



	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	Pastrami Wrap	3
20	Pepperoni Waffle Pizza (2)	4
21	Pita Tostada	3
22	Pizza Quesadilla	3
23	Roasted Bacon Wrapped Turkey Tenderloins	5
24	Roasted Garlic Squash Pasta	4
25	Sheet Pan Sweet Potato and Veggies	2
26	Skillet Pasta Sausage & Veggies	6
27	Skillet Tex Mex	2
28	Skinny Sloppy Joe's 1/2 cup portion	1
29	Slow Cooker Pork Chili Verde - 1cup	5
30	Smoked Tri Tip 4oz	5
31	Soyrizo Hash	4
32	Sweet n Sour Pork	3
33	Taco Tator Tot Casserole	6
34	Turkey & Bean Burrito Filling	0
35	Turkey Meatballs & Spaghetti 1 meatball	2
36	Turkey Meatloaf 3 oz.portion	3
37	Turkey Ragu	1
38	Turkey Taco Casserole	7
39	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 & Onion Meatloaf	1
15	Chicken & Risotto w/Mushroom Gravy	5
16	Chicken Bulgogi	3
17	Chicken Cacciatore	2
18	Chicken Chow Mein 1 cup	1
19	Chicken Crust Pizza	2
20	Chicken Enchilada Suizas (for filling 2-3tbsp)	1
21	Chicken Enchiladas	2
22	Chicken Fajitas	1
23	Chicken Katsu & Asparagus 6 oz serving	6
24	Chicken Picatta	4
25	Chicken Shawarma	1
26	Chicken Teriyaki	1
27	Cream Cheese Spinach Stuffed Chicken	1
28	Creamed Chicken on Roasted Cauliflower Steaks	2
29	Creamy Chicken Wrapped Asparagus	3
30	Creamy Spinach Chicken	3
31	Crock Pot Chicken N Dumplings (4 dumplings)	3
32	Easy Indian Chicken Curry	1
33	Easy Slow Cooker Chicken Fajitas	0
34	Firecracker Chicken	0
35	Firecracker Fried Chicken Sandwich	5
36	Fried Cabbage with Italian Chicken Sausage	3
37	Fried Chicken w/Homemade Gravy	5
38	Gravy Baked Chicken Breasts	1
39	Greek Chicken & Cherry Tomatoes 6oz. portion	1
40	Ground Chicken Chili	4
41	Hoisin Chicken	5
42	Italian Chicken Bake	4
43	Jalapeno Popper Chicken	3
44	Kung Pao Chicken	5
45	Lazy Lady 3 in 1	2
46	Lazy Lady Chicken Au Gratin	4
47	Lazy Lady's Chicken Casserole	2
48	Lazy Lady's Mystery Meal 1/6th	2
49	Lemon Pepper Gravy Chicken	4
50	Mongolian Chicken	5



51	Naked Chopped Chicken Enchiladas 6oz. Portion	5
52	One Pan Chicken-N-Dumplings	5
53	Orange Chicken	3
54	Pumpkin Risotto w/Chicken	3
55	Queso Chicken	4
56	Roasted Mississippi Chicken	2
57	Salsa Chicken	0
58	Sloppy Joe Stuffed Bell Peppers (1 whole)	4
59	Slow Cooker Lipton Chicken & Baby Potatoes	4
60	Slow Cooker Toasted BBQ Shredded Chicken Sandwich	3
61	Smash Chicken Wontons (4)	5
62	Smothered Chicken N Mash 1/6th	4
63	Sour Cream Chicken Fettuccine	5
64	Spicy Chicken & Egg Noodle	5
65	Spicy Korean Chicken Thighs	6
66	Stuffed Italian Chicken 1/2 chicken breasts	1
67	Sweet Chili Chicken	2
68	Swiss Chicken & Bacon	5
69	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	Easy Small Batch Biscuits	3
20	Garlic Breadsticks	3
21	Garlic Mozzarella Knots	2
22	Half Batch Lemon Cream Strawberry Drop Biscuits	2
23	Healthy Flatbread Breakfast	2
24	Heart Smart Pie Crust	3
25	Herb Butter Breadsticks	3
26	Homemade Yeast Sandwich Rolls	3
27	Honey Walnut Bread	3
28	Irish Scones	3
29	Italian Fry Bread 8" round	5
30	Jalapeno & Cheese Bagels	3
31	Jalapeno & Cheese Bread	3
32	Maple Bacon Bagels	3
33	Mini Cottage Cheese Breakfast Bread	2
34	Molasses Bread 1/12	2
35	No Boil Bagel	3
36	Onion & Everthing Bagel Bagels	4



