

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Moroccan Salmon with Quinoa Citrus Salad (use 1/2 the quinoa)	770	55	24	87	13	460	12	76% Vitamin D	48% Vitamin C	92% Vitamin B6
	640		22				8			
Carne Asada Tacos	611	43	21	68 CC 29	6	1225	18	71% Vitamin B12	100% Vitamin A	386% Vitamin C
Indian Butter Chicken (½ the butter and ½ the nuts)	920	72	60	32	9	1143	25	302% Vitamin A	192% Vitamin C	95% Folate
	735		42				23			
Grilled Halloumi Gyros	595	21	31	61 CC 26	8	1094	17	100% Vitamin C	32% Vitamin A	17% Calcium
Crispy Shrimp Bao Bun	599	44	18	67	4	786	13	101% Vitamin A	134% Vitamin C	50% Iron
Caper Tilapia with Parsley and Potatoes (½ the butter and oil, and ¼ potatoes)	660	47	25	57	4	1166	19	115% Vitamin C	19% Iron	28% Vitamin A
	515		14				14			
Roasted Red Pepper Gnocchi with Smoky Sausage (half the pesto cream and two-thirds of the gnocchi)	675	27	15	109	7	1930	19	71% Vitamin C	71% Vitamin A	17% Calcium
	490		12				13			
Mae Ploy Chicken	760	67	17	88	8	1627	22	13% Vitamin A	37% Vitamin C	6% Calcium
½ the rice and sauce	600		17				15			

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Barbequed Sweet Potato Couscous Gratin	505	20	11	81	8	777	17	909% Vitamin A	130% Vitamin C	48% Calcium
Rotini with Basil Oil & Pecorino	400	19	6	72	16	218	11	190% Vitamin C	14% Calcium	43% Vitamin A
Korean Vegetable Pajeon	280	14	7	42	9	432	4	115% Vitamin A	190% Vitamin C	29% Folate
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
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	16	4% Vitamin C	15% Iron	6% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
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

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.