



	Lunch/Dinner	Pts
1	Asian Inspired Lettuce Boats	2
2	Bacon Cauliflower Casserole	4
3	Bacon Turkey Meatloaf	2
4	Baked Nacho Tacos	3
5	Baked Spaghetti Squash Casserole	2
6	Beef & Broccoli	5
7	Beefy Onion Mixed Meatloaf 1/8th	3
8	Cheese Ravioli w/Light Butter Cream Sauce & Veggies	5
9	Cheesy Italian Meatloaf 4oz.	6
10	Dinner Breakfast Tacos (2)	2
11	Fajita Stuffed Bell Pepper	4
12	Hot Dog Chili	4
13	Lavash Bread Pepperoni Pizza 1/6th	1
14	Meatless Chili	3
15	Mexican Cornbread Casserole	3
16	Mixed Meat-balls 3 each	1
17	No Bean Skillet Chili	5
18	Oven Baked Fried Pork Chop 2pcs	7
19	Pepperoni Waffle Pizza (2)	4
20	Pita Tostada	3
21	Pizza Quesadilla	3
22	Roasted Bacon Wrapped Turkey Tenderloins	5
23	Roasted Garlic Squash Pasta	4
24	Sheet Pan Sweet Potato and Veggies	2
25	Skillet Pasta Sausage & Veggies	6
26	Skillet Tex Mex	2
27	Skinny Sloppy Joe's 1/2 cup portion	1
28	Slow Cooker Pork Chili Verde - 1cup	5
29	Smoked Tri Tip 4oz	5
30	Soyrizo Hash	4
31	Sweet n Sour Pork	3
32	Taco Tator Tot Casserole	6
33	Turkey & Bean Burrito Filling	0
34	Turkey Meatballs & Spaghetti 1 meatball	2
35	Turkey Meatloaf 3 oz.portion	3
36	Turkey Ragu	1
37	Turkey Taco Casserole	7
38	Vegetarian Lasagna	7
	Chicken Dishes	
1	3 Can Mexican Chicken	0
2	Asian Garlic Chicken & Broccoli	3
3	Baked Chicken Parmesan	3
4	Baked Fajita Chicken w/black beans & corn	2
5	Bird Burger 2.5oz patty	2



6	Birdballs in Mushroom Gravy	2
7	Black Bean Chicken Patties	0
8	Black Pepper Chicken	1
9	Cajun Chicken Alfredo 1/6th.	6
10	Cheesy Broccoli Chicken Bake	4
11	Chicken & Biscuit Casserole	5
12	Chicken & Cabbage Stir Fry	2
13	Chicken & Char w/Butternut Squash Puree	2
14	Chicken & Risotto w/Mushroom Gravy	5
15	Chicken Bulgogi	3
16	Chicken Cacciatore	2
17	Chicken Chow Mein 1 cup	1
18	Chicken Crust Pizza	2
19	Chicken Enchilada Suizas (for filling 2-3tbsp)	1
20	Chicken Enchiladas	2
21	Chicken Fajitas	1
22	Chicken Katsu & Asparagus 6 oz serving	6
23	Chicken Picatta	4
24	Chicken Teriyaki	1
25	Cream Cheese Spinach Stuffed Chicken	1
26	Creamy Chicken Wrapped Asparagus	3
27	Creamy Spinach Chicken	3
28	Crock Pot Chicken N Dumplings (4 dumplings)	3
29	Easy Indian Chicken Curry	1
30	Easy Slow Cooker Chicken Fajitas	0
31	Firecracker Chicken	0
32	Firecracker Fried Chicken Sandwich	5
33	Fried Cabbage with Italian Chicken Sausage	3
34	Fried Chicken w/Homemade Gravy	5
35	Gravy Baked Chicken Breasts	1
36	Greek Chicken & Cherry Tomatoes 6oz. portion	1
37	Ground Chicken Chili	4
38	Hoisin Chicken	5
39	Italian Chicken Bake	4
40	Jalapeno Popper Chicken	3
41	Kung Pao Chicken	5
42	Lazy Lady 3 in 1	2
43	Lazy Lady Chicken Au Gratin	4
44	Lazy Lady's Chicken Casserole	2
45	Lazy Lady's Mystery Meal 1/6th	2
46	Lemon Pepper Gravy Chicken	4
47	Mongolian Chicken	5
48	Naked Chopped Chicken Enchiladas 6oz. Portion	5
49	One Pan Chicken-N-Dumplings	5
50	Orange Chicken	3
51	Pumpkin Risotto w/Chicken	3



