

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Pasta with Lemon Parmesan Salmon & Brussels	640	40	27	63 CC 39	9	720	9	17	90% Vitamin C	30% Calcium
Chicken Francese	700	51	39	29	6	600	9	15	194% Vitamin A	107% Vitamin B6
(use 1/2 the herb butter)	560		24					9		
Steak & Red Potato Salad with Kale & Cranberries	665	37	22	84	7	526		25	29% Calcium	232% Vitamin A
(1/2 the sauce)	520		17					19		
Lemon Orzo with Spinach & Halloumi	720	42	32	65 CC 20	5	920	6	22	42% Vitamin C	25% Vitamin A
(1/2 the orzo)	590		32					18		
Shrimp 'n' Chips, 'n' Chips 'n' Chips	660	41	14	91	8	820	15	16	70% Vitamin A	35% Vitamin C
Cauliflower Fried "Rice" with Chicken & Pea Pods	347	63	4	17	5	462		1	41% Vitamin A	316% Vitamin C
Carolina Pulled Pork & Cornbread	890	39	24	134	7	2490		30	61% Vitamin B12	30% Vitamin C
(2/3 ranch dressing, bbq sauce, & cornbread)	690		19					22		

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Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% 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.