

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Salmon with Dill Butter & Crispy Leeks	610	39	37	32	5	210	13	185% Vitamin A	98% Vitamin C	31% Vitamin B-6
Ramen Chicken	695	80	14	63	6	3383	10	10% Vitamin C	0.5% Vitamin A	4% Vitamin C
(Use 2/3 noodles, and omit the egg)	545		8				7			
Black Bean & Sweet Potato Chili with Cornbread Crumbles	640	19	12	117	16	878	20	807% Vitamin A	119% Vitamin C	38% Calcium
BBQ Brisket on Brioche	695	35	35	61	5	2268	11	71% Vitamin A	209% Vitamin C	8% Calcium
(open face with half the slaw)	600		32				8			
Lemon Chicken Milanese	585	61	17	47	4	743	14	32% Vitamin B-12	13% Folate	72% Vitamin A
Carne Asada Tacos	611	43	21	68	6	1225	18	71% Vitamin B-12	100% Vitamin A	386% Vitamin C
Cream of Tomato Soup with Grilled Cheese Croutons	740	19	62	29	3	1083	30	68% Vitamin A	62% Calcium	32% Vitamin C
(½ the bread and ½ the cheese)	610		55				26			
Lemon-Chai Brussels Sprouts Over Pearl Couscous	865	19	7	44	10	518	29	34% Vitamin A	41% Folate	267% Vitamin C
(½ cheese, nuts and vinaigrette)	515		37				17			

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Creamy Parmesan and Artichoke Shrimp (without the garlic bread)	635	41	16	69	7	571	18	57% Vitamin A	24% Vitamin B-12	235% Vitamin C
	490		13				13			
Vegetarian Bi Bim Bop	410	23	14	51	8	636	12	221% Vitamin A	61% Vitamin C	74% Calcium
Hawaiian Quesadilla (½ the tortillas)	1020	34	34	150	15	1731	35	43% Vitamin C	70% Calcium	41% Iron
	810		28				29			
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% Iron		
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% 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.