

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Asparagus Rice Bowl with Miso Mustard Vinaigrette	330	7	11	55 CC 38	7	151	26	10	154% Vitamin A	41% Vitamin C
Shrimp Bruschetta Dinner	650	21	30	78	5	1170	20	24	60% Vitamin A	40% Vitamin C
Espresso-Rubbed Steak with Au Gratin Sweet Potatoes	978	45	59	70	7	2071		32	491% Vitamin A	79% Vitamin C
(2/3 of the finished potatoes)	694		35					20		
Za'atar Chicken	970	45	51	97	13	590	27	26	106% Calcium	70% Vitamin A
(use 2/3 of the couscous)	680		35					20		
Sauce Gribiche Deviled Eggs & Seared Salmon	640	40	46	18	2	910	14	17	94% Vitamin D	35% Vitamin A
Cauliflower Fried "Rice" with Chicken & Pea Pods	347	63	4	17	5	462	9	1	41% Vitamin A	316% Vitamin C
Chicken Tikka Masala Flatbread	920	72	35	81	13	1500	15	20	58% Calcium	58% Iron
(½ cheese, ½ mango ranch raita)	750		23					15		
Grilled Halloumi Gyros	595	21	31	61 CC 26	8	1094	13	17	100% Vitamin C	32% Vitamin A
Sweet & Sour Tofu Over Sesame Noodles	621	33	14	92 CC 35	10	1624	19	12	167% VitaminC	77% Calcium

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Honey BBQ Chicken & Andouille Sandwich (Open face and 1/2 the bbq sauce)	843	74	26	81	4	1168	44	21	105% Vitamin C	56% Vitamin A
	676		24					14		
Toasted Gnocchi with Artichokes and Green Beans (no feta, and half the vinaigrette)	750	20	21	120	17	1483		23	43% Vitamin C	18% Calcium
	516		17					17		
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

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.