37	Pancake Mix Bagels, Strawberry & Chocolate Chips	4
38	Parmesan Focaccia Bread	1
39	Peanut Butter Protein Bread	2
40	Pie Crust	2
41	Pizza Dough	12
42	Popovers	2
43	Pretzel	4
44	Pretzel Buns	4
45	Protein Dough	1
46	Protein Dough Everything Pretzel	2
47	Pumpkin Berry Raisin Bread 14-16 slices	2
48	Pumpkin Spice Bagels	3
49	Rosemary & Garlic	2
50	Rosemary Garlic Cottage Cheese Bread	1
51	Shredded Apple Biscuits	3
52	Small Batch Lemon Zest Biscuits	4
53	Small Batch Strawberry Biscuits	3
54	Soft Pretzel Bagels	3
55	Soft Rustic Dinner Rolls	3
56	Super Fruit Flaxseed Bread	2
57	Whole Bran Honey Bread	1
58	Yeast Dinner Rolls	3
59	Whole Wheat Sesame Seed Oat Buns	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 Banana Baked Oats	2
51	Peanut Butter Chocolate Rolls w/PB Drizzle	3
52	Peanut Butter Honey Protein Balls	1
53	Peanut Butter Oat Chocolate Bars	3
54	Peanut Butter Protein Chews	1
55	Peanut Butter Rolls w/PB2 Drizzle	2
56	Pick Me Up Protein Bars	2
57	Pumpkin Bran Muffins	1
58	Pumpkin Cinnamon Oat Crunch Muffins	3
59	Pumpkin Cinnamon Rolls	3
60	Pumpkin Pie Bars	3
61	Real Deal Shredded Apple Muffins	3
62	Simple Cinnamon Rolls	4
63	Small Batch Blended Oat Cinnamon Muffins	2
64	Small Batch Chocolate Chip Banana Muffins	2
65	Small Batch Cinnamon Rolls	3
66	Small Batch Cinnamon Yule Rolls	3
67	Small Batch Pumpkin Bars w/Choc Chip Crunch Topping	2
68	Snickerdoodle Bars	2



69	Snickerdoodle Morning Rolls	2
70	Strawberry Cake Mix Cinnamon Rolls	3
71	Sugar Topped Blueberry Scones	3
72	Sweet Apple Pie Rolls	3
73	Swirled Caramel Bars	2
74	White Chocolate Chunk Oat & Bran Bars	3
75	Whole Wheat Cinnamon Oat Muffins	2
76	Yeast Cinnamon Rolls	3
77	Yogurt & Brown Sugar Oat Bars	3
78	Cake Mix Crumble Berry Cream 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 Bran Bread	2
7	Banana Bread Pancake Scones	3
8	Banana Sugar Cinnamon Doughnuts	1
9	Berries and Cream Crepes	1
10	Blueberry Dutch Baby 6 slices or 1PP for 8 slices	2
11	Breakfast Tostada	3
12	Cannoli Cream Coffee Cake	3
13	Cheese Danish-ish	3
14	Cheesy Hashbrowns	3
15	Chocolate Chip Pancake Scones	3
16	Cinnamon Blended Baked Oats	3
17	Cinnamon Raisin Protein Scones	3
18	Cinnamon Roll Baked Oats	4
19	Cinnamon Roll Scones	3
20	Crumbled Blackberry Sammies	4
21	Easy One Bowl Quiche	3
22	Easy Raspberry & Cream Breakfast Braid(12)	2
23	Eggs Benedict	3
24	Flakey Layer Biscuit Breakfast Bake	3
25	Glazed Strawberry Scones	2
26	Ham & Cheese Scones	4
27	Hashbrown Egg Breakfast Bake	2
28	Healthy Way to Parfait	2
29	High Protein Butter Crunch Sweet Bread	2
30	Lean Breakfast Burrito	1
31	Maple & Brown Sugar Oat Bake Zero Oat -1PP	3
32	Maple Glazed Baked Pumpkin Oats	2
33	Maple Glazed Doughnuts	2
34	Maple Oat Pancake Loaf	2
35	Microwave Blueberry Blended Oat Bowl	3



