

Health Snapshot

| Recipe | Calories | Protein | Fat | Carbs | Fiber | Sodium | Smart | Key Vitamins/Minerals | | |
|---|----------|---------|---------|-------------|---------|--------------|--------|--------------------------------|-----------------|-----------------|
| | | (grams) | (grams) | (grams) | (grams) | (milligrams) | Points | (percent of recommended daily) | | |
| Plant-Protein Mexican Burrito (use ½ tortilla, ⅓ of the salsa verde and cheese) | 980 | 41 | 53 | 85 CC 35 | 11 | 2110 | 32 | 62% Calcium | 26% Vitamin C | 25% Vitamin A |
| Honey Butter Chicken & Waffles (½ the dressing, ½ the butter and 1 waffle) | 740 | 69 | 29 | 56 | 3 | 570 | 16 | 44% Vitamin A | 24% Vitamin B-6 | 18% Folate |
| Sesame Ginger Salmon (half the walnuts) | 700 | 47 | 40 | 48 | 8 | 478 | 13 | 263% Vitamin C | 23% Vitamin B-6 | 53% Vitamin A |
| Lemon Orzo with Spinach & Halloumi (1/2 the orzo) | 720 | 42 | 32 | 65 CC 20 | 5 | 920 | 22 | 42% Vitamin C | 25% Vitamin A | 24% Iron |
| Cuban Chicken Quesadilla (½ the tortillas and cheese) | 910 | 73 | 48 | 45 | 4 | 1520 | 27 | 59% Calcium | 19% Iron | 21% Potassium |
| Thai Curry Risotto | 285 | 17 | 8 | 52 CC 38 | 8 | 250 | 8 | 26% Vitamin C | 12% Vitamin B6 | 16% Vitamin A |
| Shrimp & Gruyere Mac-n-Cheese (use 2/3's of the cheese) | 660 | 55 | 28 | 45 | 3 | 802 | 19 | 212% Vitamin A | 92% Calcium | 52% Vitamin C |
| Espresso-Rubbed Steak with Au Gratin Sweet Potatoes (2/3 of the finished potatoes) | 978 | 45 | 59 | 70 | 7 | 2071 | 32 | 491% Vitamin A | 79% Vitamin C | 76% Vitamin B12 |
| | 694 | | 35 | | | | 20 | | | |

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| Ravioli with Arugula Pesto | 560 | 32 | 17 | 67 | 6 | 1048 | 15 | 51% Vitamin A | 157% Vitamin C | 63% Calcium |
| Shepherd's Pie | 915 | 30 | 50 | 93 | 10 | 852 | 22 | 202% Vitamin A | 33% Vitamin C | 17% Calcium |
| (half the portion size) | 460 | | 25 | | | | 11 | | | |
| Paneer Tikka Masala | 745 | 20 | 61 | 37 | 10 | 992 | 26 | 151% Vitamin A | 88% Vitamin C | 54% Calcium |
| (Use 2/3 butter and tikka masala sauce) | 560 | | 42 | | | | 18 | | | |
| THE Carrot Cake | 540 | 6 | 34 | 49 | 2 | 440 | 13 | 6% Vitamin C | 6% Calcium | 100% Vitamin A |
| Rockslide Brownie | 550 | 5 | 35 | 56 | 2 | 230 | 31 | 25% Vitamin A | 8% Calcium | 25% Iron |
| Turtle Molten Bundt | 500 | 6 | 30 | 53 | 3 | 370 | 27 | 25% Iron | 6% Vitamin A | 6% Calcium |
| Chocolate Chunk Cookies | 180 | 2 | 9 | 22 | 1 | 170 | 9 | 2% Calcium | 4% Vitamin A | 2% Calcium |
| Kitchen Sink Cookies | 380 | 5 | 19 | 49 | 2 | 400 | 17 | 20% Iron | 8% Vitamin A | 4% Calcium |
| Peanut Butter Cookies | 400 | 8 | 22 | 45 | 2 | 330 | 18 | 4% Iron | 6% 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.