52	Queso Chicken	4
53	Roasted Mississippi Chicken	2
54	Salsa Chicken	0
55	Sloppy Joe Stuffed Bell Peppers (1 whole)	4
56	Slow Cooker Lipton Chicken & Baby Potatoes	4
57	Slow Cooker Toasted BBQ Shredded Chicken Sandwich	3
58	Smothered Chicken N Mash 1/6th	4
59	Sour Cream Chicken Fettuccine	5
60	Spicy Chicken & Egg Noodle	5
61	Spicy Korean Chicken Thighs	6
62	Stuffed Italian Chicken 1/2 breast	1
63	Sweet Chili Chicken	2
64	Swiss Chicken & Bacon Bake	5
65	Wing Sauce Chicken Nuggets	2

Seafood

1	15 Minutes Shrimp & Asparagus Butter Lemon Sauce	2
2	Asian Glazed Salmon	2
3	Baked Cod Tacos w/Cilantro Crema	3
4	Cast Iron Pan Seared Salmon	1
5	Crusted Herb Baked Salmon	1
6	Italian Shrimp & Polenta	4
7	Roasted Parmesan Shrimp Fettuccini	4
8	Seasoned Shrimp	0
9	Shrimp & Pork Egg Rolls - 1 roll	4
10	Shrimp Fried Cauliflower Rice	1
11	Shrimp Scampi & Zucchini Spirals	1

Soups & Salads

1	Chicken Broccoli Cheddar Soup	3
2	Chicken Salad	3
3	Creamy Roasted Vegetable Soup	1
4	Egg & Tuna Salad 1/2 cup	1
5	Lazy Lady Chicken Soup (1 cup)	2
6	Mixed Greens & Mandarin Orange Salad	1
7	Pumpkin Bisque	0
8	Seafood Gumbo	0
9	Skinny Clam Chowder	4
10	Skinny Egg Salad 1/2 cup	2
11	Skinny Zoupa Toscana Soup	5
12	Slow Cooker Butternut Squash Chicken Cream Soup	0
13	Slow Cooker Butternut Squash Soup	0
14	Slow Cooker Corn Chowder	0
15	Slow Cooker Creamy Cheese Red Potato Soup	4
16	Slow Cooker Creamy Tomato & Basil Soup	4
17	Slow Cooker Fiesta Soup 1/2 cup +1	3
18	Slow Cooker Ham & Potato Soup	6
19	Slow Cooker Roasted Red Pepper Soup	2



20	Slow Cooker Unstuffed Bell Pepper Soup	0
21	Spicy Doritos Salad	3
22	Tuna Salad 1cup	3
23	Wonton Soup	2
Breads & Doughs		
1	5 Minute Waffle Bread	2
2	8 Variety Bagels	3
3	Bagel Bread	2
4	Baked Oat Drop Biscuits	1
5	Banana Yeast Bread 6-8 slices	2
6	Berry Bread Twist	3
7	Blueberry Protein Bagels	3
8	Buttered Blueberry Kodiak Biscuits	2
9	Cinnamon Cranberry Raisin Bread 14 slices	2
10	Cinnamon Raisin Bagels	4
11	Cinnamon Raisin Bread	3
12	Cornbread	2
13	Cottage Cheese Garlic & Herbe Drop Biscuits	3
14	Cottage Cheese Honey Wheat Bagels	3
15	Cranberry Cinnamon Bagels	4
16	Crescent Rolls	2
17	Dee's English Muffins	2
18	Dill Rye	2
19	Garlic Breadsticks	3
20	Garlic Mozzarella Knots	2
21	Healthy Flatbread Breakfast	2
22	Heart Smart Pie Crust	3
23	Herb Butter Breadsticks	3
24	Homemade Yeast Sandwich Rolls	3
25	Honey Walnut Bread	3
26	Irish Scones	3
27	Italian Fry Bread 8" round	5
28	Jalapeno & Cheese Bagels	3
29	Jalapeno & Cheese Bread	3
30	Maple Bacon Bagels	3
31	Mini Cottage Cheese Breakfast Bread	2
32	Molasses Bread 1/12	2
33	No Boil Bagel	3
34	Onion & Everthing Bagel Bagels	4
35	Pancake Mix Bagels, Strawberry & Chocolate Chips	4
36	Parmesan Focaccia Bread	1
37	Peanut Butter Protein Bread	2
38	Pie Crust	2
39	Pizza Dough	12
40	Popovers	2
41	Pretzel	4



