

cookbook points/calories/macros

F-FAT, C-CARBS, P-PROTEIN: ONE SERVING

RECIPE	WW POINTS	WW POINTS	CALORIES	MACROS
BASIC VEGGIE MIX	0	POINTS	45	0F 10C 2P
GREEN BEAN VEGGIE MIX	0	POINTS	98	1F 19C 7P
BEAN VEGGIE MIX	0	POINTS	159	1F 30C 8P
BALSAMIC VEGGIE MIX	1	POINTS	47	0F 9C 2P
STIR FRY VEGGIE MIX	1	POINTS	88	3F 11C 4P
TURKEY BURGERS	0	POINTS	165	3F 3C 30P
TWO INGREDIENT DOUGH PITAS	4	POINTS	174	1F 31C 9P
BUFFALO CHICKEN WRAPS	3	POINTS	215	8F 14C 21P
QUESO CHEESE DIP	3	POINTS	144	6F 7C 14P
TWO INGREDIENT DOUGH BAGEL DOGS	2	POINTS	74	2F 9C 5P
AIR FRYER TORTILLA CHIPS	6	POINTS	160	2F 32C 4P
CORN SALSA	0	POINTS	65	1F 12C 2P
PICO DE GALLO	0	POINTS	18	0F 4C 1P
MEDIUM SALSA	0	POINTS	26	0F 6C 1P
AIR FRYER POTATO CHIPS	4	POINTS	160	0F 37C 4P
BAKED OATS	4	POINTS	381	10F 50C 24P
TWO	4	POINTS	174	1F 31C 9P

INGREDIENT DOUGH BAGEL				
BREAKFAST BOWL	6	POINTS	369	16F 20C 36P
EGG BAKE	2	POINTS	160	8F 7C 15P
PEANUT BUTTER PANCAKES	3	POINTS	294	7F 46C 15P
BREAKFAST BURRITO	6	POINTS	368	17F 30C 39P
SHEET PANCAKE	2	POINTS	76	2F 12C 6P
AIR FRYER FRENCH TOAST	3	POINTS	280	7F 52C 14P
BREAKFAST SANDWICH	7	POINTS	399	16F 32C 31P
TURKEY CHILI	1	POINTS	284	3F 32C 33P
ZUCCHINI TURKEY SOUP	4	POINTS	267	11F 18C 21P
CHICKEN SALAD	1	POINTS	153	4F 4C 23P
TUNA SALAD	1	POINTS	186	6F 10C 26P
BEAN SALAD	1	POINTS	167	3F 26C 8P
PASTA SALAD	5	POINTS	272	6F 43C 16P
MEAT SAUCE	2	POINTS	270	4F 17C 42P
CRAB PASTA	13	POINTS	494	10F 78C 29P
HEARTS OF PALM	7	POINTS	301	14F 21C 24P
TUNA NOODLES	6	POINTS	580	11F 80C 51P
SPINACH ARTICHOKE PASTA	9	POINTS	410	6F 66C 24P
TACO PASTA	8	POINTS	660	6F 103C 51P
COPYCAT MCGRIDDLE	7	POINTS	373	15F 32C 32P
SESAME NOODLES	9	POINTS	400	10F 49C 26P

