

# LOOKIT THIS!!!

## points values for m&m meat shops products!!



(with a great big huge thank you to WW member Lisa\_F for all her hard work compiling it!!!)

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### DESSERTS

- Strawberry Fruit Juice Bars (1) - **2 points**
- Chocolate Iced Eclairs (1) - **5 points**
- Raspberry Macaroon Bars (1/24th) - **4 points**
- Apple Crisp (1/6th) - **5 points**
- Apple Raspberry Crisp (1/6th) - **5 points**
- 8" Apple Pie (1/6th) - **8 points**
- Apple Cranberry Pie (1/6th) - **8 points**
- Caramel Apple Pie (1/6th) - **9 points**
- Blueberry Pie (1/6th) - **8 points**
- Rhubarb-Strawberry Pie (1/6th) - **8 points**
- Strawberry Cream Cheesecake (1/6th) - **6 points**
- Black Forest Cream Cheesecake (1/6th) - **8 points**
- Chocolate Swirl Cream Cheesecake (1/6th) - **8 points**
- Chocolate Caramel Pecan Cream Cheesecake (1/6th) - **9 points**
- Original Cream Cheesecake (1/6th) - **8 points**
- Pecan Perfection Cake (1/8th) - **11 points**
- Buttertart Bars (1/16th) - **6 points**
- Date Squares (1/24th) - **5 points**
- Nanaimo Bars (1/24th) - **7 points**
- Deep Dutch Brownies (1/24th) - **6 points**
- Mini Cream Puffs (5) - **7 points**
- Mini Eclairs (1) - **1 point**
- Pumpkin Pie (1/6th) - **5 points**
- Macaroon Madness (1/16th) - **7 points**
- Tiger Brownies (1/16th) - **6 points**
- Triple Chocolate Fudge Cake (1/16th) - **7 points**
- Lemon Meringue Pie (1/6) - **6 points**
- Key Lime Meringue Pie (1/6) - **6 points**
- Florida Orange Meringue Pie (1/6th) - **6 points**
- Olde English Style Trifle (4.5oz/ 1/7th) - **5 points**
- Chocolate Trifle (1 cup) - **7 points**
- Tiramisu (1/6th) - **7 points**
- Too Tall Tuxedo Truffle Cake (1, 1" thick slice) - **10 points**

Too Tall Strawberry Shortcake (1, 1" thick slice) - **7 points**  
Oranges & Cream Cake (1, 1" thick slice) - **7 points**

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## **PARTY FOODS**

**Party Bites: *Oriental Chicken*** (6) - **5 points**, *Broccoli & Cheese* (6) - **5 points**,  
*Monterey Jack sticks* (6) - **8 points**  
**Oriental Party Pak: *Chicken*** (5) - **3 points**, *Vegetable Spring Rolls* (4) - **5 points**,  
*Pork* (5) - **6 points**, *Mini Potstickers* (3) - **6 points**  
**International Hors D'oeuvres** - **2 points each variety**  
**Phyllo Pastry Party Pak: *Spinach & Cheese*** (6) - **6 points**, *Mushroom & Leek* (6) - **4 points**,  
*Kamaboko Crab & Brie* (6) - **5 points**  
Cheddar Cheese Bites (7) - **4 points**  
Mozzarella Sticks (2) - **5 points**  
Bite Size Sausage Rolls (5) - **7 points**  
Jalopeno Poppers (1) - **2 points**  
Mini Pizza Eggrolls (5) - **3 points**  
Mini Pizza Bagels (4) - **5 points**  
Battered Zucchini Sticks (5) - **4 points**  
Battered Mixed Vegetables (1 cup) - **4 points**  
Party Spirals both varieties (1) - **1 point**  
Mini Quiches both varieties (1) - **2 points**  
Mini Eggrolls with Shrimp (5) - **5 points**  
Breaded Mushrooms (6) - **3 points**  
Torpedo Shrimp (3.5 oz/8-9 shrimp) - **6 points**  
Spinach & Feta Appetites (4) - **4 points**  
Chicken Bruschetta Appetites (4) - **4 points**