42	Pretzel Buns	4
43	Protein Dough	1
44	Protein Dough Everything Pretzel	2
45	Pumpkin Berry Raisin Bread 14-16 slices	2
46	Pumpkin Spice Bagels	3
47	Rosemary & Garlic	2
48	Rosemary Garlic Cottage Cheese Bread	1
49	Shredded Apple Biscuits	3
50	Easy Small Batch Biscuits	3
51	Small Batch Lemon Zest Biscuits	4
52	Small Batch Strawberry Biscuits	3
53	Soft Pretzel Bagels	3
54	Soft Rustic Dinner Rolls	3
55	Super Fruit Flaxseed Bread	2
56	Whole Bran Honey Bread	1
57	Yeast Dinner Rolls	3
	Bars, Balls, Muffins, Rolls	
1	3 Ingredient Oat Bars	3
2	4 Ingredient Crunchy Peanut Butter Protein Bars	3
3	Almond Joy Brownie Bar	4
4	Apple & Cinnamon Oat Bars	3
5	Apple Bran Muffins	1
6	Apple Cinnamon & Pecan Muffins	2
7	Apple Pie Bars	3
8	Applesauce Muffins	2
9	Banana Bran Muffins	2
10	Banana Pecan Muffins	2
11	Best Ever Easy Chocolate Muffins	3
12	Blackberry Jam Bars	2
13	Blender Pumpkin Pecan Bars	2
14	Blueberry Cream Cheese Muffins	2
15	Blueberry Lemon Muffins	2
16	Blueberry Oat Morning Muffins	2
17	Cherry Pie Cheesecake Bars	4
18	Chocolate Chip Banana Oat Breakfast Bar	2
19	Chocolate Chip Banana Snack Bars	3
20	Chocolate Chip Brownie Bars	2
21	Chocolate Chip Cookie Cake Bars	4
22	Chocolate Chip Oat Bars	3
23	Chocolate Chip Sweet Rolls	3
24	Chocolate Delite Muffins	3
25	Christmas Cranberry-Orange Glazed Rolls	2
26	Cranberry Orange Morning Oat Muffins	2
27	Cranberry Rolls	4
28	Double Chocolate Chip Bran Muffins	2
29	Enriched Dough Cinnamon Rolls	3



