/2 of recipe):  
125 calories, <0.5g fat, 3g fiber  
POINTS® value 2\*

super-skinny skins  
PER SERVING (4 pieces):  
157 calories, 1g fat, 4.5g fiber  
POINTS® value 2\*

lord of the onion rings  
PER SERVING (entire recipe):  
153 calories, 1g fat, 16g fiber  
POINTS® value 2\*

big bopper burger stopper  
PER SERVING (1 sandwich):  
202 calories, 2.5g fat, 6g fiber  
POINTS® value 3\*

perfect pepperoni pizzas  
PER SERVING (2 mini pizzas):  
190 calories, 3g fat, 6.5g fiber  
POINTS® value 3\*

swapcorn shrimp  
PER SERVING (entire recipe):  
180 calories, 2.5g fat, 14g fiber  
POINTS® value 3\*

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### CHAPTER 5: JUNK FOOD JUNKIE (Cont)

hot diggity chili dog  
PER SERVING (1 chili dog):  
109 calories, 1g fat, 3.5g fiber  
POINTS® value 2\*

fiber-ific fried chicken strips  
PER SERVING (8 strips):  
277 calories, 3g fat, 14g fiber  
POINTS® value 5\*

spicy crispy chicken sandwich  
PER SERVING (1 sandwich):  
313 calories, 4.5g fat, 12g fiber  
POINTS® value 6\*

7-layer burrito blitz  
PER SERVING (1 burrito):  
277 calories, 3g fat, 14.5g fiber  
POINTS® value 5\*

### CHAPTER 6: MANLY MEALS

super-svelte bacon melt  
PER SERVING (1 sandwich):  
201 calories, 3.5g fat, 5g fiber  
POINTS® value 4\*

cheesy chicken quesadilla  
PER SERVING (1 quesadilla):  
240 calories, 3g fat, 9g fiber  
POINTS® value 4\*

dan good chili  
PER SERVING (1 cup):  
120 calories, 1g fat, 6g fiber  
POINTS® value 2\*

2-good twice-baked potato  
PER SERVING (1 potato):  
226 calories, 0.5g fat, 5g fiber  
POINTS® value 4\*

“meaty” thin crust pizza  
PER SERVING (1 pizza):  
264 calories, 4.5g fat, 12.5g fiber  
POINTS® value 5\*

t-rific turkey reuben  
PER SERVING (1 sandwich):  
282 calories, 7g fat, 3.5g fiber  
POINTS® value 6\*

kickin’ chicken pot pie  
PER SERVING (1/4th of pie):  
235 calories, 6g fat, 3.5g fiber  
POINTS® value 5\*

sloppy janes  
PER SERVING (1 sandwich):  
271 calories, 3g fat, 3g fiber  
POINTS® value 5\*

crazy-good turkey taco meatloaf  
PER SERVING (1/6th of loaf):  
127 calories, 1g fat, 0.5g fiber  
POINTS® value 3\*

meat-lovers’ cheesy pasta  
PER SERVING (entire recipe):  
301 calories, 3.5g fat, 7.5g fiber  
POINTS® value 6\*

phenomenal Philly cheesesteak  
PER SERVING (1 sandwich):  
301 calories, 9g fat, 0.5g fiber  
POINTS® value 7\*

baja taco blitz  
Co-developed with Weight Watchers®  
PER SERVING (2 tacos):  
347 calories, 6.5g fat, 6.5g fiber  
POINTS® value 7\*

### CHAPTER 7: PARTY TIME

hg’s de-pudged pigs in a blanket  
PER SERVING (4 pigs in a blanket):  
134 calories, 5g fat, 0g fiber  
POINTS® value 3\*

merry marinated veggies  
PER SERVING (1 cup):  
58 calories, 1g fat, 1.5g fiber  
POINTS® value 1\*

snack-tastic holiday mix  
PER SERVING (1 cup):  
132 calories, 3g fat, 5g fiber  
POINTS® value 2\*

jalapeño swappers  
PER SERVING (5 poppers):  
126 calories, 1g fat, 8g fiber  
POINTS® value 2\*

save-the-day stuffing  
PER SERVING (1 cup):  
89 calories, 1.5g fat, 4g fiber  
POINTS® value 1\*

party poppin’ trail mix  
PER SERVING (1 generous cup):  
118 calories, 3.5g fat, 5g fiber  
POINTS® value 2\*

cheesy dog tortilla roll-ups  
PER SERVING (2 pieces):  
78 calories, 1g fat, 3g fiber  
POINTS® value 1\*