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## **POULTRY**

Gourmet Chicken with Broccoli & Cheese - **8 points**  
Gourmet Chicken Swiss - **8 points**  
Gourmet Chicken Caesar - **7 points**  
Gourmet Chicken Kiev - **12 points**  
Gourmet Chicken Florentine - **8 points**  
Gourmet Chicken Parmagiana - **6 points**  
Turkey Meatballs (10) - **5 points**  
Boneless Skinless Chicken Breast (100g, 1 small breast) - **2 points**  
All Marinated Chicken Breast (100g, 1 small breast) - **2 points**  
Bacon Wrapped Chicken Breast - **6 points**  
Bacon Wrapped Turkey Breast - **5 points**  
Barbecue Chicken Kabob - **3 points**  
Chicken Breast Grills - **4 points**  
Honey Glazed Chicken Drumsticks ( 1 large 3.5oz) - **4 points**  
Breaded Chicken Breasts: *Original* - **4 points**, *Spicy* - **5 points**, *Crispy* - **6 points**  
Chicken Nuggets (4) - **6 points**  
Chicken Strips (2) - **5 points**  
Lean Turkey Sausages (1) - **4 points**  
Stuffed Turkey Breast (1, 1" thick slice) - **3 points**  
Lean & Juicy Chicken Burgers - **4 points**  
Turkey Burgers - **4 points**  
Chicken Stir Fry (1/4 pkg) - **5 points**  
Chicken Fajitas (1) - **4 points**

Chicken Primavera (2 1/4 cups) - **9 points**

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## **BEEF**

All Marinated Top Sirloin Steaks (1) - **4 points**

Beef Filet Mignon 4oz - **4 points**

Bacon Wrapped Filet Mignon 4 oz - **6 points**

Teriyaki Beef Kabob (1) - **4 points**

Italian Style Meatballs (10) - **7 points**

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## **PORK**

Citrus Steaks (1) - **3 points**

Lemon Pepper Steaks (1) - **4 points**

Smoked Ham (1, 1" thick slice) - **3 points**

Lean Links Sausages - **4 points**

Boneless Seasoned Pork Loin Chops - **4 points**

Seasoned Pork Tenderloin (1/3 of fillet) - **2 points**

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## **SEAFOOD**

Breaded Scallops (100g/approx. 8) - **4 points**

Garlic Shrimp (4) - **1 point**

Cooked Shrimp Platter (large) - 16 shrimp = **1 point**, sauce 1 tbsp = **1 point**

Shrimp Ring (24 shrimp) - **1 point**

Breaded Shrimp (3.5oz/10 shrimp) - **6 points**

Coconut Shrimp (3.5oz/10 shrimp) - **5 points**

Herb & Garlic Salmon - **3 points**

Salmon in Dill Sauce - **3 points**

Breaded Haddock (4oz) - **6 points**

Breaded Sole (4oz) - **6 points**

Boneless Skinless Haddock fillets (4oz) - **3 points**

Boneless Skinless Sole Fillets (4oz) - **2 points**

Cod Fillets (3oz) - **2 points**

Salmon Steak - **3 points**

Sea Scallops (3.5oz/approx 10) - **2 points**

Snow Crab Legs (4oz) - **3 points**

All Sole Seafood Elites - **4 points each**

Sole with Mushroom Sauce - **5 points**

Haddock with White Cheddar Sauce - **6 points**

Lemon Pepper Sole (4oz) - **5 points**

Sole Parmesan (3oz) - **5 points**

Shrimp Stir Fry (1/3 pkg) - **4 points**

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## **CHINESE FOOD**

Oriental Style Chicken Balls (4) - **5 points**

Chicken Spring Rolls (2) - **7 points**

Chicken Fried Rice (1 cup) - **5 points**

Beef & Broccoli (1/3 pkg) - **2 points**

Ginger Chicken (5) - **5 points**

Won Ton Soup as prep. (1/2 container) - **3 points**

Pineapple Chicken (1/4 pkg) - **5 points**  
Cantonese Eggrolls (2) - **5 points**  
Vegetable Eggrolls (2) - **4 points**  
Potstickers (4) - **6 points**