30	Fresh Strawberry Muffins	2
31	Glazed Cinnamon Pancakes Rolls	3
32	Half Batch Maple Oat Protein Muffins	2
33	Healthier Carrot Cake Muffins	2
34	Homemade Bran Muffins	2
35	Jelly Belly Pancake Rolls	2
36	Jelly Filled Cinnamon Oat Bars	3
37	Low Point Lemon Bars	3
38	Magic Blueberry Cake Rolls	4
39	Maple Muffins	2
40	Moist Pumpkin Pie Muffins	2
41	Muffin Tin Raisin Crumble Protein Rolls	2
42	No Bake Cookie Dough Protein Bars	4
43	No Bake Cookies & Cream Oat Balls	2
44	No Bake Cranberry Oat Balls	2
45	No Bake Naked Peanut Butter Oat Balls	1
46	Oat & Peanut Butter Breakfast Bars	3
47	Oatmeal Dark Chocolate PB Protein Bites	3
48	Orange Date Kodiak Muffins	2
49	Peanut Butter Apple Bars	2
50	Peanut Butter Chocolate Rolls w/PB Drizzle	3
51	Peanut Butter Honey Protein Balls	1
52	Peanut Butter Oat Chocolate Bars	3
53	Peanut Butter Protein Chews	1
54	Peanut Butter Rolls w/PB2 Drizzle	2
55	Pick Me Up Protein Bars	2
56	Pumpkin Bran Muffins	1
57	Pumpkin Cinnamon Oat Crunch Muffins	3
58	Pumpkin Cinnamon Rolls	3
59	Pumpkin Pie Bars	3
60	Simple Cinnamon Rolls	4
61	Small Batch Blended Oat Cinnamon Muffins	2
62	Small Batch Chocolate Chip Banana Muffins	2
63	Small Batch Cinnamon Rolls	3
64	Small Batch Cinnamon Yule Rolls	3
65	Small Batch Pumpkin Bars w/Choc Chip Crunch Topping	2
66	Snickerdoodle Bars	2
67	Snickerdoodle Morning Rolls	2
68	Strawberry Cake Mix Cinnamon Rolls	3
69	Sugar Topped Blueberry Scones	3
70	Sweet Apple Pie Rolls	3
71	Swirled Caramel Bars	2
72	White Chocolate Chunk Oat & Bran Bars	3
73	Whole Wheat Cinnamon Oat Muffins	2
74	Yeast Cinnamon Rolls	3
75	Yogurt & Brown Sugar Oat Bars	3


Breakfast

1	Apple Pie Spiced Oatmeal	3
2	Apricot Danish Coffee Cake	4
3	Baked Biscuits & Sausage Gravy	5
4	Baked Instant Oatmeal Loaf Cinnamon Spice	1
5	Banana Blueberry Pancake Loaf	3
6	Banana Bread Pancake Scones	3
7	Banana Sugar Cinnamon Doughnuts	1
8	Berries and Cream Crepes	1
9	Blueberry Dutch Baby 6 slices or 1PP for 8 slices	2
10	Breakfast Tostada	3
11	Cannoli Cream Coffee Cake	3
12	Cheese Danish-ish	3
13	Cheesy Hashbrowns	3
14	Chocolate Chip Pancake Scones	3
15	Cinnamon Blended Baked Oats	3
16	Cinnamon Raisin Protein Scones	3
17	Cinnamon Roll Baked Oats	4
18	Cinnamon Roll Scones	3
19	Crumbled Blackberry Sammies	4
20	Easy One Bowl Quiche	3
21	Easy Raspberry & Cream Breakfast Braid(12)	2
22	Eggs Benedict	3
23	Flakey Layer Biscuit Breakfast Bake	3
24	Glazed Strawberry Scones	2
25	Ham & Cheese Scones	4
26	Hashbrown Egg Breakfast Bake	2
27	Healthy Way to Parfait	2
28	High Protein Butter Crunch Sweet Bread	2
29	Lean Breakfast Burrito	1
30	Maple & Brown Sugar Oat Bake Zero Oat -1PP	3
31	Maple Glazed Baked Pumpkin Oats	2
32	Maple Glazed Doughnuts	2
33	Maple Oat Pancake Loaf	2
34	Microwave Blueberry Blended Oat Bowl	3
35	Oatmeal & Pumpkin Spiced Breakfast Bake	2
36	One Dish Banana Baked Oats	1
37	Orange & Cranberry Sweet Drizzled Scones	5
38	Potatoes & Cheese Veggie Quiche 1/5	0
39	Protein Peanut Butter Donuts	2
40	Pumpkin Cinnamon Crème Crepes	2
41	Pumpkin Crescent Danish	3
42	Pumpkin Oatmeal	4
43	Pumpkin Raisin Scones	4
44	Sausage Jack Sandwiches	2
45	Sausage Spinach Quiche	1



46	Simple Frosted Apple Turnovers	3
47	Small Batch Chocolate Sprinkles	2
48	Small Batch Coffee Cake	3
49	Small Batch Lemon Glaze Donuts	2
50	Small Batch Mocha Glazed Chocolate Scones	2
51	Small Batch Plain Baked Donuts	2
52	Small Batch Pumpkin Spice Donuts	2
53	Small Batch Pumpkin Spice Pancake Scones	2
54	Small Batch Whole Wheat Cranberry Scones	3
55	Sticky Apple Maple Bread	2
56	Strawberry Breakfast Cake	3
57	Sugar Topped Blueberry Scones	3
58	Sweet Drizzled Gingerbread Scones	2
59	Tear n Share Pecan Breakfast Bread	4
60	Toffee Pecan Sticky Buns	2
61	Waffles 2 plus a mini	2

