

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Cajun Shrimp	415	32	8	55	5	855	11	253% Vitamin A	38% Calcium	87% Vitamin C
Udon Noodle Salad with Sriracha-Roasted Brussels Sprouts	565	39	19	65	14	1267	15	295% Vitamin C	30% Vitamin A	37% Folate
Veggie Quesadilla Dippers	629	31	30	61	11	1056	25	480% Vitamin A	7% Vitamin B-6	40% Vitamin C
Rotini di Modena with Chicken & Spinach	680	64	27	49	7	231	19	87% Vitamin C	135% Vitamin A	7% Vitamin B-6
(1/2 the balsamic cream sauce)	500		9				11			
Chimichurri Steak with Fingerling Potatoes	530	36	18	59	6	112	15	124% Vitamin C	71% Vitamin B12	57% Vitamin B6
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			
Mediterranean Flatbread	900	22	61	71	8	1369	32	285% Vitamin A	11% Vitamin B-12	43% Calcium
(1/2 the cheese and 1/2 the date glaze)	590		32				21			
Brazilian Farro with Roasted Pineapple	770	11	43	90	11	136	26	100% Vitamin C	48% Vitamin B6	27% Vitamin A
(1/2 the sauce and a sprinkle of seeds)	500		15				16			

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Kung Pao Chicken Salad	485	60	12	32	3	676	11	66% Vitamin A	130% Vitamin C	12% Vitamin B6
Bruschetta Salad	585	17	43	37	5	343	19	94% Vitamin C	114% Vitamin A	37% Calcium
Hummus and Pita with Olive Tapenade	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
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
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
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.