

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Lemon Chicken Milanese	585	61	17	47	4	743		14	32% Vitamin	13% Folate
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		
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	x	16	753% Vitamin A	127% Vitamin C
Creamy Parmesan and Artichoke Shrimp	635	41	16	69	7	571	x	18	57% Vitamin A	24% Vitamin B-12
(without the garlic bread)	490		13					13		
Chana Masala Flatbread	640	27	30	68 CC 39	8	830	13	16	130% Vitamin C	45% Calcium
Chile-Lime Salmon with Street Corn Elote	650	41	35	47	5	1070	15	16	140% Vitamin C	20% Calcium
Caribbean Chicken Burrito	940	51	40	93	5	1180	26	24	70% Vitamin C	20% Iron
(use 1/2 the rice and mango sauce)	690		22					15		

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Smashed Italian Meatball Sliders	960	52	51	81	8	2410	21	34	50% Vitamin C	45% Calcium
Open face and 2/3 of the salad)	750		44	CC 34				25		
Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
Shrimp and Andouille Jambalaya	440	38	10	50	4	1600		11	90% Vitamin C	23% Vitamin A
Cream of Tomato Soup with Grilled Cheese Croutons	740	19	62	29	4	1084	12	30	62% Calcium	69% Vitamin A
½ the bread and ½ the cheese	610		55					26		
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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Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% 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.