Pancakes, Waffles, French Toast

1	1 Mintue Blueberry Protein Pancake	1
2	1 Minute Churro Pancake	1
3	1 Minute Pumpkin Spice Pancake	1
4	Banana Bread Protein Pancakes (2)	3
5	Banana Bread Waffles	1
6	Banana Oat Waffles	1
7	Berry Oat & Yogurt Protein Pancakes	1
8	Blueberry Banana Waffles	1
9	Blueberry Peach Pancake Bake	2
10	Blueberry Protein Cinnamon Waffles	1
11	Breakfast Crumble Pan-Cake	1
12	Butter Fried Apple Fritter Pancakes	2
13	Cake Mix Pancakes	2
14	Cake Mix Pumpkin Waffles	2
15	Carrot Cake Pancakes	3
16	Chaffles	1
17	Cinnamon French Crescent Bake	3
18	Cinnamon Oat Pancakes (2)	1
19	Cottage Cheese Honey Wheat Waffles	3
20	Cranberry Cake Mix Pancakes	1
21	Cream Cheese Blueberry Pancakes	1
22	Filled French Toast	3
23	Fluffy Blueberry Kodiak Pan-Muffins/Cakes	1
24	French Breakfast Wrap (2)	2
25	Gingerbread Pancakes	1
26	Instant Oat Waffles -Apples & Cinnamon	2
27	Kodiak Banana Pancakes	0
28	Lemon Protein Pancakes	1
29	Meal Prep Mini Pancakes	0



30	Meal Prep Zucchini Bread Waffles	1
31	Muffin Tin Protein Pancakes	1
32	No Point Breakfast Frenchies	0
33	Pancakes	2
34	Peanut Butter Banana Pancakes w/PB Maple Syrup	1
35	Protein Pumpkin Pancakes (2)	3
36	Pumpkin French Toast	1
37	Pumpkin Lover's Pancakes 4 each	2
38	Pumpkin Oat Pancakes	2
39	Pumpkin Spice Cheesecake Pancakes	1
40	Shredded Apple Protein Waffles (2)	3
41	Zero Point French Waffles	0

Cookies

1	3 Ingredient Fudge Brownie Mix Cookies	2
2	Almond Butter Cookies (2)	3
3	Anytime Oatcake Cookies	1
4	Apple Cinnamon Oat Cookies	2
5	Banana Bread Cookies	2
6	Banana Oat Cookies	1
7	Blueberry Citrus Cookies	2
8	Butter Pecan Cookies	2
9	Caramel Banana Crème Pudding Puff Cookies	2
10	Chocolate Butterscotch	2
11	Chocolate Chip Cookies	1
12	Christmas Cookies	1
13	Cinnamon Pecan Chewies	1
14	Cinnamon Sugar Pie Crust Pinwheels	2
15	Cranberry Orange Bombs	1
16	Creamy Chocolate Chip Bombs	2
17	Double Dark Chocolate Chip	2
18	Eggless Chocolate Chip Cookies	2
19	Flourless PB Banana Chocolate Chip Cookie Bake	1
20	Gingercake Cloud Cookies	2
21	Instant Oatmeal Breakfast Cookies -Maple &Brown Sugar	1
22	Lemon Cake Cookies	2
23	No Bake Chocolate Oatmeal Soft Cookie Bites	2
24	Oatmeal & Chocolate Chip	2
25	One BIG Cookie	2
26	Peanut Butter Chocolate Chip	2
27	Peanut Butter Cookies	1
28	Peanut Butter Oatmeal	1
29	Peanut Butter Protein Cookies	1
30	Peppermint Chocolate Cookies	1
31	Pistachio Chocolate Chip Pudding Puff Cookies	2
32	Protein Chocolate Chip Cookies	2
33	Pumpkin Chocolate Chip Oatmeal Cookies	1



