

Health Snapshot

Blackened Salmon Taco

517 Calories
37g Protein
24g Fat
40g Carbs.
7g Fiber
171mg Sodium

14 Smart Points

17% Vitamin A
11% Vitamin B-6

Arroz con Pollo

765 Calories
35g Protein
22g Fat
107g Carbs.
7g Fiber
895mg Sodium

22 Smart Points

45% Vitamin C
26% Vitamin A
39% Iron

Waldorf Salad with Chicken

745 Calories
66g Protein
35g Fat
52g Carbs.
9g Fiber
219mg Sodium

22 Smart Points

189% Vitamin C
93% Vitamin A
28% Iron

Bistro Steak with Pesto Penne

555 Calories
45g Protein
25g Fat
39g Carbs.
7g Fiber
387mg Sodium

16 Smart Points

72% Vitamin B-12
25% Calcium
182% Vitamin A

Mediterranean Grilled Cheese

590 Calories
32g Protein
35g Fat
38g Carbs.
6g Fiber
1396mg Sodium

20 Smart Points

62% Calcium
17% Vitamin C
5% Folate

Lighten Up Option

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

Arroz Con Pollo

½ the rice

580 Calories
21g Fat
17 Smart Points

Waldorf Salad

*½ the dressing, raisins
and nuts*

532 Calories
19g Fat
14 Smart Points

Health Snapshot

Roasted Vegetables

600 Calories
17g Protein
32g Fat
68g Carbs.
12g Fiber
518mg Sodium

19 Smart Points

556% Vitamin C
16% Calcium
112% Vitamin A

Yucatan Rice Bowl

625 Calories
22g Protein
11g Fat
121g Carbs
19g Fiber
529mg Sodium

16 Smart Points

112% Vitamin A
75% Folate
368% Vitamin C

Thai Noodles with Sweet Potatoes and Mushrooms

480 Calories
19g Protein
4g Fat
91g Carbs.
13g Fiber
645mg Sodium

13 Smart Points

76% Vitamin C
787% Vitamin A
5% Calcium

Hawaiian Quesadilla

640 Calories
25g Protein
10g Fat
69g Carb.
15g Fiber
1461mg Sodium

20 Smart Points

20% Calcium
1% Folate
19% Vitamin C

Toasted Gnocchi with Artichokes

750 Calories
20g Protein
21g Fat
120g Carbs.
17g Fiber
1483mg Sodium

23 Smart Points

43% Vitamin C
18% Calcium
23% Vitamin A

Lighten Up Option

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Toasted Gnocchi

½ the vinaigrette and no feta

516 Calories
17g 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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