

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
BBQ Brisket on Brioche	695	35	35	61	5	2268	11	71% Vitamin A	209% Vitamin C	8% Calcium
(open face and ½ the slaw)	600		32				8			
Lemon Chicken Milanese	585	61	17	47	4	743	14	32% Vitamin	13% Folate	72% Vitamin A
Tex-Mex Gnocchi Bake	870	31	26	133	12	3008	29	123% Vitamin C	84% Vitamin A	67% Calcium
(½ the cheese, sauce and salsa)	655		14				21			
Steak Au Poivre	840	40	51	57	8	569	31	83% Vitamin A	74% Vitamin B-12	48% Vitamin B-6
(½ sauce, roast the potatoes)	640		31				21			
Sweet & Spicy Shrimp	495	36	14	61	11	1043	13	27% Vitamin A	53% Vitamin C	42% Vitamin D
Caper Tilapia with Parsley and Potatoes	660	47	25	57	4	1166	19	115% Vitamin C	19% Iron	28% Vitamin A
(½ the butter and oil, and ¾ potatoes)	515		14				14			
Kung Pao Chicken Salad	370	61	7	18	3	629	4	130% Vitamin A	92% Vitamin C	19% Iron
Zucchini "Spaghetti" alla Puttanesca	193	9	5	32	8	1125	2	100% Vitamin C	76% Vitamin A	22% Calcium
Mediterranean Calzone	935	27	50	100	18	1294	32	232% Vitamin C	103% Vitamin A	65% Calcium
(½ the cheese and vinaigrette)	700		27				24			

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Aztec Salad with Creamy Chipotle Dressing	635	17	38	44	18	687	20	36% Vitamin B-6	165% Vitamin A	2% Vitamin B-12
Portobello Grilled Cheese	390	22	14	46	6	490	13	6% Vitamin C	6% Calcium	6% Vitamin A
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% Iron		
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% Iron
Giant Sugar Cookies	630	6	33	75	1	160	32	2% Calcium	25% Vitamin A	15% Iron
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% 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.