34	Pumpkin Pie Spice Cookie w/White Choc Chips	2
35	Pumpkin Spice Chocolate Chip	2
36	Real Deal Flourless Peanut Butter Bombs	2
37	Rustic Trail Mix Cookies	2
38	Small Batch Maples Glazed Oatmeal Cookies	2
39	Small Batch Real Deal Oatmeal Cookie	3
40	Small Batch That's My Jam Shortbread Cookies	2
41	Snickerdoodles	1
42	Snowballs	3
43	Sugar Free Peanut Butter Cookie Sandwich	2
44	Twix Cookie Cake Bars	2
45	Vanilla-Cran Breakfast Cookies	2
46	White Chocolate & Cranberry Cookies	2

Cakes

1	1 Minute Mug Cake	2
2	1 Minute PB Chocolate Chip Cake	3
3	3 Ingredient Chocolate Cake Donuts	2
4	Almond Crumble Blueberry & Rapsberry Mini Cakes	3
5	Almond Yogurt Cake	3
6	Apple Pie Bundt	3
7	Apple Upside Down Caramel Ganache	4
8	Banana Butterscotch Cream Cake	4
9	Blended Baked Oat Carrot Cake	3
10	Blueberry Bundt with Pecans	6
11	Boston Crème Poke Cake	3
12	Butterscotch Pecan Loaf	4
13	Carrot Cake with Cream Cheese Frosting	4
14	Chips & Cherries	2
15	Chocolate & Peanut Butter Swirled Snack Cake	3
16	Chocolate Chip Banana Protein Cake	2
17	Chocolate Chip Brownie Cake	2
18	Chocolate Chip Pumpkin Loaf Cake 1/16th	4
19	Chocolate Chip Pumpkin Mug Cake	3
20	Chocolate Gingerbread Cake w/ Creamed Cheese Frosting	2
21	Chocolate Love	2
22	Cinnamon Spice Oat Cakes	2
23	Cranberry & Orange Almond Bundt	6
24	Cranberry Loaf Cake with Orange Glaze	3
25	Crazy Good Cake	4
26	Curb Your Craving Chocolate Bundt	3
27	Double Berry Lemon Loaf	4
28	Fluff Cake	4
29	Frosted Apple Fritter Cake	1
30	Frosted Cinnamon Roll Mug Cake	2
31	Frosted Pumpkin Latte Muffcakes	2
32	Ginger Spiced Orange Bundt	3



33	Gingersnap Loaf Cake	2
34	Hazelnut Snack Cake	3
35	Lemon Loaf	2
36	Lemon Lover's Bundt	4
37	Lemon Poppy Seed Loaf	3
38	Lemon Snack Cake with Raspberry Frosting	3
39	Lime & Coconut Loaf	4
40	Lip Smaking Rhubarb	2
41	Maple Glazed Pumpkin Spice Coffee Cake	2
42	Mint Chocolate Chip Ice Cream Cake	4
43	Not Your Mama's Fruit Cake	4
44	Orange Creamsicle 2 layer Bundt	4
45	Orange Yogurt Cake	2
46	PB&J Swirl Snack Cake	3
47	Peach Crunch Crumble Cake	3
48	Peaches & Cinnamon Loaf	3
49	Peanut Butter Banana Minis	3
50	Peanut Butter Buttercream Chocolate Snack Cake (8)	3
51	Peanut Butter Chocolate Loaf	3
52	Pineapple Chunk Cupcakes	2
53	Plain Carrot Cake	2
54	Poppy Seed Bundt Cake	2
55	Raspberry Almond Slice	2
56	Raspberry Bundt	3
57	Raspberry Lemon Drizzle	4
58	Root Beer Float Snack Cake	3
59	Small Batch Apple Pie Spiced Cake	2
60	Small Batch Candied Pecan Blueberry Cake	2
61	Small Batch Carrot Cake	3
62	Small Batch Chocolate Cake w/Caramel Pecan Syrup	2
63	Small Batch Chocolate Frosted Cupcakes	3
64	Small Batch Flourless Chocolate Decadence	2
65	Small Batch Frosted Carrot Cake	2
66	Small Batch Frosted Cinnamon Roll Cake	2
67	Small Batch Glazed Cherry Cake	3
68	Small Batch Lemon Glazed Crumble Cake	2
69	Small Batch Lemon w/Blueberries Vanilla Cream	2
70	Small Batch Moist Chocolate Layer Cake	3
71	Small Batch Pumpkin Dump Cake	2
72	Small Batch Pumpkin Pecan Upside Down Cake	2
73	Small Batch Snickerdoodle Cake	2
74	Small Batch Spice Cake	2
75	Small Batch Strawberry Crumble	2
76	Small Batch Toasted Coconut Chocolate Layered Cake	4
77	Small Batch Upside Down Banana Caramel Cake	2
78	Snow Dusted Chocolate Peppermint Cake	3



