

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Spicy Szechuan Green Beans and Tofu	295	24	10	32	12	460	2	62% Vitamin C	66% Calcium	27% Vitamin A
Chicken Shawarma	560	18	33	54 CC 22	7	681	17	83% Vitamin A	331% Vitamin C	20% Calcium
Bistro Steak with Pesto Penne	555	45	25	40 CC 19	7	387	16	72% Vitamin B12	25% Calcium	182% Vitamin A
Sweet Asian BBQ Salmon	495	39	23	36	3	550	14	136% Vitamin A	83% Vitamin C	14% Vitamin B6
Toasted Gnocchi with Artichokes and Green Beans	750	20	21	120	17	1483	23	43% Vitamin C	18% Calcium	23% Vitamin A
(no feta, and half the vinaigrette)	516		17				17			
Shrimp Tostadas	500	39	14	57	11	708	15	48% Vitamin C	43% Vitamin D	24% Vitamin B-12
Savory Cheddar Cheesy Veggie Pancakes	740	41	47	42	8	1171	32	174% Vitamin C	40% Vitamin B-6	60% Vitamin A
(½ the goat cheese mix)	660		41				24			
Filipino Chicken Pancit	625	67	6	68	8	1550	14	6% Calcium	93% Vitamin A	22% Iron
Squash with Slow-Roasted Tomatoes and Goat Cheese	540	8	36	48 CC 35	6	165	22	94% Vitamin C	235% Vitamin A	17% Vitamin B-6
Aztec Salad with Creamy Chipotle Dressing	425	15	24	46 CC 39	14	494	6	172% Vitamin A	65% Vitamin C	68% Folate

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Shrimp and Andouille Jambalaya	440	38	10	50 CC 24	4	1600	11	90% Vitamin C	23% Vitamin A	13% Calcium
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
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron
Giant Sugar Cookies	630	6	33	75	1	160	32	2% Calcium	25% Vitamin A	15% Iron
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% 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.