

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Sugar	Smart	Key Vitamins/Minerals	
		(grams)	(grams)	(grams)	(grams)	(milligrams)	(grams)	Points	(% of rcmndd daily)	
Arugula Pesto Salmon with Parmesan Veggies	740	48	50	25	4	990	8	18	210% Vitamin C	70% Vitamin A
(use 2/3 parmesan, paprika chive aioli, and arugula)	560		33					12		
Chicken Enchiladas Verde	720	56	16	88	8	1200	6	16	23% Calcium	33% Iron
(use half the rice)	630		16					13		
Lemon Orzo with Spinach & Halloumi	720	42	32	65 CC 20	5	920	6	22	42% Vitamin C	25% Vitamin A
(1/2 the orzo)	590		32					18		
Asian Angus Beef Burger	700	45	46	26 CC 6	2	624	3	15	60% Vitamin A	65% Vitamin C
(no bun, 1/2 the peanut sauce, 1/2 the aioli)	570		42					12		
Chipotle-Honey Glazed Tilapia	670	45	36	50	8	540	45	22	29% Vitamin D	26% Calcium
Chicken Pot Pie	920	65	36	82	8	367		26	22% Vitamin B-6	399% Vitamin A
(use 1/2 the pie crusts)	680		18					17		
Squash with Slow-Roasted Tomatoes and Goat Cheese	540	8	36	48	6	165	14	22	94% Vitamin C	235% Vitamin A
Thai Sirloin Steak Udon Bowl	730	45	40	55 CC 28	7	1450		21	419% Vitamin C	68% Vitamin B12
(1/2 udon, 1/2 sauce)	495		25					14		

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Toasted Gnocchi with Maple-Chive Butternut Squash	650	14	32	83	12	300		22	118% Vitamin A	177% Vitamin C
Ginger-Soy Aioli Rice Bowl	405	14	12	60	10	310		12	223% Vitamin A	33% Vitamin C
Shrimp Tortilla Soup with Cheesy Nachos	980	34	50	104	10	1420	18	27	164% Calcium	59% Iron
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
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.