

Health Snapshot

| Recipe | Calories | Protein | Fat | Carbs | Fiber | Sodium | Smart | Key Vitamins/Minerals | | |
|--|----------|---------|---------|-------------|---------|--------------|--------|--------------------------------|------------------|----------------|
| | | (grams) | (grams) | (grams) | (grams) | (milligrams) | Points | (percent of recommended daily) | | |
| Breaded Salmon Sandwich | 960 | 47 | 57 | 65 | 6 | 1250 | 23 | 92% Vitamin D | Vitamin C 37% | 32% Iron |
| 1/2 the sauce and open face | 660 | | 33 | | | | 13 | | | |
| Carne Asada Tacos | 611 | 43 | 21 | 68 CC 29 | 6 | 1225 | 18 | 71% Vitamin B12 | 100% Vitamin A | 386% Vitamin C |
| Vegetarian Bi Bim Bop | 410 | 23 | 14 | 51 | 8 | 636 | 12 | 221% Vitamin A | 61% Vitamin C | 74% Calcium |
| Herb-Roasted Chicken With Red Potatoes | 690 | 54 | 15 | 75 | 8 | 1321 | 18 | 125% Vitamin C | 2% Vitamin D | 69% Vitamin B6 |
| 1/2 the potatoes and wine sauce | 500 | | 12 | | | | 12 | | | |
| Barbequed Sweet Potato Couscous Gratin | 505 | 20 | 11 | 81 | 8 | 777 | 17 | 909% Vitamin A | 130% Vitamin C | 48% Calcium |
| Bacon and Cheddar Strata | 890 | 33 | 69 | 35 | 4 | 810 | 28 | 97% Vitamin C | 102% Vitamin B12 | 51% Calcium |
| (use 1/2 the bacon and 1/2 the cheese mix) | 660 | | 48 | | | | 23 | | | |
| 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 | | | |
| Mae Ploy Chicken | 760 | 67 | 17 | 88 | 8 | 1627 | 22 | 13% Vitamin A | 37% Vitamin C | 6% Calcium |
| 1/2 the rice and sauce | 600 | | 17 | | | | 15 | | | |

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|--|----------|--------------------|----------------|------------------|------------------|------------------------|-----------------|---|-----------------|----------------|
| Creamy Parmesan and Artichoke Shrimp (without the garlic bread) | 635 | 41 | 16 | 69 | 7 | 571 | 18 | 57% Vitamin A | 24% Vitamin B12 | 235% Vitamin C |
| Florentine Ravioli Nudi | 635 | 46 | 36 | 40 | 9 | 1922 | 16 | 266% Vitamin A | 66% Vitamin C | 124% Calcium |
| Southwestern Tortilla Stew | 615 | 23 | 16 | 97 | 16 | 1268 | 20 | 125% Vitamin C | 47% Calcium | 693% Vitamin A |
| 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 |
| Rockslide Brownie | 550 | 5 | 35 | 56 | 2 | 230 | 31 | 25% Vitamin A | 8% Calcium | 25% Iron |
| Peanut Butter Cookies | 400 | 8 | 22 | 45 | 2 | 330 | 18 | 4% Iron | 6% Vitamin A | 4% Calcium |
| Chocolate Chunk 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 |

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.