

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Jalapeño Broccoli Cheddar Soup (no bread)	710	26	50	40	5	840	25	54% Calcium	128% Vitamin C	54% Vitamin A
	600		49				23			
Seafood Moqueca (use 2/3 rice, sauce, & butter)	840	39	51	60 CC 27	5	320	23	46% Vitamin D	37% Iron	30% Potassium
	660		38				16			
Bacon & Smoked Gouda Chicken (no butter, 2/3 of cheese, bacon and onion mix, and bbq sauce)	860	77	45	40	5	1260	21	31% Calcium	59% Vitamin C	21% Vitamin A
	650		28				13			
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	15	145% Vitamin C	44% Vitamin A	10% Calcium
Brazilian Farro with Roasted Pineapple ½ the sauce and a sprinkle of seeds	770	11	43	90	11	136	26	100% Vitamin C	48% Vitamin B-6	
	500		15				16			
Buttermilk Salad with Nut-Crusted Chicken (Half dressing, date mix and nut crust)	720	68	31	54	11	200	19	44% Vitamin A	222% Vitamin C	22% Vitamin B-6
	500		17				11			
Mexican Shrimp with Zucchini and Orzo	410	37	6	54 CC 31	7	2391	6	49% Vitamin A	43% Vitamin C	28% Folate
Toasted Gnocchi with Mint-Basil Pesto (1/2 the pesto, almonds and cranberries)	660	28	16	99	10	780	20	253% Vitamin A	83% Vitamin C	46% Calcium
	530		9				15			

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Parmesan Tilapia with Broccoli & Cauliflower Au Gratin	745	25	54	49	8	601	25	154% Vitamin A	232% Vitamin C	68% Folate
(half the sauce)	561		34				17			
Himalayan Red Rice with Bangkok Basil Crunch	600	29	35	49	10	1444	19	316% Vitamin A	30% Calcium	22% Folate
Cauliflower Shawarma Tacos	650	16	20	104	12	1550	19	122% Vitamin C	30% Iron	44% Vitamin B6
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
Big Oatmeal Raisin Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
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

**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.*