

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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