

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Buffalo Chicken Pita	820	86	32	50	5	786	19	113% Vitamin C	67% Calcium	81% Vitamin A
(use 1/2 the pita and 1/2 the cheeses)	620		12				12			
Kung Pao Edamame with Udon Noodles	465	18	21	49 CC 34	10	469	14	184% Vitamin C	170% Vitamin A	4% Calcium
Lemon Tilapia Scampi over Zucchini Noodles	325	31	19	12	3	164	7	55% Vitamin C	40% Vitamin A	7% Calcium
Thai Red Curry Soup	485	19	19	64 CC 30	8	1351	17	207% Vitamin C	123% Calcium	264% Vitamin A
Gyros Mini Tacos	665	55	21	59	9	991	17	63% Vitamin C	21% Vitamin A	24% Calcium
(use 1/2 the tortillas and 1/2 the greek sauce)	545		18				15			
Cauliflower Fried "Rice" with Chicken & Pea Pods	347	63	4	17	5	462	1	41% Vitamin A	316% Vitamin C	24% Iron
Shrimp Caldo Rojo	560	37	11	77	16	935	11	80% Vitamin A	56% Vitamin C	43% Vitamin D
Baked Polenta with Gouda & Mozzarella	380	14	18	43	8	817	11	295% Vitamin A	65% Vitamin C	32% Calcium
Steak Florentine	625	38	44	20	6	891	20	286% Vitamin A	84% Vitamin C	73% Vitamin B12
Brazilian Farro with Roasted Pineapple	770	11	43	90	11	136	26	100% Vitamin C	48% Vitamin B-6	
½ the sauce and a sprinkle of seeds	500		15				16			

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Falafel Plate with Hummus	265	12	9	43	13	325	8	129% Vitamin C	42% Vitamin A	16% Calcium
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
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
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Giant Sugar Cookies	630	6	33	75	1	160	32	2% Calcium	25% Vitamin A	15% Iron
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% 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.