

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Red Pepper Shrimp with Feta and Orzo	440	38	15	41 CC 19	15	720	8	9	220% Vitamin C	35% Vitamin A
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes (use 1/2 the potatoes, cheese and sour cream)	775 605	74	22 15	63 CC 32	3	752	20	18 12	73% Vitamin C	34% Calcium
Meatball Döner Kebab (use 1/2 the tortilla & potatoes, and 3/4 of the dressinal)	890 680	29	41 35	105	9	1820	30	30 23	38% Vitamin C	50% Vitamin B12
Salmon with Lemon & Asparagus	511	39	26	21	6	1490	x	13	18% Vitamin B-6	0% Vitamin B12
Chicken Parmesan with Basil Aioli Kale Slaw (use 1/2 the breading and basil oil)	980 780	77	58 42	37	4	1320	8	24 17	83% Calcium	106% Vitamin B6
Korean Street Toast	700	30	43	53 CC 26	7	920	10	17	54% Vitamin A	64% Calcium
Vegetable Primavera Rotini (Use 2/3rd of the sauce & 2/3rd of cheese)	800 660	35	44 33	73	10	1010	12	28 21	143% Vitamin C	48% Vitamin A

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Sesame-Peanut Chicken with Seared Pineapple (2/3 of the rice, pineapple, & sauce)	850	58	35	76 CC 40	7	1080	25	21	141% Vitamin C	36% Vitamin A
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	10	19	31% Vitamin C	12% Vitamin A
Steak with Jalapeno-Lime- Butter and Cornbread	660	38	34	53 CC 23	4	800	9	19	76% Vitamin A	283% Vitamin C
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760	x	19	292% Vitamin C	67% Calcium
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.