

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Bacon & Smoked Gouda Chicken (no butter, 2/3 of cheese, bacon and onion mix, and bba sauce)	860	77	45	40	5	1260	21	31% Calcium	59% Vitamin C	21% Vitamin A
Chicken Scallopini with Hazelnut Whipped Butter (half the noodles and half the butter)	650		28				13			
Espresso-Rubbed Steak with Au Gratin Sweet Potatoes (2/3 of the finished potatoes)	795	71	36	49 CC 14	5	1131	19	229% Vitamin A	57% Vitamin C	60% Folate
Salsa Fresca Fish Tacos (make 2 tacos instead of 3)	565		20				11			
Shrimp and Corn Chowder	978	45	59	70	7	2071	32	491% Vitamin A	79% Vitamin C	76% Vitamin B12
BBQ Brisket on Brioche (open face with half the slaw)	694		35				20			
Mexican Shakshuka (½ the tortillas and ½ the eaas)	755	58	24	77 CC 42	13	420	16	22% Vitamin C	12% Calcium	10% Vitamin A
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	700		22				12			
	470	37	15	50	7	549	8	29% Vitamin C	22% Vitamin A	37% Vitamin B-12
	695	35	35	61	5	2268	11	71% Vitamin A	209% Vitamin C	8% Calcium
	600		32				8			
	570	28	16	85	11	235	16	753% Vitamin A	127% Vitamin C	26% Iron
	775	36	46	59	8	1318	21	240% Vitamin C	69% Vitamin A	52% Calcium
	615		39				18			

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Lemon-Chai Brussels Sprouts Over Pearl Couscous	865	19	7	44	10	518	29	34% Vitamin A	41% Folate	267% Vitamin C
(½ cheese, nuts and vinaigrette)	515		37				17			
Ravioli with Arugula Pesto	560	32	17	67	6	1048	15	51% Vitamin A	157% Vitamin C	63% Calcium
Farmers Market Soup	430	18	4	86 CC 38	7	60	10	24% Potassium	14% Iron	7% Calcium
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Rockslide Brownie	550	5	35	56	2	230	31	25% Vitamin A	8% Calcium	25% Iron
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% 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.