

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Ricotta and Caramelized Onions Stuffed Steak	410	40	20	23	6	280	6	9	120% Vitamin C	60% Vitamin A
Maui Salmon Rice Bowl	530	40	16	57	6	1540	25	10	80% Vitamin D	70% Iron
Pulled Pork Birria Tacos	970	64	53	63 CC 39	13	1000	13	29	80% Calcium	50% Vitamin A
(use 2 tortillas, 2/3 of the cheese & salsa)	730		37					21		
Sweet Asian BBQ Chicken	660	51	7	103	4	950	69	19	107% Vitamin B6	20% Vitamin C
Shrimp & Gruyere Mac-n-Cheese	660	55	28	45	3	802	3	19	212% Vitamin A	92% Calcium
(use 2/3's of the cheese)	550		19					15		
Steak Vesuvio	720	46	43	41 CC 30	9	620	x	22	36% Calcium	162% Vitamin A
(Use 1/2 the cheese and butter)	550		39					15		
Vegetarian Bi Bim Bop	410	23	14	51	8	636	x	12	221% Vitamin A	61% Vitamin C

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Chicken Quesadillas with Green Enchilada Sauce (use 1/2 the tortillas and cheese)	980	71	35	93 CC 38	9	1530	10	30	42% Calcium	44% Iron
	680		24					14		
Lemon-Chai Brussels Sprouts Over Pearl Couscous (½ cheese, nuts and vinaigrette)	865	19	7	44	10	518	7	29	34% Vitamin A	41% Folate
	515		37					17		
Polenta Lasagna with Zucchini and Herby Ricotta	590	22	37	49	6	1910	13	20	90% Iron	45% Calcium
Farmers Market Soup	430	18	4	86 CC 38	7	60	16	10	24% Potassium	14% Iron
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

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Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.*