

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Spinach & Feta Risotto with Roasted Tomatoes (use 1/2 the pesto & 1/2 the cheese & onions)	880	19	61	56	5	980	29	35	80% Vitamin A	45% Vitamin C
	700		49					29		
Marry Meez Chicken (use 1/3 of the orzo, cheese & cream)	870	58	48	56 CC 37	17	620	23	26	50 Vitamin A%	50% Vitamin K
	670		32					17		
Dijon Crusted Salmon with Miso Brussels Sprouts (use 1/3 panko, aioli & vinaigrette)	830	45	58	39	7	1520	9	19	93% Vitamin D	26% Iron
	650		42					13		
Mexican Shrimp with Zucchini and Orzo	410	37	6	54 CC 31	7	2391		6	49% Vitamin A	43% Vitamin C
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469		14	184% Vitamin C	170% Vitamin A
Chicken Al Pastor Tacos	610	51	12	75 CC 39	8	950	30	13	25% Vitamin A	141% Vitamin C
Bourbon and Bacon Steak Sliders (use 1/2 the buns, and cheese)	970	66	46	69 CC 24	4	1600	20	34	40% Calcium	25% Vitamin A
	700		34					23		

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Parmesan Tilapia with Broccoli & Cauliflower Au Gratin	745	25	54	49	8	601		25	154% Vitamin A	232% Vitamin C
(half the sauce)	561		34					17		
Smoky Creole Bean Jambalaya & Cornbread	770	24	19	128	11	1360	8	19	60% Vitmain C	40% Iron
(use 1/2 the cornbread & 1/2 sour cream topper)	610		10					14		
Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
Italian Wedding Soup	265	13	9	36	5	1645	5	6	207% Vitamin A	44% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

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Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% 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.