

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Baked Eggplant Caprese	690	22	42	67	13	451	24	46% Calcium	33% Folate	28% Vitamin C
(no cheese, ¾ balsamic glaze)	593		36				20			
Chicken Satay Noodle Bowl	575	69	19	39	9	458	13	79% Vitamin C	14% Vitamin B-6	159% Vitamin A
Sesame Ginger Salmon	775	46	44	62	9	306	24	263% Vitamin C	23% Vitamin B-6	53% Vitamin A
(no walnuts)	545		21				17			
Grilled Zucchini Quesadilla Tacos	445	17	9	76	11	327	14	54% Calcium	66% Vitamin A	34% Vitamin C
Casablanca Chicken	594	61	25	31	5	549	14	203% Vitamin A	285% Vitamin C	44% Folate
Ginger-Soy Aioli Rice Bowl	405	14	12	60	10	310	12	223% Vitamin A	33% Vitamin C	16% Calcium
Rio Steak and Eggs	482	39	17	43	5	212	14	46% Vitamin A	79% Vitamin B-12	188% Vitamin C
Shrimp and Andouille Jambalaya	440	38	10	50	4	1600	11	90% Vitamin C	23% Vitamin A	13% Calcium
Broccoli with Curried Couscous	600	18	30	78	9	425	23	212% Vitamin C	48% Vitamin A	29% Calcium
Asiago Italian Salad	255	6	13	23	3	420	8	25% Vitamin C	67% Vitamin A	25% Calcium

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Hummus and Pita with Olive Tapenade	272	10	8	45	5	585	8	5% Vitamin A	16% Folate	14% Vitamin C
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
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
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium

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.