rockin’ lean bean casserole  
PER SERVING (1/10th of casserole):  
76 calories, 2g fat, 3.5g fiber  
POINTS® value 1\*

rockin’ restaurant spinach dip  
PER SERVING (3 heaping tablespoons):  
72 calories, 1g fat, 1g fiber  
POINTS® value 1\*

no-nonsense nog  
PER SERVING (1 cup):  
98 calories, 2g fat, 0.5g fiber  
POINTS® value 2\*

guilt-free dirt & worms surprise  
PER SERVING (2/3 cup):  
159 calories, 1g fat, 1g fiber  
POINTS® value 3\*

amazing ate-layer dip  
PER SERVING (1 cup):  
105 calories, 0.5g fat, 4g fiber  
POINTS® value 1\*

portabello skinny “skins”  
PER SERVING (1 mushroom):  
67 calories, 0.5g fat, 1.5g fiber  
POINTS® value 1\*

crazy-creamy crab-stuffed mushrooms  
PER SERVING (4 mushrooms):  
53 calories, 1g fat, 1g fiber  
POINTS® value 1\*

yummy yummy eggplant goo  
PER SERVING (1/4 cup):  
37 calories, 1g fat, 2.5g fiber  
POINTS® value 0\*

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### CHAPTER 7: PARTY TIME (Cont)

i can't believe it's not sweet potato pie  
PER SERVING (1/4th of pie):  
113 calories, <0.5g fat, 1.5g fiber  
POINTS® value 2\*

sassy veggie egg rolls  
PER SERVING (2 pieces):  
82 calories, <0.5g fat, 1.5g fiber  
POINTS® value 1\*

### CHAPTER 8: CHOCOLATE 911

chilly chocolate cheesecake nuggets  
PER SERVING (2 nuggets):  
42 calories, <0.5g fat, 0g fiber  
POINTS® value 1\*

dreamy chocolate peanut butter fudge  
PER SERVING (1 piece):  
65 calories, 1g fat, 1g fiber  
POINTS® value 1\*

chocolate-coated mousse-cream cones  
PER SERVING (1 cone):  
84 calories, 1g fat, 0.5g fiber  
POINTS® value 2\*

pb 'n chocolate bread pudding bonanza  
PER SERVING (1/4th of recipe):  
162 calories, 5.5g fat, 2.5g fiber  
POINTS® value 3\*

chilly chocolate mousse crepes  
PER SERVING (1 crepe):  
52 calories, 1g fat, 0g fiber  
POINTS® value 1\*

ooey gooey chocolate cherry muffins  
PER SERVING (1 muffin):  
131 calories, <0.5g fat, 3.5g fiber  
POINTS® value 2\*

freakishly good frozen hot chocolate  
PER SERVING (entire recipe):  
58 calories, 0.5g fat, 1g fiber  
POINTS® value 1\*

yum yum brownie muffins  
PER SERVING (1 muffin):  
181 calories, 3.5g fat, 2g fiber  
POINTS® value 4\*

hot 'n nutty liquid brownie  
PER SERVING (entire recipe):  
50 calories, 1.5g fat, 1g fiber  
POINTS® value 1\*

chocolate pudding crunch explosion  
PER SERVING (entire recipe):  
139 calories, 2.5g fat, 1.5g fiber  
POINTS® value 3\*

upside-down chocolate cream pie  
PER SERVING (entire recipe):  
135 calories, 2.5g fat, 1.5g fiber  
POINTS® value 3\*

death by chocolate cupcakes  
PER SERVING (1 cupcake):  
108 calories, 2.5g fat, 1g fiber  
POINTS® value 2\*

### CHAPTER 9: FRUITY CALL

topless triple berry pie  
PER SERVING (1 slice):  
79 calories, 3g fat, 8g fiber  
POINTS® value 1\*

bananarama wafer puddin'  
PER SERVING (1/2 cup):  
137 calories, 1.5g fat, 1g fiber  
POINTS® value 3\*

apple cinnamon crunch parfaits  
PER SERVING (1 parfait):  
135 calories, 0.5g fat, 1.5g fiber  
POINTS® value 2\*

fruity super-slaw  
Co-developed with Weight Watchers®  
PER SERVING (3/4 cup):  
68 calories, <0.5g fat, 2.5g fiber  
POINTS® value 1\*

groovy grilled fruit fondue  
PER SERVING (1/4th of recipe):  
135 calories, 0.5g fat, 3g fiber  
POINTS® value 2\*