79	Spiced Ginger & Orange Loaf	3
80	Spring Fling Serve 8	4
81	Strawberry Fields Forever Lemon Frosting Bundt	4
82	Strawberry Ice Cream Cake	3
83	Strawberry Pound Cake w/Strawberry Frosting	3
84	Strawberry Yogurt Loaf Cake	3
85	Streusel Loaf	3
86	Sugared Cinnamon Pumpkin Swirl Snack Cake 1/18	3
87	Sweet Berry Patriotic Sponge Cake	4
88	Sweet Corn Cakes	2
89	Tangy Lemony Blueberry Loaf	3
90	The Real Deal Pumpkin Snack Cake	4
91	Triple Chocolate Cake	3
92	Upside Down Cara Cara Orange	5
	Desserts	
1	90 Second Brownie	3
2	A Pair of Peach Cobblers	5
3	Apple Caramel Galette	5
4	Apple Cobbler for Two	5
5	Apple Pie Crisp	4
6	Apple Pie Oat Bake	2
7	Apple Pie Pastry	3
8	Apple Quick Bread	3
9	Bailey's Irish Cream Cheesecake	3
10	Baked Oat Brownie w/PB Drizzle	5
11	Banana Berry Cupcakes	2
12	Banana Bread	3
13	Banana Cream Pie	0
14	Blackberry Dumplings	3
15	Blueberry & Apple Hand Pies	3
16	Blueberry & Peach Crisp	2
17	Brown Sugar & Oatmeal Crust Strawberry Cheesecake	4
18	Cake Mix Cherry Cobbler	2
19	Candy Bar Cupcake	4
20	Caramel Drizzled Date & Rum Sweet Bread	2
21	Caramel Pecan Cheesecake	3
22	Cherry & Blueberry Galette	6
23	Cherry Pie Cupcake	2
24	Chocolate & Peanut Butter Cookie Dough Pie	3
25	Chocolate Banana Ice Cream Cups	2
26	Chocolate Chip Chocolate Sweet Bread	4
27	Chocolate Chip Pumpkin Bites	2
28	Chocolate Muffin Tops	1
29	Chocolate Pudding Pie (12 slices)	3
30	Chocolate Raspberry Cobbler	3
31	Chocolate Shake Cupcakes with Sugared Caramel Sauce	4



