



Sweet N Spicy Beef & Noodles

Thaw. Cook meat & veggie mixture until veggies get tender & beef is cooked to desired doneness. Add in noodles, stir to combine, and sauté for 4–5 mins.

439 calories, 8.4 g fat, 10 WW PointsPlus

Date Made/Frozen:



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Date Made/Frozen:



Spicy Broccoli Cheddar Soup

Thaw in refrigerator, then heat in a soup pot over medium heat until hot.

242 calories, 9.8 g fat, 6 WW PointsPlus

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Date Made/Frozen:



Baked Ziti with Meat Sauce

Remove plastic wrap, then bake from frozen in 375°F oven for 50–60 minutes. Remove foil and bake an additional 10–15 minutes.

269 calories, 2.3 g fat, 6 WW PointsPlus

Date Made/Frozen:



Baked Ziti with Meat Sauce

Remove plastic wrap, then bake from frozen in 375°F oven for 50–60 minutes. Remove foil and bake an additional 10–15 minutes.

269 calories, 2.3 g fat, 6 WW PointsPlus

Date Made/Frozen:



Fiery Sauteed Shrimp

Thaw in refrigerator, then sauté over medium–high heat in skillet until shrimp is opaque and vegetables start to get tender.

135 calories, 2.4 g fat, 3 WW PointsPlus

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Thaw in refrigerator, then sauté over medium–high heat in skillet until shrimp is opaque and vegetables start to get tender.

135 calories, 2.4 g fat, 3 WW PointsPlus

Date Made/Frozen:



Cranberry-Balsamic Turkey Tenderloin

Thaw. Place contents of bag into slow cooker and add 1 cup water. Stir gently to combine, then cook for 6–8 hours on low.

348 calories, 5.3 g fat, 8 WW PointsPlus

Date Made/Frozen:



Cranberry-Balsamic Turkey Tenderloin

Thaw. Place contents of bag into slow cooker and add 1 cup water. Stir gently to combine, then cook for 6–8 hours on low.

348 calories, 5.3 g fat, 8 WW PointsPlus

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