

Health Snapshot

Roasted Squash Pizza

725 Calories
45g Protein
32g Fat
66g Carbs.
15g Fiber
1753mg Sodium

24 Smart Points

223% Vitamin A
10% Calcium
51% Vitamin C

Santa Fe Chicken

710 Calories
64g Protein
13g Fat
98g Carbs.
7g Fiber
400mg Sodium

22 Smart Points

16% Calcium
46% Vitamin A
38% Iron

Squash with Tomatoes

540 Calories
8g Protein
36g Fat
48g Carbs.
6g Fiber
165mg Sodium

22 Smart Pts.

235% Vitamin A
94% Vitamin C
17% Vitamin B-6

Chicken Pizzolo

580 Calories
58g Protein
27g Fat
22g Carbs.
5g Fiber
1648mg Sodium

16 Smart Points

57% Vitamin C
196% Vitamin A
17% Vitamin B-6

Udon Noodles with Spicy Beans

420 Calories
20g Protein
6g Fat
65g Carbs.
12g Fiber
1535mg Sodium

12 Smart Points

54% Vitamin A
63% Vitamin C
70% Calcium

Lighten Up Option

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

Pizza

*half the cheese and
alfredo*

474 Calories
17g Fat
15 Smart Points

Santa Fe Chicken

*Half the rice and
crema*

600 Calories
8g Fat
18 Smart Points

Health Snapshot

Vegetables with Toasted Gnocchi

545 Calories
26g Protein
9g Fat
91g Carbs.
13g Fiber
1504mg Sodium

16 Smart Points

38% Vitamin A
44% Folate
59% Vitamin C

Down Home Steak and Cornbread

690 Calories
48g Protein
23g Fat
75g Carbs
14g Fiber
1288mg Sodium

20 Smart Points

42% Calcium
60% Vitamin A
46% Iron

Pea Pesto Quesadilla

670 Calories
33g Fat
76g Carbs.
14g Fiber

22 Smart Points

120% Vitamin C
75% Calcium
35% Vitamin B6

Southwestern Salmon

575 Calories
38g Protein
35g Fat
33g Carb.
6g Fiber
159mg Sodium

15 Smart Points

160% Vitamin C
24% Vitamin B-6

Lemon Chai Rigatoni

1058 Calories
31g Protein
17g Fat
49g Carb.
9g Fiber
760 mg Sodium

34 Smart Points

292% Vitamin C
67% Calcium
62% Vitamin

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Down Home Steak
half the cheese and
cornbread

550 Calories
17g Fat
15 Smart Points

Quesadilla
half the pesto

540 Calories
22g Fat
18 Smart Points

Rigatoni
Use half of the
cheese, nuts and
vinaigrette

630 Calories
45g Fat
20 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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