

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Obe Ata Stew with Chicken & Spinach	605	40	33	40 CC 31	7	1690	16	300% Vitamin A	243% Vitamin C	59% Folate
Lemon-Chai Brussels Sprouts Over Pearl Couscous (½ cheese, nuts and vinaigrette)	865	19	7	44	10	518	29	34% Vitamin A	41% Folate	267% Vitamin C
Parmesan Tilapia with Broccoli & Cauliflower Au Gratin (half the sauce)	745	25	54	49	8	601	25	154% Vitamin A	232% Vitamin C	68% Folate
Yellow Curry with Mint Yogurt	355	21	10	50	7	585	11	73% Vitamin C	91% Calcium	12% Vitamin A
Lemon Chicken Milanese	585	61	17	47	4	743	14	32% Vitamin	13% Folate	72% Vitamin A
Shrimp Tostadas	500	39	14	57	11	708	15	48% Vitamin C	43% Vitamin D	24% Vitamin B-12
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469	14	184% Vitamin C	170% Vitamin A	4% Calcium
Rotini with Basil Oil & Pecorino	400	19	6	72	16	218	11	190% Vitamin C	14% Calcium	43% Vitamin A
Carne Asada Tacos	611	43	21	68 CC 29	6	1225	18	71% Vitamin B-12	100% Vitamin A	386% Vitamin C
Asian Angus Beef Burger	700	45	46	26 CC 6	2	624	15	60% Vitamin A	65% Vitamin C	8% Vitamin B6

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(no bun, 1/2 the peanut sauce, 1/2 the aioli)	570		42				12			
French Onion Soup	280	19	13	24	6	369	6	112% Vitamin C	54% Calcium	27% Folate
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	16	4% Vitamin C	15% Iron	6% Vitamin A
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% Iron
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron

Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.

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.