

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Honey BBQ Chicken & Andouille Sandwich	843	74	26	81	4	1168	21	105% Vitamin C	56% Vitamin A	11% Calcium
(Open face and 1/2 the bbq sauce)	676		24				14			
Chicken Scallopini with Hazelnut Whipped Butter	795	71	36	49 CC 14	5	1131	19	229% Vitamin A	57% Vitamin C	60% Folate
(half the noodles and half the butter)	565		20				11			
Panang Curry with Broccoli & Cauliflower	700	28	35	75	15	889	22	331% Vitamin C	84% Folate	46% Vitamin A
(Use 1/4 peanuts and half the coconut sauce)	480		15				14			
Caper Tilapia with Parsley and Potatoes	660	47	25	57	4	1166	19	115% Vitamin C	19% Iron	28% Vitamin A
(½ the butter and oil, and ¾ potatoes)	515		14				14			
Dos Salsas Vegetarian Enchiladas	720	32	39	69 CC 32	11	953	23	411% Vitamin A	417% Vitamin C	56% Calcium
(half the tortillas and half the cheese)	520		31				16			
Mongolian Beef	660	42	11	99	6	2016	17	71% Vitamin B-12	57% Vitamin A	27% Iron
(use 1/2 the noodles)	515		4				14			
Mexican Shrimp with Zucchini and Orzo	410	37	6	54 CC 31	7	2391	6	49% Vitamin A	43% Vitamin C	28% Folate
Roasted Squash Pizza	725	45	32	66	15	1753	20	222% Vitamin A	50% Vitamin C	101% Calcium
(use half the cheese)	530		19				13			

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Toasted Gnocchi with Mint-Basil Pesto	660	28	16	99	10	780	20	253% Vitamin A	83% Vitamin C	46% Calcium
(1/2 the pesto, almonds and cranberries)	530		9				15			
Jerk Chicken	655	55	14	81 CC 34	5	381	16	527% Vitamin C	66% Vitamin A	7% Calcium
(use 1/2 the rice)	540		14				13			
Cream of Tomato Soup with Grilled Cheese Croutons	740	19	62	29	3	1083	30	68% Vitamin A	62% Calcium	32% Vitamin C
(1/2 the bread and 1/2 the cheese)	610		55				26			
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% Iron		
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% Iron
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron
Big Oatmeal Raisin 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.