

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Enchilada Spaghetti	495	18	15	74 CC 37	11	1621	12	149% Vitamin C	76% Vitamin A	24% Iron
Huli Huli Chicken	810	64	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)	585		3				16			
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210	13	185% Vitamin A	98% Vitamin C	31% Vitamin B-6
Korean Beef Bulgogi	570	40	25	45 CC 34	8	716	17	287% Vitamin C	18% Calcium	329% Vitamin A
Barbequed Sweet Potato Couscous Gratin	505	20	11	81	8	777	17	909% Vitamin A	130% Vitamin C	48% Calcium
Gyros Mini Tacos	325	55	21	59	9	991	17	63% Vitamin C	21% Vitamin A	24% Calcium
(use 1/2 the tortillas and 1/2 the greek sauce)	545		18				15			
Balsamic Glazed Chicken Caprese Pasta	615	64	23	40 CC 17	5	249	15	67% Vitamin C	25% Vitamin A	2% Vitamin B- 6
Bangkok Basil Crunch Salad	510	33	31	29	12	384	8	131% Vitamin C	171% Vitamin A	90% Calcium
Tequila Chipotle Shrimp	360	30	11	36	6	928	5	90% Vitamin C	36% Vitamin A	28% Vitamin B-12
Artichoke Quesadilla	570	28	25	57	8	1768	17	16% Folate	68% Calcium	26% Vitamin B12

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Portobello Grilled Cheese & Creamy 5-Grain Soup (½ the soup and ½ the cheese)	840	40	48	67	6	755	30	29% Vitamin A	27% Vitamin B12	100% Calcium
	580		26				19			
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
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% 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.