

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Noodle Carbonara with Lemon Tilapia	675	58	30	45	3	395	17	243% Vitamin A	65% Vitamin C	25% Calcium
(use 2/3 of the cooked sauce)	590		24				14			
Farro With Sautéed Asparagus & Roasted Pear	610	23	32	71	17	545	14	50% Vitamin C	58% Folate	25% Calcium
Kung Pao Steak Tacos	655	40	28	63	12	335	20	157% Vitamin C	61% Vitamin A	25% Vitamin B12
(½ tortillas, ½ kung pao sauce)	495		23				14			
Waldorf Salad with Grilled Chicken	745	66	35	52	9	220	22	93% Vitamin A	28% Vitamin Iron	189% Vitamin C
(½ the dressing, raisins and nuts)	530		19				14			
Shrimp Ceviche	625	39	9	107	8	1288	13	195% Vitamin C	36% Iron	31% Vitamin B-12
Vegetarian Bi Bim Bop	410	23	14	51	8	636	12	221% Vitamin A	61% Vitamin C	74% Calcium
Couscous Chicken	595	61	25	32	5	549	14	204% Vitamin A	20% Vitamin B-6	286% Vitamin C
Poblano Pepper Empanadas	1065	30	62	103	13	1053	36	186% Vitamin A	134% Vitamin C	46% Calcium
(½ pie crust, cheese and sauce)	730		38				25			
Asian Angus Beef Burger	700	45	46	26 CC 6	2	624	15	60% Vitamin A	65% Vitamin C	8% Vitamin B6

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(no bun, 1/2 the peanut sauce, 1/2 the aioli)	570		42				12			
Squash with Slow-Roasted Tomatoes and Goat Cheese	540	8	36	48	6	165	22	94% Vitamin C	235% Vitamin A	17% Vitamin B-6
Toasted Gnocchi with Asparagus & Edamame	640	34	13	93	16	788	18	39% Vitamin A	59% Vitamin C	44% Folate
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	16	4% Vitamin C	15% Iron	6% Vitamin A
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
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron

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.