

## Health Snapshot

### Cheddar Strata

470 Calories  
29g Protein  
9g Fat  
12g Carbs.  
6g Fiber  
707mg Sodium

15 Smart Points

30% Vitamin A  
42% Calcium  
20% Vitamin B-6

### Massaman Steak Curry

730 Calories  
40g Protein  
37g Fat  
65g Carbs.  
8g Fiber  
924mg Sodium

24 Smart Points

353% Vitamin C  
71% Vitamin B12  
35% Vitamin B6

### Artichoke Frittata

845 Calories  
35g Protein  
60g Fat  
34g Carbs.  
8g Fiber  
1642mg Sodium

27 Smart Points

146% Vitamin C  
114% Vitamin A  
21% Calcium

### Alfredo & Pepper Flatbread

680 Calories  
76g Protein  
18g Fat  
52g Carbs.  
4g Fiber  
1501mg Sodium

16 Smart Points

27% Vitamin C  
14% Vitamin A  
304% Vitamin B-6

### Smoky Tomato Salsa Chicken

630 Calories  
55g Protein  
19g Fat  
60g Carbs.  
6g Fiber  
1150mg Sodium

16 Smart Points

13% Vitamin B-6  
33% Folate  
9% Vitamin C

## Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

### Steak Curry

½ rice & sauce

540 Calories  
28g Fat  
17 Smart points

### Artichoke Frittata

½ vinaigrette and  
cheese

632 Calories  
39g Fat  
21 Smart Points

### Salsa Chicken

Half the cornbread  
and ¾ of salsa

500 Calories  
16g Fat  
13 Smart points

## Health Snapshot

### Crispy Bangkok Shrimp

625 Calories  
34g Protein  
29g Fat  
63g Carbs.  
7g Fiber  
746mg Sodium

19 Smart Points

28% Vitamin C  
29% Vitamin A  
25% Calcium

### Summer Squash Rotini

725 Calories  
23g Protein  
40g Fat  
75g Carbs  
17g Fiber  
400mg Sodium

23 Smart Points

33% Vitamin A  
43% Folate  
52% Vitamin C.

### Grilled Quesadilla Tacos

445 Calories  
17g Protein  
9g Fat  
76g Carbs.  
11g Fiber  
327mg Sodium

14 Smart Points

34% Vitamin C  
54% Calcium  
66% Vitamin A

### Bruschetta Salad

585 Calories  
17g Protein  
43g Fat  
37g Carb.  
5g Fiber  
343mg Sodium

19 Smart Points

94% Vitamin C  
114% Vitamin A  
37% Calcium

### Buttermilk Broccoli Salad

240 Calories  
7g Protein  
12g Fat  
21g Carbs.  
11g Fiber  
65mg Sodium

8 Smart Points

3% Vitamin C  
26% Vitamin E  
0% Vitamin A

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#### Rotini

*1/2 the basil oil*

*565 Calories*

*23g Fat*

*17 Smart Points*

*These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit. And, of course, if you have leftovers, the actual numbers will be lower.*

## Health Snapshot

### Ultimate Oreo Cheesecake

405 Calories  
1g Protein  
23g Fat  
44g Carbs.  
1g Fiber  
350 mg Sodium

16 Smart Points

1.5% Vitamin C  
0.5% Vitamin A

### Cheesecake with Strawberry Coulis

300 Calories  
1g Protein  
20g Fat  
24g Carbs  
1g Fiber  
210 mg Sodium

13 Smart Points

40% Vitamin C  
1% Calcium

### Lemon Raspberry Mini Pies with White Chocolate

335 Calories  
4g Protein  
21g Fat  
32g Carbs.  
0.2g Fiber  
24 mg Sodium

15 Smart Points

### Caramel and Chocolate Snickers Mini Pie

385 Calories  
4g Protein  
25g Fat  
8g Carbs.  
3g Fiber  
218 mg Sodium

14 Smart Points

### Mini Pie Sampler

360 Calories  
4g Protein  
25g Fat  
20g Carbs.  
2g Fiber  
120 mg Sodium

15 Smart Points

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