

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Shrimp Pad Thai	710	45	20	91	7	360	18	27% Iron	22% Potassium	17% Calcium
(use 1/2 the eggs, and peanuts)	550		8				15			
Grilled Halloumi Gyros	595	21	31	61 CC 26	8	1094	17	100% Vitamin C	32% Vitamin A	17% Calcium
Beef Stroganoff with Fresh Spinach	540	38	38	15	6	450	19	330% Vitamin A	130% Vitamin C	73% Vitamin B-12
Huli Huli Chicken	810	64	4	134	2	577	23	34% Vitamin A	11% Vitamin B-6	28% Vitamin C
(Use 1/2 the sauce, 2/3 of the rice, and no flour on the chicken)	585		4				16			
Udon Noodle Salad with Sriracha-Roasted Brussels Sprouts	565	39	19	65 CC 37	14	1265	15	30% Vitamin A	24% Vitamin B-12	295% Vitamin C
Cheesy Tomatillo Casserole	330	13	6	60	13	281	10	14% Zinc	20% Iron	26% Vitamin C
Chicken Pot Pie	920	65	36	82	8	367	26	22% Vitamin B-6	399% Vitamin A	58% Vitamin C
(use ½ the pie crusts)	680		18				17			
Lemon Tilapia Scampi over Zucchini Noodles	325	31	19	12	3	164	7	55% Vitamin C	40% Vitamin A	7% Calcium
Shrimp and Andouille Jambalaya	440	38	10	50	4	1600	11	90% Vitamin C	23% Vitamin A	13% Calcium

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Red, White & Green Sauce Ravioli	810	26	54	57	6	1290	29	241% Vitamin A	70% Vitamin C	55% Calcium
(½ the white sauce and ½ the green sauce)	550		29				18			
Creamy Triple Mushroom & Spinach Soup	275	7	20	27	8	174	11	267% Vitamin A	46% Vitamin C	40% Folate
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% 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
Big Oatmeal Raisin Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% 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.*