apple pie pockets  
PER SERVING (1 pocket):  
137 calories, 0.5g fat, 4.5g fiber  
POINTS® value 2\*

layered berry custard crostata  
PER SERVING (1/2 of crostata):  
124 calories, 1.5g fat, 3.5g fiber  
POINTS® value 2\*

sweetie-fry bananas with cream cheese frosting  
PER SERVING (4 pieces with frosting):  
202 calories, 1g fat, 10.5g fiber  
POINTS® value 3\*

cheery cherry cobbler  
PER SERVING (1/4th of cobbler):  
156 calories, 1g fat, 3g fiber  
POINTS® value 3\*

bestest baked apples  
PER SERVING (1 apple):  
72 calories, <0.5g fat, 3g fiber  
POINTS® value 1\*

super-simple tropical sorbet  
PER SERVING (entire recipe):  
76 calories, <0.5g fat, 2.5g fiber  
POINTS® value 1\*

ice creamless banana split  
PER SERVING (entire recipe):  
157 calories, 2g fat, 2.5g fiber  
POINTS® value 3\*

fiesta tropical fruit salsa  
PER SERVING (1/2 cup):  
46 calories, <0.5g fat, 1.5g fiber  
POINTS® value 1\*

### CHAPTER 10: OVEN LOVIN'

snazzy blueberry scones  
PER SERVING (1 scone):  
125 calories, 2.5g fat, 2g fiber  
POINTS® value 2\*

tremendous tiramisu  
PER SERVING (entire recipe):  
220 calories, 2.5g fat, 2g fiber  
POINTS® value 4\*

caramel pumpkin pudding cupcakes  
PER SERVING (1 cupcake):  
108 calories, 2g fat, 0.5g fiber  
POINTS® value 2\*

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### CHAPTER 10: OVEN LOVIN' (Cont)

peach-blueberry oatmeal muffinmania  
PER SERVING (1 muffin):  
110 calories, 1.5g fat, 1.5g fiber  
POINTS® value 2\*

peaches 'n cream pie  
PER SERVING (1 slice):  
85 calories, 3g fat, 7g fiber  
POINTS® value 1\*

coconut patty pudding  
PER SERVING (1/2 cup):  
72 calories, 1g fat, 0.5g fiber  
POINTS® value 1\*

krispymallow treats  
PER SERVING (1 piece):  
46 calories, 1g fat, 2.5g fiber  
POINTS® value 1\*

maris's big bowl o' blob orange 'n cream  
dessert  
PER SERVING (1/4th of bowl):  
50 calories, 0.5g fat, 0g fiber  
POINTS® value 1\*

upside-down coconut-y cream pie  
PER SERVING (entire recipe):  
124 calories, 3.5g fat, 1.5g fiber  
POINTS® value 2\*

strawberry cheesecake minis  
PER SERVING (1 cheesecake mini):  
65 calories, 1g fat, 0g fiber  
POINTS® value 1\*

upside-down bananaberry crumble  
PER SERVING (1/2 of recipe):  
140 calories, 1.5g fat, 3g fiber  
POINTS® value 2\*

sweet 'n cinn-ful pretzel  
PER SERVING (1 pretzel):  
175 calories, 2g fat, 1g fiber  
POINTS® value 3\*

ginormous creamy frozen caramel crunch-  
cake  
PER SERVING (entire recipe):  
130 calories, 0.5g fat, 0g fiber  
POINTS® value 3\*

berry-licious cupcakes  
Co-developed with Weight Watchers®  
PER SERVING (1 frosted cupcake):  
113 calories, 2g fat, 0g fiber  
POINTS® value 2\*

### CHAPTER 11: ZAPPUCCINO

vanillalicious cafe freeze  
PER SERVING (entire recipe):  
103 calories, 1g fat, 0g fiber  
POINTS® value 2\*

mint mocha freeze  
PER SERVING (entire recipe):  
55 calories, <0.5g fat, 0g fiber  
POINTS® value 1\*

strawberry cloud  
PER SERVING (entire recipe):  
119 calories, 1g fat, 2g fiber  
POINTS® value 2\*

peanut butter cup milkshake  
PER SERVING (entire recipe):  
188 calories, 6.5g fat, 2g fiber  
POINTS® value 4\*

banana cream pie bonanza  
PER SERVING (entire recipe):  
168 calories, 1.5g fat, 2g fiber  
POINTS® value 3\*

creamy orange dreamfloat  
PER SERVING (entire recipe):  
60 calories, 1g fat, 0g fiber  
POINTS® value 1\*

cookie-rific ice cream freeze  
PER SERVING (entire recipe):  
160 calories, 2.5g fat, 1.5g fiber  
POINTS® value 3\*

super-duper cocoa-rific coffee malt  
PER SERVING (entire recipe):  
69 calories, 1g fat, 0.5g fiber  
POINTS® value 1\*

