

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmdnd daily)	
Provençal Shrimp Pasta Salad	660	54	16	77 CC 19	7	810	10	16	45% Calcium	35% Iron
Chicken Scallopini with Hazelnut Whipped Butter	795	71	36	49 CC 14	5	1131	4	19	229% Vitamin A	57% Vitamin C
(half the noodles and half the butter)	565		20					11		
Mozambican Yellow Curry Rice Bowl	660	15	23	103	11	570	26	22	131% Vitamin C	52% Vitamin B6
BBQ Pulled Pork on Brioche	830	32	31	110	6	1400	66	31	200% VitamomC	50% Vitamin B6
(use 3/4 BBQ sauce and open face)	640		24					23		
Mushroom Rigatoni with Parmesan Goat Cheese	930	25	64	67	4	370	7	31	25% Calcium	23% Potassium
Use 2/3 pasta and pesto sauce	670		45					22		
Steak Enchiladas with Pineapple Lime Salsa	630	46	30	44 CC 28	6	880	26	22	160% Vitamin C	70% Vitamin B6
Meez Chicken Caesar Salad	515	73	17	19	9	374	7	10	457% Vitamin A	210% Vitamin C
Steak Au Poivre	840	40	51	57 CC 28	8	569	12	31	83% Vitamin A	74% Vitamin B-12
(½ sauce, roast the potatoes)	640		31					21		

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Grilled Zucchini Quesadilla Tacos	445	17	9	76	11	327		14	54% Calcium	66% Vitamin A
Sesame Ginger Salmon	700	47	40	48	8	478		13	263% Vitamin C	23% Vitamin B-6
(half the walnuts)	589		29					10		
Brazilian Farro with Roasted Pineapple	770	11	43	90	11	136		26	100% Vitamin C	48% Vitamin B-6
½ the sauce and a sprinkle of seeds	500		15					16		
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.*