36	Oatmeal & Pumpkin Spiced Breakfast Bake	2
37	One Dish Banana Baked Oats	1
38	Orange & Cranberry Sweet Drizzled Scones	5
39	Potatoes & Cheese Veggie Quiche 1/5	0
40	Protein Mini Cinnamon Pancake Loaf	3
41	Protein Peanut Butter Donuts	2
42	Pumpkin Cinnamon Crème Crepes	2
43	Pumpkin Crescent Danish	3
44	Pumpkin Oatmeal	4
45	Pumpkin Raisin Scones	4
46	Sausage Jack Sandwiches	2
47	Sausage Spinach Quiche	1
48	Simple Frosted Apple Turnovers	3
49	Small Batch Chocolate Sprinkles	2
50	Small Batch Coffee Cake	3
51	Small Batch Lemon Glaze Donuts	2
52	Small Batch Mocha Glazed Chocolate Scones	2
53	Small Batch Plain Baked Donuts	2
54	Small Batch Pumpkin Spice Donuts	2
55	Small Batch Pumpkin Spice Pancake Scones	2
56	Small Batch Whole Wheat Cranberry Scones	3
57	Sticky Apple Maple Bread	2
58	Strawberry Breakfast Cake	3
59	Sugar Topped Blueberry Scones	3
60	Sweet Drizzled Gingerbread Scones	2
61	Tear n Share Pecan Breakfast Bread	4
62	Toffee Pecan Sticky Buns	2
63	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	Chocolate Pancakes (2)	3
17	Chaffles	1



18	Cinnamon French Crescent Bake	3
19	Cinnamon Oat Pancakes (2)	1
20	Cottage Cheese Honey Wheat Waffles	3
21	Cranberry Cake Mix Pancakes	1
22	Cream Cheese Blueberry Pancakes	1
23	Filled French Toast	3
24	Fluffy Blueberry Kodiak Pan-Muffins/Cakes	1
25	French Breakfast Wrap (2)	2
26	French Toast Breakfast	3
27	Gingerbread Pancakes	1
28	Instant Oat Waffles -Apples & Cinnamon	2
29	Kodiak Banana Pancakes	0
30	Lemon Protein Pancakes	1
31	Meal Prep Mini Pancakes	0
32	Meal Prep Protein Pancakes	2
33	Meal Prep Zucchini Bread Waffles	1
34	Muffin Tin Protein Pancakes	1
35	No Point Breakfast Frenchies	0
36	Pancakes	2
37	Peanut Butter Banana Pancakes w/PB Maple Syrup	1
38	Protein Pumpkin Pancakes (2)	3
39	Pumpkin French Toast	1
40	Pumpkin Lover's Pancakes 4 each	2
41	Pumpkin Oat Pancakes	2
42	Pumpkin Spice Cheesecake Pancakes	1
43	Shredded Apple Protein Waffles (2)	3
44	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 Banana Oat Cookies	2
12	Chocolate Chip Cookies	1
13	Christmas Cookies	1
14	Cinnamon Pecan Chewies	1
15	Cinnamon Sugar Pie Crust Pinwheels	2
16	Cottage Chocolate Chip Bombs	3
17	Cranberry Orange Bombs	1
18	Creamy Chocolate Chip Bombs	2



19	Double Dark Chocolate Chip	2
20	Eggless Chocolate Chip Cookies	2
21	Flourless PB Banana Chocolate Chip Cookie Bake	1
22	Gingercake Cloud Cookies	2
23	Instant Oatmeal Breakfast Cookies -Maple &Brown Sugar	1
24	Lemon Cake Cookies	2
25	No Bake Chocolate Oatmeal Soft Cookie Bites	2
26	Oatmeal & Chocolate Chip	2
27	One BIG Cookie	2
28	Peanut Butter Chocolate Chip	2
29	Peanut Butter Cookies	1
30	Peanut Butter Oatmeal	1
31	Peanut Butter Protein Cookies	1
32	Peppermint Chocolate Cookies	1
33	Pistachio Chocolate Chip Pudding Puff Cookies	2
34	Protein Chocolate Chip Cookies	2
35	Pumpkin Chocolate Chip Oatmeal Cookies	1
36	Pumpkin Pie Spice Cookie w/White Choc Chips	2
37	Pumpkin Spice Chocolate Chip	2
38	Real Deal Flourless Peanut Butter Bombs	2
39	Rustic Trail Mix Cookies	2
40	Small Batch Maples Glazed Oatmeal Cookies	2
41	Small Batch Real Deal Oatmeal Cookie	3
42	Small Batch That's My Jam Shortbread Cookies	2
43	Snickerdoodles	1
44	Snowballs	3
45	Sugar Free Peanut Butter Cookie Sandwich	2
46	Twix Cookie Cake Bars	2
47	Vanilla-Cran Breakfast Cookies	2
48	White Chocolate & Cranberry Cookies	2
49	Chocolate Peanut Butter Oat Bombs	1

