

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Ultimate Greek Skillet	600	31	35	44 CC 28	6	1510		43% Calcium	35% Vitamin A	38% Vitamin C
Indian Butter Chicken	920	72	60	32	9	1143	25	302% Vitamin A	192% Vitamin C	95% Folate
Gyros Mini Tacos	665	55	21	59	9	991	17	63% Vitamin C	21% Vitamin A	24% Calcium
(use 1/2 the tortillas and 1/2 the greek sauce)	545		18				15			
Crispy Shrimp Bao Bun	599	44	18	67	4	786	13	101% Vitamin A	134% Vitamin C	50% Iron
Remoulade Steak with Creole Rice & Beans	820	54	23	101	19	970	15	38% Calcium	67% Iron	64% Vitamin B12
Use 2/3 of the rice, dirty rice blend, & remoulade sauce	640		19				11			
Chicken Pesto Pizza	800	76	31	58	7	1755	21	75% Vitamin C	42% Vitamin A	42% Calcium
(½ the mozzarella cheese and pesto)	650		18				16			
Veggie Quesadilla Dippers	625	31	30	61	11	1056	25	480% Vitamin A	7% Vitamin B 6	40% Vitamin C
Tilapia with Adobo Spices	541	48	23	41 CC 27	7	571	12	94% Vitmain A	285% Vitmain C	25% Folate
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469	14	184% Vitamin C	170% Vitamin A	4% Calcium

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Brown Butter Gnocchi	600	15	19	88	10	350	18	68% Vitamin A	73% Vitamin C	11% Vitamin B6
Bruschetta Salad	585	17	43	37	5	343	19	94% Vitamin C	114% Vitamin A	37% Calcium
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
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% 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.