

# **cookbook points/calories/macros**

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

RECIPE	WW POINTS	WW POINTS	CALORIES	MACROS
<b>BASIC VEGGIE MIX</b>	0	<a href="#">POINTS</a>	45	0F 10C 2P
<b>GREEN BEAN VEGGIE MIX</b>	0	<a href="#">POINTS</a>	98	1F 19C 7P
<b>BEAN VEGGIE MIX</b>	0	<a href="#">POINTS</a>	159	1F 30C 8P
<b>BALSAMIC VEGGIE MIX</b>	1	<a href="#">POINTS</a>	47	0F 9C 2P
<b>STIR FRY VEGGIE MIX</b>	1	<a href="#">POINTS</a>	88	3F 11C 4P
<b>TURKEY BURGERS</b>	0	<a href="#">POINTS</a>	165	3F 3C 30P
<b>TWO INGREDIENT DOUGH PITAS</b>	4	<a href="#">POINTS</a>	174	1F 31C 9P
<b>BUFFALO CHICKEN WRAPS</b>	3	<a href="#">POINTS</a>	215	8F 14C 21P
<b>QUESO CHEESE DIP</b>	3	<a href="#">POINTS</a>	144	6F 7C 14P
<b>TWO INGREDIENT DOUGH BAGEL DOGS</b>	2	<a href="#">POINTS</a>	74	2F 9C 5P
<b>AIR FRYER TORTILLA CHIPS</b>	6	<a href="#">POINTS</a>	160	2F 32C 4P
<b>CORN SALSA</b>	0	<a href="#">POINTS</a>	65	1F 12C 2P
<b>PICO DE GALLO</b>	0	<a href="#">POINTS</a>	18	0F 4C 1P
<b>MEDIUM SALSA</b>	0	<a href="#">POINTS</a>	26	0F 6C 1P
<b>AIR FRYER POTATO CHIPS</b>	0	<a href="#">POINTS</a>	160	0F 37C 4P
<b>BAKED OATS</b>	1	<a href="#">POINTS</a>	381	10F 50C 24P
<b>TWO INGREDIENT DOUGH BAGEL</b>	4	<a href="#">POINTS</a>	174	1F 31C 9P
<b>BREAKFAST</b>	4	<a href="#">POINTS</a>	369	16F 20C 36P

<b>BOWL</b>				
<b>EGG BAKE</b>	<b>2</b>	<b><a href="#">POINTS</a></b>	<b>160</b>	<b>8F 7C 15P</b>
<b>PEANUT BUTTER PANCAKES</b>	<b>3</b>	<b><a href="#">POINTS</a></b>	<b>294</b>	<b>7F 46C 15P</b>
<b>BREAKFAST BURRITO</b>	<b>6</b>	<b><a href="#">POINTS</a></b>	<b>368</b>	<b>17F 30C 39P</b>
<b>SHEET PANCAKE</b>	<b>2</b>	<b><a href="#">POINTS</a></b>	<b>76</b>	<b>2F 12C 6P</b>
<b>AIR FRYER FRENCH TOAST</b>	<b>3</b>	<b><a href="#">POINTS</a></b>	<b>280</b>	<b>7F 52C 14P</b>
<b>BREAKFAST SANDWICH</b>	<b>7</b>	<b><a href="#">POINTS</a></b>	<b>399</b>	<b>16F 32C 31P</b>
<b>TURKEY CHILI</b>	<b>1</b>	<b><a href="#">POINTS</a></b>	<b>284</b>	<b>3F 32C 33P</b>
<b>ZUCCHINI TURKEY SOUP</b>	<b>1</b>	<b><a href="#">POINTS</a></b>	<b>267</b>	<b>11F 18C 21P</b>
<b>CHICKEN SALAD</b>	<b>1</b>	<b><a href="#">POINTS</a></b>	<b>153</b>	<b>4F 4C 23P</b>
<b>TUNA SALAD</b>	<b>1</b>	<b><a href="#">POINTS</a></b>	<b>186</b>	<b>6F 10C 26P</b>
<b>BEAN SALAD</b>	<b>1</b>	<b><a href="#">POINTS</a></b>	<b>167</b>	<b>3F 26C 8P</b>
<b>PASTA SALAD</b>	<b>5</b>	<b><a href="#">POINTS</a></b>	<b>272</b>	<b>6F 43C 16P</b>
<b>MEAT SAUCE</b>	<b>2</b>	<b><a href="#">POINTS</a></b>	<b>270</b>	<b>4F 17C 42P</b>
<b>CRAB PASTA</b>	<b>13</b>	<b><a href="#">POINTS</a></b>	<b>494</b>	<b>10F 78C 29P</b>
<b>HEARTS OF PALM</b>	<b>7</b>	<b><a href="#">POINTS</a></b>	<b>301</b>	<b>14F 21C 24P</b>
<b>TUNA NOODLES</b>	<b>6</b>	<b><a href="#">POINTS</a></b>	<b>580</b>	<b>11F 80C 51P</b>
<b>SPINACH ARTICHOKE PASTA</b>	<b>9</b>	<b><a href="#">POINTS</a></b>	<b>410</b>	<b>6F 66C 24P</b>
<b>TACO PASTA</b>	<b>8</b>	<b><a href="#">POINTS</a></b>	<b>660</b>	<b>6F 103C 51P</b>
<b>COPYCAT MCGRIDDLE</b>	<b>7</b>	<b><a href="#">POINTS</a></b>	<b>373</b>	<b>15F 32C 32P</b>
<b>SESAME NOODLES</b>	<b>9</b>	<b><a href="#">POINTS</a></b>	<b>400</b>	<b>10F 49C 26P</b>
<b>SOUTHWEST EGGROLLS</b>	<b>1</b>	<b><a href="#">POINTS</a></b>	<b>154</b>	<b>1F 22C 12P</b>

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

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

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