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 Oat Cake	1
23	Cinnamon Spice Oat Cakes	2
24	Cranberry & Orange Almond Bundt	6
25	Cranberry Loaf Cake with Orange Glaze	3
26	Crazy Good Cake	4
27	Curb Your Craving Chocolate Bundt	3
28	Double Berry Lemon Loaf	4
29	Fluff Cake	4
30	Frosted Apple Fritter Cake	1
31	Frosted Cinnamon Roll Mug Cake	2
32	Frosted Pumpkin Latte Muffcakes	2
33	Ginger Spiced Orange Bundt	3
34	Gingersnap Loaf Cake	2
35	Hazelnut Snack Cake	3
36	Lemon Loaf	2
37	Lemon Lover's Bundt	4
38	Lemon Poppy Seed Loaf	3
39	Lemon Snack Cake with Raspberry Frosting	3
40	Lime & Coconut Loaf	4
41	Lip Smaking Rhubarb	2
42	Maple Glazed Pumpkin Spice Coffee Cake	2
43	Mint Chocolate Chip Ice Cream Cake	4
44	Not Your Mama's Fruit Cake	4
45	Orange Creamsicle 2 layer Bundt	4
46	Orange Yogurt Cake	2
47	PB&J Swirl Snack Cake	3
48	Peach Crunch Crumble Cake	3
49	Peaches & Cinnamon Loaf	3
50	Peanut Butter Banana Minis	3
51	Peanut Butter Buttercream Chocolate Snack Cake (8)	3
52	Peanut Butter Chocolate Loaf	3
53	Pineapple Chunk Cupcakes	2
54	Plain Carrot Cake	2
55	Poppy Seed Bundt Cake	2
56	Raspberry Almond Slice	2
57	Raspberry Bundt	3
58	Raspberry Lemon Drizzle	4
59	Root Beer Float Snack Cake	3
60	Small Batch Apple Pie Spiced Cake	2



61	Small Batch Brownie Crumble Cake	3
62	Small Batch Candied Pecan Blueberry Cake	2
63	Small Batch Carrot Cake	3
64	Small Batch Chocolate Cake w/Caramel Pecan Syrup	2
65	Small Batch Chocolate Frosted Cupcakes	3
66	Small Batch Flourless Chocolate Decadence	2
67	Small Batch Frosted Carrot Cake	2
68	Small Batch Frosted Cinnamon Roll Cake	2
69	Small Batch Glazed Cherry Cake	3
70	Small Batch Lemon Glazed Crumble Cake	2
71	Small Batch Lemon w/Blueberries Vanilla Cream	2
72	Small Batch Moist Chocolate Layer Cake	3
73	Small Batch Pumpkin Dump Cake	2
74	Small Batch Pumpkin Pecan Upside Down Cake	2
75	Small Batch Snickerdoodle Cake	2
76	Small Batch Spice Cake	2
77	Small Batch Strawberry Crumble	2
78	Small Batch Toasted Coconut Chocolate Layered Cake	4
79	Small Batch Upside Down Banana Caramel Cake	2
80	Snow Dusted Chocolate Peppermint Cake	3
81	Spiced Ginger & Orange Loaf	3
82	Spring Fling Serve 8	4
83	Strawberry Fields Forever Lemon Frosting Bundt	4
84	Strawberry Ice Cream Cake	3
85	Strawberry Pound Cake w/Strawberry Frosting	3
86	Strawberry Yogurt Loaf Cake	3
87	Streusel Loaf	3
88	Sugared Cinnamon Pumpkin Swirl Snack Cake 1/18	3
89	Sweet Berry Patriotic Sponge Cake	4
90	Sweet Corn Cakes	2
91	Tangy Lemony Blueberry Loaf	3
92	The Real Deal Pumpkin Snack Cake	4
93	Triple Chocolate Cake	3
94	Upside Down Cara Cara Orange	5
	Desserts	
1	4th of July Cookie Berry Pie	2
2	90 Second Brownie	3
3	A Pair of Peach Cobblers	5
4	Apple Caramel Galette	5
5	Apple Cobbler for Two	5
6	Apple Pie Crisp	4
7	Apple Pie Oat Bake	2
8	Apple Pie Pastry	3
9	Apple Quick Bread	3
10	Bailey's Irish Cream Cheesecake	3
11	Baked Oat Brownie w/PB Drizzle	5



