



Southwest Breakfast Bake

Reheat in microwave for one minute.

Cal: 141 Fat 5 g Fiber 2g Protein 11g
WW Plus Points 5 pts

Date Made/Frozen:



Southwest Breakfast Bake

Reheat in microwave for one minute.

Date Made/Frozen:



Magic Muffins

Reheat in microwave for 1-2 minutes.

Cal: 159, Total Fat: 5g, Dietary Fiber:
6g, Protein: 11g WW Points: 7

Date Made/Frozen:



Magic Muffins

Reheat in microwave for 1-2 minutes.

Date Made/Frozen:



Early Start Power Pitas

Reheat in microwave for 1-2 minutes.

Calories 315, Total Fat 5.2g, Saturated
Fat 1.1g, Total Carbs 46.3g, Fiber
6.8g, Protein 24g, WW Plus Points: 7

Date Made/Frozen:



Early Start Power Pitas

Reheat in microwave for 1-2 minutes.

Date Made/Frozen:



Turkey/Veggie Meatloaf Muffins

Reheat in microwave for one minute.

Serving (1 mini meatloaf): 142
calories, 5.25g fat, 9g carbs, 1.5g
fiber, 14g protein -- Weight Watchers
PointsPlus® value 3

Date Made/Frozen:



Turkey/Veggie Meatloaf Muffins

Reheat in microwave for one minute.

Date Made/Frozen:



Butternut Squash Soup

Reheat in microwave for 2-5 minutes.

Serving Size: about 1 1/3 cups Calories:
56.2 • Fat: 0.3 g • Protein: 2.6 g • Carb:
11.4 g • Fiber: 2.6 g - WW Plus Points - 1

Date Made/Frozen:



Butternut Squash Soup

Reheat in microwave for 2-5 minutes.

Date Made/Frozen: