

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chorizo Bravas Croquettes	970	29	69	60	6	1340	12	33	45% Calcium	70% Vitamin C
Mae Ploy Chicken	745	67	18	85	7	1621	42	22	13% Vitamin A	37% Vitamin C
½ the rice and sauce	585		17					15		
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate
Shrimp De Jonghe	485	33	25	35	8	546	8	17	160% Vitamin C	42% Vitamin A
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	6	10	13% Vitamin A	38% Vitamin B12
Knife & Fork Grilled Cheese	685	36	33	63	6	1180	22	20	19% Vitamin A	56% Calcium
(use 1/2 the bread, place egg on top of cheese)	565		30					16		
Moroccan Salmon with Quinoa Citrus Salad	770	55	24	87	13	460	17	12	48% Vitamin C	92% Vitamin B-6
(use half the quinoa)	640		22					8		
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		

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Thai Sirloin Steak Udon Bowl (½ udon, 1/2 sauce)	730 495	45	40 25	55 CC 28	7	1450		21 14	419% Vitamin C	68% Vitamin B-12
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	10	19	31% Vitamin C	12% Vitamin A
Aztec Salad with Avocado Chipotle Dressing	580	23	29	62	11	840	11	15	36% Vitamin B-6	45% Calcium
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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.*