

Health Snapshot

Black Bean Chili

640 Calories
19g Protein
12g Fat
117g Carbs.
16g Fiber
878mg Sodium

20 Smart Points

807% Vitamin A
119% Vitamin C
38% Calcium

Thai Red Curry Soup

485 Calories
19g Protein
19g Fat
64g Carbs.
8g Fiber
1351mg Sodium

17 Smart Points

264% Vitamin A
207% Vitamin C
123% Calcium

Tokyo Tilapia Burrito

685 Calories
55g Protein
19g Fat
73g Carb.
5g Fiber
1631mg Sodium

17 Smart Points

144% Vitamin A
3% Vitamin B12
18% Vitamin C

Brussels Sprout Unda

540 Calories
25g Protein
29g Fat
46g Carbs.
13g Fiber
450mg Sodium

20 Smart Points

21% Calcium
7% Vitamin A
4% Iron

Caribbean Shrimp

345 Calories
26g Protein
7g Fat
45g Carbs.
3g Fiber
193mg Sodium

11 Smart Points

29% Vitamin A
22% Vitamin B12
210% Vitamin C

Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

Tilapia Burrito

Use $\frac{3}{4}$ sauce & $\frac{1}{2}$ rice

625 Calories
17g Fat
16 Smart Points

Health Snapshot

Chicken Satay Noodle Bowl

575 Calories
69g Protein
19g Fat
39g Carbs.
9g Fiber
458mg Sodium

13 Smart Points

79% Vitamin C
14% Vitamin B-6
159% Vitamin A

Bistro Steak Pesto Penne

555 Calories
45g Protein
25g Fat
39g Carbs
7g Fiber
387mg Sodium

16 Smart Points

72% Vitamin B-12
25% Calcium
182% Vitamin A

Herb Roasted Chicken

690 Calories
54g Protein
15g Fat
75g Carbs.
8g Fiber
1321mg Sodium

18 Smart Points

125% Vitamin C
2% Vitamin D
69% Vitamin b6

Meez Moussaka

857 Calories
38g Protein
55g Fat
47g Carb.
12g Fiber
1090mg Sodium

33 Smart Points

52% Vitamin A
10% Vitamin C
70% Calcium

Dijon Roasted Brussels

490 Calories
12g Protein
41g Fat
28g Carbs.
11g Fiber
70mg Sodium

16 Smart Points

279% Vitamin C
57% Vitamin E
32% Folate

Grilled Cheese

590 Calories
32g Protein
35g Fat
38g Carbs.
6g Fiber
1396mg Sodium

20 Smart Points

62% Calcium
17% Vitamin C
5% Folate

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Herb Chicken

*½ potatoes and
wine sauce*

500 Calories
12g Fat
12 Smart Points

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.

Health Snapshot

Rockslide Brownie	Molten Chocolate Cake	Caramel Apple Pie Bar	Kitchen Sink Cookies	Peanut Butter Cookies	Double Chocolate Cookies
550 Calories	520 Calories	290 Calories	380 Calories	400 Calories	380 Calories
5g Protein	7g Protein	3g Protein	5g Protein	8g Protein	4g Protein
35g Fat	31g Fat	14g Fat	19g Fat	22g Fat	20g Fat
56g Carbs.	54g Carbs	39g Carbs.	49g Carbs.	45g Carbs.	48g Carbs.
2g Fiber	3g Fiber	1g Fiber	2g Fiber	2g Fiber	3g Fiber
230 mg Sodium	360 mg Sodium	180 mg Sodium	400 mg Sodium	330 mg Sodium	200 mg Sodium
31 Smart Points	28 Smart Points	15 Smart Points	17 Smart Points	18 Smart Points	18 Smart Points
25% Vitamin A 8% Calcium	30% Iron 4% Vitamin A	2% Vitamin C 6% Vitamin A	20% Iron 8% Vitamin A	4% Iron 6% Vitamin A	

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