

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Chicken Parmesan with Basil Aioli Kale Slaw (use 1/2 the breading and basil oil)	980	77	58	37	4	1320	24	83% Calcium	106% Vitamin B6	65% Vitamin B12
Bara Sushi	650	9	46	51	3	3450	22	18% Vitamin A	14% Iron	14% Vitamin C
Salsa Fresca Fish Tacos (make two tacos instead of 3)	755	58	24	77 CC 42	13	420	16	22% Vitamin C	12% Calcium	10% Vitamin A
Shrimp Toast with Sesame-Miso Salad	550	41	22	48	5	715	11	100% Vitamin C	64% Vitamin A	38% Vitamin B12
Tex-Mex Gnocchi Bake (1/2 the cheese, sauce and salsa)	870	31	26	133	12	3008	29	123% Vitamin C	84% Vitamin A	67% Calcium
Chimichurri Steak with Fingerling Potatoes	530	36	18	59	6	112	15	124% Vitamin C	71% Vitamin B-12	57% Vitamin B6
Mediterranean Flatbread (1/2 cheese, 1/2 date glaze)	900	22	61	71	9	1369	32	285% Vitamin A	11% Vitamin B-12	43% Calcium
Grilled Romaine Salad with Lemon Chive Chicken	390	65	5	29	10	240	2	385% Vitamin A	233% Vitamin C	38% Iron
Asparagus Rice Bowl with Miso Mustard Vinaigrette	330	7	11	55 CC 38	7	151	10	154% Vitamin A	41% Vitamin C	56% Folate

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Honey BBQ Chicken & Andouille Sandwich	843	74	26	81	4	1168	21	105% Vitamin C	56% Vitamin A	11% Calcium
Open face and 1/2 the bbq sauce	676		24				14			
Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla	595	26	31	57	6	772	19	298% Vitamin A	133% Vitamin C	99% Folate
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% 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
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
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% 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.