

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Maple Glaze Toasted Gnocchi (½ cheese, and nuts)	840	22	33	118	13	613	28	237% Vitamin A	62% Vitamin C	24% Calcium
	685		18				23			
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210	13	185% Vitamin A	98% Vitamin C	31% Vitamin B-6
Lemon Chicken Milanese	585	61	17	47	4	743	14	32% Vitamin A	13% Folate	72% Vitamin A
Vegetarian Bi Bim Bop	410	23	14	51	8	636	12	221% Vitamin A	61% Vitamin C	74% Calcium
Lemon-Chai Brussels Sprouts Over Pearl Couscous (½ cheese, nuts and vinaigrette)	865	19	7	44	10	518	29	34% Vitamin A	41% Folate	267% Vitamin C
	515		37				17			
Carne Asada Tacos	611	43	21	68 CC 29	6	1225	18	71% Vitamin B-12	100% Vitamin A	386% Vitamin C
Creamy Parmesan and Artichoke Shrimp (without the garlic bread)	635	41	16	69	7	571	18	57% Vitamin A	24% Vitamin B-12	235% Vitamin C
	490		13				13			
BBQ Brisket on Brioche (open face with half the slaw)	695	35	35	61	5	2268	11	71% Vitamin A	209% Vitamin C	8% Calcium
	600		32				8			
Cream of Tomato Soup with Grilled Cheese Croutons (½ the bread and ½ the cheese)	740	19	62	29	3	1083	30	68% Vitamin A	62% Calcium	32% Vitamin C
	610		55				26			

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Ramen Chicken	695	80	14	63 CC 11	8	3315	10	10% Vitamin C	0.5% Vitamin A	4% Vitamin C
(Use 2/3 noodles, and omit the egg)	545		8				7			
Black Bean & Sweet Potato Chili with Cornbread Crumbles	640	19	12	117	16	878	20	807% Vitamin A	119% Vitamin C	38% 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
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Giant Sugar Cookies	630	6	33	75	1	160	32	2% Calcium	25% Vitamin A	15% Iron
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.