

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chicken Florentine	580	60	27	36	8	1130	7	11	70% Vitamin A	35% Iron
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235		16	753% Vitamin A	127% Vitamin C
New England Shrimp Roll	615	36	16	79	4	1320		16	29% Vitamin A	14% Vitamin B6
Salsa Fresca Fish Tacos	755	58	24	77 CC 42	13	420		16	22% Vitamin C	12% Calcium
(make two tacos instead of 3)	700		22					12		
Asiago Chicken Crème with Crispy Onions	510	55	21	25	4	510	9	9	35% Calcium	25% Vitamin C
Sweet Asian BBQ Salmon	550	40	14	70	4	1100	59	12	110% Vitamin A	80% Vitamin C
Tex-Mex Gnocchi Bake	870	31	26	133	12	3008	15	29	123% Vitamin C	84% Vitamin A
(½ the cheese, sauce and salsa)	656		14					21		
Bacon Onion Swiss Burger	1270	56	74	93	6	2210	34	44	108% Calcium	185% Vitamin B12
Use 2/3 of the potatoes, bacon & onion, cheese, sauce, and open faced	840		51					28		
Shells with Basil Pesto	500	19	26	50	8	371		17	70% Vitamin A	42% Folate

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Feta & Tomato Mediterranean Steak Salad	590	42	34	29	4	980	14	18	45% Vitamin A	30% Calcium
Barbeque Pizza	575	24	13	61	11	1605		19	316% Vitamin A	77% Vitamin C
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.