

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Tofu Fajitas	740	37	38	68 CC 40	14	710	15	19	240% Vitamin C	90% Vitamin A
(use 1/2 the butter, and citrusy crema, only 2 tortillas per svg.)	570		27					12		
Steak Florentine	625	38	44	20	6	891	x	20	286% Vitamin A	84% Vitamin C
Crispy Shrimp Bao Bun	599	44	18	67	4	786	14	13	101% Vitamin A	134% Vitamin C
Chicken Parmesan with Basil Aioli Kale Slaw	980	77	58	37	4	1320	8	24	83% Calcium	106% Vitamin B6
(use 1/2 the breading and basil oil)	780		42					17		
Chive Beurre Blanc Salmon & Mushrooms	460	35	28	16	4	490	7	10	80% Vitamin D	30% Vitamin A
Classic Shawarma	380	14	18	44 CC 12	3	668		11	34% Vitamin C	18% Iron
Himalayan Red Rice with Bangkok Basil Crunch	600	29	35	49	10	1444		19	316% Vitamin A	30% Calcium

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Caper Tilapia with Parsley and Potatoes (½ the butter and oil, and ¾ potatoes)	660	47	25	57	4	1166	6	19	115% Vitamin C	19% Iron
	515		14					14		
Chicken Panang Curry with Crispy Noodles (use 2/3 of the pasta & sauce)	820	55	35	69 CC 30	6	940		22	35% Iron	150% Vitamin C
	630		25					15		
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate
Potato Leek Soup with Toasted Chive Butter Ciabatta (1/2 the bread and 1/2 the chive butter)	830	21	41	99	7	930		30	42% Vitamin A	32% Vitamin C
	600		30					21		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

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Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

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.