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### **SINGLE SERVINGS**

Breakfast Roll - **5 points**  
French Onion Soup - **5 points**  
French Country Mushroom Soup - **5 points**  
8oz Cheese & Spinach Cannelloni - **5 points**  
8oz Vegetable Lasagna - **5 points**  
8oz Lasagna - **6 points**  
8oz Fettuccini Alfredo - **10 points**  
8oz Supreme Scalloped Potatoes - **8 points**  
8oz Shepherd's Pie - **6 points**  
Cheese Nibblers (1) - **2 points**

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### **MEALS MADE EASY**

Pizza Rolls (2) - **7 points**  
Pizza Jacket (1) - **6 points**  
Rising Crust Deluxe Pizza (1/2) - **9 points**  
Mexican Style Pizza (1/2) - **7 points**  
Burritos (1) - **7 points**  
Perogies (4) - **4 points**  
Supreme Homestyle Lasagna (8oz) - **8 points**  
Lumberjack Chili (1/4 of tray) - **6 points**  
Beef Stew (1/4 of tray) - **4 points**  
Garlic Bread (1 1" thick slice) - **4 points**  
Veggie Burger (1) - **3 points**

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### **POTATOES**

Seasoned Potato Wedges (3.5oz/approx. 7 wedges) - **3 points**  
Potato Wedges (3.5oz/approx. 10 wedges) - **3 points**  
Crispy (seasoned) Twisters (85g/ 1 1/4 cups) - **3 points**  
Gourmet Stuffed Potatoes - **4 points**  
Broccoli & Cheese Stuffed Potatoes - **4 points**  
Cheddar Cheese Stuffed Potatoes (1) - **4 points**  
Ore Ida Mashed Potatoes (1/2 cup) - **2 points**  
Crispy Fries (3.5/approx. 21 fries) - **4 points**  
Crinkle Cut Ovenfries (85g/ approx. 22 fries) - **3 points**  
Straight Cut Ovenfries (85g/approx. 19 fries) - **3 points**  
Shoestring Fries (3.5oz/approx. 70 fries) - **6 points**  
Dollar Chips (85g/approx. 15) - **2 points**  
Potato Patties (2 patties) - **7 points**

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### **VEGETABLES**

Bean & Carrot Medley (1/2 cup) - **1 point**  
California Style (1/2 cup) - **1 point**

Farm Fresh Blend (1/2 cup) - **1 point**  
Far East Vegetable Blend (3/4 cup) - **1 point**  
Classic Stir Fry Vegetables (2/3 cup) - **1 point**  
Rice & Vegetable Medley (1/2 cup) - **2 points**  
Peaches & Cream Corn (1/2 cup) - **2 points**  
Vegetable Supreme (1/2 cup) - **1 point**  
Pasta & Vegetable Salad (1 cup) - **2 points**  
Mixed Vegetables (1/2 cup) - **1 point**  
Whole Baby Carrots (1/2 cup) - **1 point**  
Diced Onions (2 tbsp) - **0 points**

## **SAUCES**

Tartar Sauce (2 tbsp) - **2 points**  
Seafood Sauce (2 tbsp) - **1 point**  
Gourmet Barbecue Sauces (2 tbsp) - **2 points**  
Marinara Pasta Sauce (1/2 cup) - **1 point**  
Honey Mustard Sauce (2 tbsp) - **1 point**  
Octoberfest Mustard (2 tsp) - **0 points**  
Sweet & Sour Cherry Sauce (2tbsp) - **0 points**  
Sweet & Sour Sauce (2 tbsp) - **1 point**  
Tangy Plum Sauce (2 tbsp) - **1 point**  
Honey Garlic Sauce (2tbsp) - **1 point**

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This is not an ad, but [click here](#) to find an M&M Meat Shop near you. I'm just being helpful.

*(Very polite disclaimer: While Stellamama believes this information is correct to the best of her knowledge, she accepts no responsibility for inaccuracies of omission or commission. You are adults; when in doubt, read the nutritional information on the package. This page is designed to help you make healthy choices. That's all I have to say on the matter. Report any mistakes and we'll try to fix them.)*



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