32	Choice Cherry Crescents	3
33	Cinnamon Swirl Bread	4
34	Combination Fruit Cobbler	2
35	Cream Cheese Crack Pie	3
36	Cream Cheese Stuffed Waffle Bread	4
37	Cream Cheese Swirl Brownies (Box)	4
38	Dark Chocolate Brownies	3
39	Date Pecan Bread	3
40	Double Chocolate Chip Cookie Dough Pie	2
41	Doubled Chocolate Pumpkin Brownies	2
42	Fanciful Fruit Pie	2
43	Fruit Filled Pastry	4
44	Glazed Doughnuts & Raspberry Swirl Mini Cakes	3
45	Healthy Low Point Blueberry Oat Bread	1
46	Honey PB Chocolate Chip Cracker	1
47	Lemon Poppy Seed Yogurt Bread	2
48	Maple Pecan Blondies	3
49	Mini Peanut Butter Cups	1
50	Mini Snicker's Fix	1
51	No Bake Pumpkin Cheesecake	4
52	No Bake Single Serve Pumpkin Pie w/Cool whip	3
53	Orange & Cranberry Blondies	4
54	Pbfit Banana Oat Protein Bars(12)	1
55	Peach Pecan Cobbler	2
56	Peanut Butter & Chocolate Icebox Sandwich	4
57	Peanut Butter Blondies	2
58	Peanut Butter Brownie Mini Cupcakes	2
59	Peanut Butter Cup Bites	2
60	Peanut Butter Swirl Baked Oat Brownies	3
61	Peanut Butter Swirl Brownies	4
62	Peanut Butter Topped Chocolate Cupcakes	1
63	Pina Colada Cupcakes	3
64	Protein Soft Serve Ice Cream	1
65	Pumpkin Cupcakes with Cinnamon Cream Cheese Frosting	3
66	Pumpkin Pie Loaf	2
67	Pumpkin Spice Squares	2
68	Pumpkin Yogurt Loaf	3
69	Raspberry Cream Buttercrusts	3
70	Samoas Squares	2
71	Scotch n Chocolate Cheesecake Loaf	3
72	Silky Smooth Fudge	3
73	Small Batch Cheesecake Pudding Pie w/Graham Cracker Cr	3
74	Small Batch Chocolate Chunk Oat Blondies	3
75	Small Batch Cranberry Pear Crumble	2
76	Small Batch Pumpkin Crisp	1
77	Strawberry Biscuit Shortcake	4



78	Sugar Dipped Cupcake	3
79	The Real Deal Banana Bread	3
80	Toasted Oat Marshmallow Treats	4
81	Ugly Icebox Pie	4
82	Ugly Icebox Pie	2
83	Whole Wheat Maple Apple Bread	3
84	Zucchini Bread Muffins	2
85	Zucchini Lemon Crumble Cakes SF	3

Apps, Sides & Sauces

1	7 Layer Dip WW'fied	3
2	Cabbage Steaks	1
3	Cauliflower Au Gratin	3
4	Chicken Meatball in BBQ sauce	1
5	Chicken N Biscuit	1
6	Chili Cheese "Baked" Potato	3
7	Cowboy Caviar	1
8	Cranberry Sauce 1 tbsp	1
9	Creamy Spinach Dip 2 tbsp	1
10	Dressed Up Cucumber Salad 1 cup portion	0
11	Easy Onion Dip (per tablespoon)	1
12	Fool Me Fried Rice	0
13	Mango Pico De Gallo	0
14	Mashed Potato Squash	2
15	Poppy Seed Dressing	0
16	Prosciutto Wrapped Asparagus	2
17	Quick Marinara	0
18	Roasted Cauliflower Parmesan	2
19	Sweet & Spicy Roasted Butternut Squash Cauliflower	4

Toppings & Sweet Sauces

1	Chocolate Yogurt Protein Dip	3
2	Homemade Apples & Cinnamon Granola	0
3	Homemade Chocolate Chip Granola 2 Tbsp	1
4	Homemade Chocolate Sauce	0
5	Peanut Butter Spread	1
6	Peanut Butter Dip	1
7	Strawberry Sauce	2
8	Three Berry Blend Jam 1/2 cup	1
9	Whip Cream Frosting 3/4 Cup	2

Air Fryer Recipes

1	Air Fryer 2 Ingredient Pumpkin Bagels	3
2	Air Fryer Apple Cinnamon Instant Oat Muffins	1
3	Air Fryer Blooming Onion	3
4	Air Fryer Calzone	4
5	Air Fryer Chicken Chimichangas	2
6	Air Fryer Chocolate Banana Kodiak Breakfast Cake	3
7	Air Fryer Chocolate Lava Cake	3



8	Air Fryer Cinnamon Roll for One	3
9	Air Fryer Cinnamon/Sugar Biscuit	3
10	Air Fryer Crispy Chicken Tenders	0
11	Air Fryer Deep Dish Oatmeal Chocolate Chip Cookie	4
12	Air Fryer Donut Holes	2
13	Air Fryer Peach Fritters	1
14	Air Fryer Zucchini Corn Fritter (4)	2
	Beverages	
1	Blended Ice Coffee	0
2	Ice Milk Strawberry Shake	3
3	Mocha Frappacino	2
4	Strawberry Protein Milkshake	2
5	Vanilla Biscoff Protein Smoothie	3