

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Creamy Parmesan and Artichoke Shrimp	634	41	16	69	7	571	18	57% Vitamin A	24% Vitamin B-12	235% Vitamin C
Herb-Roasted Chicken With Fingerling Potatoes	690	54	15	75	8	1321	18	125% Vitamin C	2% Vitamin D	69% Vitamin B-6
(1/2 potatoes and wine sauce)	500		12				12			
Panang Curry with Broccoli & Cauliflower	700	28	35	75	15	889	22	331% Vitamin C	84% Folate	46% Vitamin A
(Use 1/4 peanuts and half the coconut sauce)	480		16				14			
Southwestern Salmon with Fresh Corn Salsa	575	38	35	33	6	159	15	160% Vitamin C	24% Vitamin B6	
Italian Wedding Soup	241	12	7	36	5	1583	7	206% Vitamin A	15% Vitamin B6	43% Vitamin C
Huli Huli Chicken	812	63	4	134	2	577	23	34% Vitamin A	11% Vitamin B-6	28% Vitamin C
(Use 1/2 the sauce, 2/3 of the rice, and no flour on the chicken)	588		4				15			
Quesadilla Tacos	640	32	24	63	17	950	21	247% Vitamin C	29% Vitamin A	30% Vitamin B6
Massaman Steak Curry	730	40	37	65	8	924	24	353% Vitamin C	71% Vitamin B-12	35% Vitamin B-6
(1/2 rice & sauce)	540		28				17			

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Deep Dish Mushroom and White Cheddar Strata	440	31	25	49	3	535	20	16% Vitamin C	54% Calcium	68% Vitamin D
Farmers Market Salad	245	9	9	47	9	247	9	2% Vitamin B12	215% Vitamin A	14% Vitamin B-6
Buttermilk Broccoli Salad	250	8	8	39	2	107	9	6% Vitamin C	6% Calcium	6% Vitamin A
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% Iron
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

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.