

# Smart Lunches with Low Smart Points

- 1 Amylu Sweet Carmelized Onion Chicken Burgers (3 SP)  
+ Schwebel's Light Hamburger Buns (2 SP)
- 2 Ready Pac Bistro Santa Fe Style Caesar Salad (6 SP)  
+ Dole mandarin oranges, no sugar (0 SP)
- 3 Ready Pac Bistro Bowl Jamaican Style Jerk Hemp Seed Salad (5 SP)  
+ Kirkland Rader Farms Nature's Three Berries (0 SP)
- 4 Ball Park Fat Free Beef Franks (1 SP)  
+ Nature's Own Wheat 'N Double Fiber Buns (2 SP)
- 5 Hebrew National 97% Fat Free Franks (1 SP)  
+ Healthy Life Light White Hot Dog Buns (2 SP)
- 6 Oscar Mayer Selects Chicken Breast Hot Dogs (2 SP)  
+ Schwebel's Light Hot Dog Buns (2 SP)
- 7 SeaPak Salmon Burgers (3 SP)  
+ Sara Lee 80 calories & Delightful Wheat Hamburger Buns (2 SP)
- 8 Progresso White Chicken Chili (6 SP)  
+ Mighty Mini's Sweet mini Peppers (0 SP)
- 9 Weight Watchers Chicken Burgers (2 SP)  
+ Fiber One Hamburger Buns (3 SP)
- 10 Gardein Chipotle Black Bean Sliders (5 SP)  
+ Prairie Farms Low Fat Cottage Cheese (2 SP)  
+ Del Monte canned unsweetened peach slices (0 SP)
- 11 Gardien Vegetarian Mini Crispy Crabless Cakes (3 SP)  
+ Dannon Activia Strawberry light nonfat yogurt (2 SP)
- 12 Pouch StarKist light tuna in water (0 SP)  
+ Kraft Fat-Free Mayonnaise (0 SP)  
+ Healthy Life White Bread (2 SP)
- 13 StarKist Tuna Salad Lunch To Go kit (7 SP)  
+ Chiquita bananas (0 SP)
- 14 Progresso Light Savory Beef Barley Soup (5 SP)  
+ Grapes (0 SP)
- 15 Smart Ones Home Style Beef Pot Roast (4 SP)  
+ Blueberries (0 SP) + Kraft Cool Whip (1 SP)
- 16 Smart Ones Chicken Fajitas (7 SP)  
+ Del Monte Sliced Pears, no sugar added (0 SP)  
Healthy Choice Café Steamers Simply Grilled Chicken and Broccoli Alfredo (4 SP)  
+ Yasso Blueberry or Strawberry Frozen Greek Yogurt bars (3 SP)
- 17 Campbell's Home Style Light Italian Style Wedding Soup (4 SP)  
+ Healthy Choice Dark Fudge Swirl Greek Frozen Yogurt snack cup (4 SP)
- 19 Morningstar Chik Patties, Original (4 SP)  
+ Village Hearth Light Italian Hamburger Buns (2 SP)
- 20 Morningstar VeggieBurgers, Garden Veggie Patties (4 SP)  
+ Sara Lee 80 calories & Delightful Wheat Hamburger Buns (2 SP)
- 21 MorningStar Garden Veggie Patties (3 SP)  
+ Nature's Own Whitewheat Sandwich Rounds (3 SP)
- 22 Johnsonville Chicken Sausage with apples (5 SP)  
+ Mission Carb Balance (Fajita Size) Flour Tortilla (2 SP)
- 23 Stouffer's Baked Chicken Breast entree (5 SP)  
+ Snapea Crisps, Original Lightly Salted Green pea Crisps (2 SP)
- 24 Lean Cuisine Baja-Style Queso Dip and Pita Bread (7 SP)  
+ Green Giant Just for One Cheesy Rice & Broccoli (2 SP)
- 25 Lean Cuisine Herb Roasted Chicken entree (4 SP)  
+ Temptations Jell-O Dark Chocolate Mousse Decadence (2 SP)
- 26 Boca Bruschetta Tomato Basil Parmesan Veggie Patties (2 SP)  
+ Nature's Own Multi-Grain Sandwich Round (3 SP)
- 27 1 cup Hormel Turkey Chili with no beans (4 SP)  
+ Romaine Hearts (0 SP) to make lettuce wraps
- 28 Gorton's Southwest Tortilla Artisan Fillet (5 SP)  
+ Musselman's Unsweetened Applesauce (0 SP)
- 29 Gorton's Shrimp Scampi in Creamy Garlic Butter Sauce (3 SP)  
+ Green Giant Just for One Broccoli, Carrot, & Italian Seasoning (1 SP)
- 30 Land O Frost Blimpie Best Sub Sandwich Kit (3 SP)  
+ Barowsky's 8-inch White Sub Rolls (5 SP)  
+ lettuce, tomato, and onion (0 SP)
- 31 Fresh Express Chopped Kit Bacon and Bleu Greek Yogurt salad (3 SP)  
+ Low-Calorie Sugar-Free Strawberry Jell-O Gelatin snack (0 SP)
- 32 Fresh Express Southwest Kit (5 SP)  
+ Jell-O LiveActive Reduced Calorie Dark Chocolate Tuxedo Pudding Snack (2 SP)

meal planning  
MOMMIES