SOUTHWEST EGGROLLS	1	POINTS	154	1F 22C 12P
CHICK-FIL-A BREAKFAST BURRITO	8	POINTS	416	14F 53C 35P
CHICK-FIL-A SANDWICH	2	POINTS	229	3F 21C 31P
MEXICAN PIZZA	4	POINTS	435	9F 45C 43P
COPYCAT MALL PRETZEL BITES	1	POINTS	35	0F 6C 2P
COPYCAT BREAKFAST CRUNCH WRAP	10	POINTS	392	23F 41C 23P
SAUSAGE EGG AND CHEESE BISCUIT	8	POINTS	377	13F 35C 30P
TURKEY BLT WRAP	6	POINTS	242	9F 29C 27P
CHICKEN CAESAR WRAP	6	POINTS	322	12F 36C 34P
BURGER WRAP	6	POINTS	356	13F 29C 45P
AIR FRYER CHICKEN HUMMUS WRAP	5	POINTS	330	11F 39C 33P
BBQ CHICKEN WRAP	5	POINTS	296	9F 33C 38P
BUFFALO CHICKEN WRAP	5	POINTS	318	11F 31C 39P
REUBEN WRAP	7	POINTS	250	11F 20C 26P
PIZZA BOWL	10	POINTS	426	8F 57C 33P
GREEK INSPIRED BOWL	9	POINTS	497	8F 63C 51P
REUBEN BOWL	10	POINTS	388	11F 47C 24P
TACO BOWL	7	POINTS	468	7F 62C 36P
COBB SALAD BOWL	11	POINTS	602	22F 50C 50P

CLUB SANDWICH BOWL	11	<u>POINTS</u>	407	10F 45C 32P
BURGER BOWL	10	<u>POINTS</u>	430	10F 49C 34P
CAPRESE BOWL	10	<u>POINTS</u>	475	9F 56C 39P
STIR FRY BOWL	8	<u>POINTS</u>	500	5F 63C 50P
POKE STYLE BOWL	9	<u>POINTS</u>	585	12F 74C 43P
ITALIAN SAUSAGE BOWL	11	<u>POINTS</u>	533	15F 63C 36P
CRAB RANGOON BOWL	12	<u>POINTS</u>	546	11F 81C 30P
FRIED PICKLES	1	<u>POINTS</u>	63	1F 10C 3P
CALZONES	12	<u>POINTS</u>	422	5F 64C 25P
CRAB RANGOON WONTONS	1	<u>POINTS</u>	34	0F 6C 2P
BREADED OKRA	3	<u>POINTS</u>	164	3F 27C 7P
BUFFALO CHICKEN EGGROLLS	3	<u>POINTS</u>	120	2F 12C 12P
MINI TACOS	1	<u>POINTS</u>	76	2F 6C 11P
TWO INGREDIENT DOUGH SPINACH BITES	3	<u>POINTS</u>	138	1F 21C 9P
TUNA JALAPEÑO POPPERS	1	<u>POINTS</u>	44	2F 1C 5P
ZUCCHINI FRITTERS	2	<u>POINTS</u>	91	3F 10C 6P
CINNAMON APPLE FRIES	4	<u>POINTS</u>	238	2F 68C 3P
CINNAMON PRETZEL BITES	1	<u>POINTS</u>	50	0F 9C 3P

BLUEBERRY COBLER	2	<u>POINTS</u>	162	3F 30C 8P
CINNAMON APPLES	3	<u>POINTS</u>	163	3F 43C 1P
BANANA BREAD	5	<u>POINTS</u>	428	9F 103C 24P
APPLE BREAD	8	<u>POINTS</u>	404	9F 96C 25P
MIXED BERRY MUFFINS	2	<u>POINTS</u>	82	1F 15C 2P
APPLE NACHOS	5	<u>POINTS</u>	300	12F 45C 7P
APPLE YOGURT DIP	4	<u>POINTS</u>	145	2F 17C 18P
PIZZADILLA	6	<u>POINTS</u>	316	10F 28C 26P
EGG ROLL IN A BOWL	3	<u>POINTS</u>	371	6F 17C 56P
VEGGIE FRIED RICE	4	<u>POINTS</u>	200	6F 28C 10P
SPANISH RICE	3	<u>POINTS</u>	300	3F 60C 12P
TWO INGREDIENT DOUGH PIZZA BAKE	12	<u>POINTS</u>	509	6F 79C 35P
HAWAIIAN PIZZA BAKE	12	<u>POINTS</u>	548	4F 89C 38P
CHILI NACHOS	10	<u>POINTS</u>	357	13F 44C 41P