

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Garden Vegetable Chicken Primavera	560	51	8	63 CC 31	8	1000	15	8	210% Vitamin C	35% Vitamin A
Carne Asada Tacos	611	43	21	68 CC 29	6	1225		18	71% Vitamin B-12	100% Vitamin A
Vegetarian Bi Bim Bop	410	23	14	51	8	636		12	221% Vitamin A	61% Vitamin C
Red Pepper Shrimp with Feta and Orzo	440	38	15	41 CC 19	15	720	8	9	220% Vitamin C	35% Vitamin A
Mushroom and Goat Cheese Risotto (use 3/4 of the rice, goat cheese and white wine sauce)	750 600	24	51 40	40 CC 29	3	690	9	28 24	70% Vitamin A	35% Calcium
Chicken Bahn Mi	525	63	10	48	5	614		11	102% Vitamin C	11% Calcium
BBQ Pulled Pork on Brioche (use 3/4 BBQ sauce and open face)	830 640	32	31 24	110	6	1400	66	31 23	200% Vitamin C	50% Vitamin B6

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Salmon Cakes with Dill Crema	560	44	25	42	6	1090	12	11	95% Vitamin D	56% Vitamin A
Steak Au Poivre	840	40	51	57 CC 28	8	569	12	31	83% Vitamin A	74% Vitamin B-12
(½ sauce, roast the potatoes)	640		31					21		
Tex-Mex Gnocchi Bake	870	31	26	133	12	3008	15	29	123% Vitamin C	84% Vitamin A
(½ the cheese, sauce and salsa)	656		14					21		
Cream of Tomato Soup with Grilled Cheese Croutons	740	19	62	29	4	1084	12	30	62% Calcium	69% Vitamin A
½ the bread and ½ the cheese	610		55					26		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Preotein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

**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.*