

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Shells with Basil Cream Sauce	500	19	26	50	8	371	17	70% Vitamin A	42% Folate	36% Calcium
Chicken Lettuce Wrap with Peanut Sauce	550	66	24	26	6	466	12	148% Vitamin C	88% Vitamin A	12% Vitamin B-6
Tofu Pad Thai with Zucchini Noodles	420	30	24	27	10	422	5	89% Vitamin A	37% Vitamin C	66% Calcium
Dijon Steak Sliders	600	40	15	78	8	426	20	78% Vitamin A	75% Vitamin C	71% Vitamin B12
Caribbean Shrimp	345	26	7	45	3	193	11	29% Vitamin A	22% Vitamin B-12	210% Vitamin C
Lemon Tilapia Scampi over Zucchini Noodles	325	31	19	12	3	164	7	55% Vitamin C	40% Vitamin A	7% Calcium
Squash with Slow-Roasted Tomatoes and Goat Cheese	540	8	36	48	6	165	22	94% Vitamin C	235% Vitamin A	17% Vitamin B-6
Grilled Zucchini Quesadilla Tacos	445	17	9	76	11	327	14	54% Calcium	66% Vitamin A	34% Vitamin C
Italian Chicken and Sausage Pot Pie	995	61	58	57	5	1940	32	267% Vitamin C	54% Vitamin A	55% Calcium
(½ the pie crust & ½ the cheese)	757		39				23			
Asiago Confetti Salad	320	6	25	24	5	68	10	194% Vitamin C	128% Vitamin A	15% Vitamin B6

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Hummus and Pita with Olive Tapenade	270	10	8	45	5	585	8	5% Vitamin A	16% Folate	14% Vitamin C
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% Iron		
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium

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.