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**Frozen Section:**

* Mini cilantro chicken wontons: 4 for 1 smart points
* Orange chicken: 1 cup 9 smart points
* Fried veggie rice: 6 smart points per serving
* Teriyaki BBQ Chicken: 1 cup for 4 smart points
* Kung Pao Chicken 1 cup for 6 smart points
* Guiltless Mac and cheese: 8 smart points
* Roasted corn: 0 smart points
* White sweet corn: 0 smart points
* Naturally sweet peas: 0 smart points
* Organic riced cauliflower: 0 smart points
* Chicken fried rice: 1 cup 4 smart points
* Cauliflower stir fry: 2 cups 1 smart points
* Shrimp stir fry: 1 3/4 cup 0 smart points
* Frozen green beans: 0 smart points
* Roasted onions and peppers: 0 smart points
* Turkey corn dogs: 5 smart points each
* Sweet potato frites: 1 cup for 6 smart points
* Cauliflower pizza crust: 2 smart points for 1/6 of the crust
* Cauliflower gnocchi: 4 smart points for 1 cup
* Chili & Lime chicken burgers: 3 smart points
* Fettuccine Alfredo: 1 cup for 9 smart points
* Fish nuggets: 4 pieces for 5 smart points
* Beer battered Halibut: 3 pieces for 7 smart points
* Mini chicken tacos: 4 tacos for 5 smart points
* Hash brown patties: 1 for 4 smart points

**Refrigerator items:**

* Gyro slices: 2 oz. for 7 smart points
* Romaine salads mix: 0 smart points
* Pizza dough: 1/8 for 4 smart points
* Carne Asada: 4oz for 5 smart points
* Pollo Asada: 4oz for 1 smart points
* 96% extra lean ground beef: 4 oz for 2 smart points

**Dips/sauces:**

* Tzatiki sauce: 2 Tbsp for 1 smart points
* Guiltless guacamole: 2 Tbsp 1 smart points
* Cheese Queso dip: 5 Tbsp for 1 smart points
* Spinach/Artichoke dip: 2 Tbsp for 1smart points
* Salsa: 0smart points
* Soyaki sauce: 1 Tbsp for 2smart points
* Pesto sauce: 1 Tbsp for 2sp or 1/8 cup for 4 smart points
* Non fat plain yogurt: 0 smart points
* Non fat plain Greek yogurt: 0 smart points

**Cheeses:**

* Lite mozzarella cheese: 1 oz. for 1smart points
* Laughing cow cheese wedges: 1 for 1 smart points
* Whipped cream cheese: 1 Tbsp for 1 smart points
* Lite Three cheese blend :1/4 cup for 2smart points

**Misc:**

* Small Ciabatta rolls: 3smart points
* Large ciabatta rolls 5 smart points
* Miso Ginger broth: 1 cup for 1 smart points
* Everything but the bagel seasoning: 0 smart points
* Chili & lime seasoning: 0 smart points
* Balsamic glaze: 1 Tbsp for 1 smart points
* Sour cream and onion corn puffs: 2.5 cups for 4smart points
* Coconut creamer: 2 Tbsp for 0smart points
* Canola non stick cooking spray (my absolute favorite) 0 smart points

**Seasonal:**

* Pumpkin Butter: 1 Tbsp for 2smart points
* Pumpkin Spice cream cheese: 2 Tbsp for 3smart points
* Pumpkin Ginger mini ice cream cones: 1 for 4 smart points