12	Banana Berry Cupcakes	2
13	Banana Bread	3
14	Banana Cream Pie	0
15	Blackberry Dumplings	3
16	Blueberry & Apple Hand Pies	3
17	Blueberry & Peach Crisp	2
18	Brown Sugar & Oatmeal Crust Strawberry Cheesecake	4
19	Cake Mix Cherry Cobbler	2
20	Cake Mix Mini Banana Bread	2
21	Candy Bar Cupcake	4
22	Caramel Drizzled Date & Rum Sweet Bread	2
23	Caramel Pecan Cheesecake	3
24	Cherry & Blueberry Galette	6
25	Cherry Pie Cupcake	2
26	Chocolate & Peanut Butter Cookie Dough Pie	3
27	Chocolate Banana Ice Cream Cups	2
28	Chocolate Banana Oat Bread	2
29	Chocolate Chip Chocolate Sweet Bread	4
30	Chocolate Chip Pumpkin Bites	2
31	Chocolate Muffin Tops	1
32	Chocolate Pudding Pie (12 slices)	3
33	Chocolate Raspberry Cobbler	3
34	Chocolate Shake Cupcakes with Sugared Caramel Sauce	4
35	Choice Cherry Crescents	3
36	Cinnamon Swirl Bread	4
37	Combination Fruit Cobbler	2
38	Cream Cheese Crack Pie	3
39	Cream Cheese Stuffed Waffle Bread	4
40	Cream Cheese Swirl Brownies (Box)	4
41	Dark Chocolate Brownies	3
42	Date Pecan Bread	3
43	Double Chocolate Chip Cookie Dough Pie	2
44	Doubled Chocolate Pumpkin Brownies	2
45	Fanciful Fruit Pie	2
46	Fruit Filled Pastry	4
47	Glazed Doughnuts & Raspberry Swirl Mini Cakes	3
48	Healthy Low Point Blueberry Oat Bread	1
49	Honey PB Chocolate Chip Cracker	1
50	Lemon Poppy Seed Yogurt Bread	2
51	Maple Pecan Blondies	3
52	Mini Cheesecake with graham cracker crust	2
53	Mini Peanut Butter Cups	1
54	Mini Snicker's Fix	1
55	No Bake Pumpkin Cheesecake	4
56	No Bake Single Serve Pumpkin Pie w/Cool whip	3
57	Orange & Cranberry Blondies	4



58	Pbfit Banana Oat Protein Bars(12)	1
59	Peach Pecan Cobbler	2
60	Peanut Butter & Chocolate Icebox Sandwich	4
61	Peanut Butter Blondies	2
62	Peanut Butter Brownie Mini Cupcakes	2
63	Peanut Butter Cup Bites	2
64	Peanut Butter Swirl Baked Oat Brownies	3
65	Peanut Butter Swirl Brownies	4
66	Peanut Butter Topped Chocolate Cupcakes	1
67	Pina Colada Cupcakes	3
68	Protein Soft Serve Ice Cream	1
69	Pumpkin Cupcakes with Cinnamon Cream Cheese Frosting	3
70	Pumpkin Pie Loaf	2
71	Pumpkin Spice Squares	2
72	Pumpkin Yogurt Loaf	3
73	Raspberry Cream Buttercrusts	3
74	Samoas Squares	2
75	Scotch n Chocolate Cheesecake Loaf	3
76	Silky Smooth Fudge	3
77	Small Batch Cheesecake Pudding Pie w/Graham Cracker Cr	3
78	Small Batch Chocolate Banana Oat Bread	2
79	Small Batch Chocolate Chunk Oat Blondies	3
80	Small Batch Cranberry Pear Crumble	2
81	Small Batch Pumpkin Crisp	1
82	Strawberry Biscuit Shortacake	4
83	Sugar Dipped Cupcake	3
84	The Real Deal Banana Bread	3
85	Toasted Oat Marshmallow Treats	4
86	Ugly Icebox Pie	4
87	Ugly Icebox Pie	2
88	Whole Wheat Maple Apple Bread	3
89	Zucchini Bread Muffins	2
90	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	3
5	Vanilla Biscoff Protein Smoothie	4