### CHAPTER 12: HAPPY HOUR

magical low-calorie margarita  
PER SERVING (entire recipe):  
115 calories, 0g fat, 0g fiber  
POINTS® value 2\*

chilly chocolate mudslide  
PER SERVING (entire recipe):  
158 calories, 0.5g fat, 1g fiber  
POINTS® value 3\*

piña colada freeze  
PER SERVING (entire recipe):  
156 calories, <0.5g fat, 0.5g fiber  
POINTS® value 3\*

3-for-1 special cherry vodkatini  
PER SERVING (1/3rd of recipe):  
97 calories, 0g fat, 0g fiber  
POINTS® value 2\*

kickin' cranberry cosmo  
PER SERVING (entire recipe):  
100 calories, 0g fat, 0g fiber  
POINTS® value 2\*

mojito madness  
PER SERVING (entire recipe):  
104 calories, 0g fat, 0.5g fiber  
POINTS® value 2\*

wicked good white russian  
PER SERVING (entire recipe):  
140 calories, <0.5g fat, 0g fiber  
POINTS® value 3\*

slammin' slimmed-down strawberry daiquiri  
PER SERVING (entire recipe):  
121 calories, 0g fat, 0.5g fiber  
POINTS® value 2\*

### CHAPTER 13: FUN WITH...

fettuccine hungry girlfredo  
PER SERVING (entire recipe):  
81 calories, 3g fat, 4g fiber  
POINTS® value 1\*

rockin' tuna noodle casserole  
PER SERVING (1/4th of casserole):  
167 calories, 5g fat, 4g fiber  
POINTS® value 3\*

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### CHAPTER 13: FUN WITH... (Cont)

noodled-up zucchini pancakes  
PER SERVING (1 pancake):  
50 calories, 0.5g fat, 1g fiber  
POINTS® value 1\*

super-duper spaghetti pie  
PER SERVING (1/4th of pie):  
83 calories, 1.5g fat, 2g fiber  
POINTS® value 1\*

sweet cheese 'n peach cinnamon raisin  
kugel  
PER SERVING (1/4th of kugel):  
75 calories, 0.5g fat, 2g fiber  
POINTS® value 1\*

crazy-good cold sesame noodles  
PER SERVING (entire recipe):  
198 calories, 10g fat, 6g fiber  
POINTS® value 4\*

noodlicious veggie crabcakes  
PER SERVING (1 crabcake):  
60 calories, 0.5g fat, 1g fiber  
POINTS® value 1\*

pumpkin crunchers  
PER SERVING (1 piece):  
39 calories, <0.5g fat, 2g fiber  
POINTS® value 0\*

creamy banana pumpkin pie pancakes  
PER SERVING (3 pancakes):  
243 calories, 2.5g fat, 4.5g fiber  
POINTS® value 4\*

upside-down pumpkin cheesecake  
PER SERVING (1/10th of recipe):  
121 calories, 1g fat, 1.5g fiber  
POINTS® value 2\*

wayne's pumpkin smash  
PER SERVING (1 piece):  
65 calories, <0.5g fat, 1g fiber  
POINTS® value 1\*

mug 'o pumpkin crème  
PER SERVING (entire recipe):  
79 calories, 1.5g fat, 1.5g fiber  
POINTS® value 1\*

maplelicious butternut squash mash  
PER SERVING (1/2 of recipe):  
109 calories, 1g fat, 4g fiber  
POINTS® value 1\*

squash-tastic shepherd's pie  
PER SERVING (1/4th of pie):  
232 calories, 2.5g fat, 4g fiber  
POINTS® value 4\*

yummy butternut home fries  
PER SERVING (1/4th of recipe):  
58 calories, 2g fat, 2g fiber  
POINTS® value 1\*

creamy butternut squash 'n apple breakfast treat  
PER SERVING (1/2 of recipe):  
102 calories, <0.5g fat, 3.5g fiber  
POINTS® value 1\*

creamy butternut squash & chipotle soup  
PER SERVING (1 generous cup):  
129 calories, 0.5g fat, 3g fiber  
POINTS® value 2\*

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