

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Salsa Fresca Fish Tacos	755	58	24	77 CC 36	9	778	16	21% Vitamin C	23% Iron	12% Calcium
(2 tortillas instead of 3)	625		22				12			
Grilled Romaine Salad with Lemon Chive Chicken	390	65	5	29	10	240	2	385% Vitamin A	233% Vitamin C	38% Iron
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	16	753% Vitamin A	127% Vitamin C	26% Iron
Moilee Shrimp Curry	605	34	18	79 CC 34	9	496	16	250% Vitamin C	43% Vitamin B6	31% Vitamin B12
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760	19	292% Vitamin C	67% Calcium	62% Vitamin A
Mae Ploy Chicken	745	67	18	85	7	1621	22	13% Vitamin A	37% Vitamin C	6% Calcium
½ the rice and sauce	585		17				15			
Brisket Reuben with Gnocchi-Tots	920	65	32	86	5	1407	25	72% Vitamin B12	67% Vitamin C	34% Calcium
(use 1/2 the potatoes, 1/2 the cheese, & 1/2 the sauce)	715		27				18			
Zucchini and Squash Lasagna	640	54	34	31	6	2026	17	198% Vitamin C	155% Calcium	89% Vitamin A
Middle Eastern Tomato & Pepper Shakshuka	575	29	15	86	13	785	8	454% Vitamin C	96% Vitamin A	39% Iron

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Espresso-Rubbed Steak with Au Gratin Sweet Potatoes	978	45	59	70	7	2071	32	491% Vitamin A	79% Vitamin C	76% Vitamin B12
(2/3 of the finished potatoes)	694		35				20			
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			
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% Iron		
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Big Oatmeal Raisin Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% Iron

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.