

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Chicken Satay Noodle Bowl	575	69	19	39	9	458	13	79% Vitamin C	14% Vitamin B-6	159% Vitamin A
Swiss Potato Rösti	520	23	28	49	7	307	14	133% Vitamin A	123% Vitamin C	51% Calcium
Vegetarian Bi Bim Bop	410	23	14	51	8	636	12	221% Vitamin A	61% Vitamin C	74% Calcium
Carne Asada Tacos	611	43	21	68	6	1225	18	71% Vitamin B12	100% Vitamin A	386% Vitamin C
Cajun Shrimp	415	32	8	55	5	855	11	253% Vitamin A	38% Calcium	87% Vitamin C
Sesame Ginger Salmon	775	46	44	62	9	306	24	263% Vitamin C	23% Vitamin B-6	53% Vitamin A
(no walnuts)	545									
Veggie Quesadilla Dippers	625	31	30	61	11	1056	25	480% Vitamin A	7% Vitamin B-6	40% 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							
Yellow Curry with Mint Yogurt	355	21	10	50	7	585	11	73% Vitamin C	91% Calcium	12% Vitamin A

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Cream of Tomato Soup with Grilled Cheese Croutons	520	15	40	26	3	749	20	45% Vitamin A	25% Vitamin C	38% Calcium
Balsamic-Glazed Brussels Sprouts	250	8	8	39	2	107	9	6% Vitamin C	6% Calcium	6% Vitamin A
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	16	4% Vitamin C	15% Iron	6% Vitamin A
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% Iron
Giant Sugar Cookies	630	6	33	75	1	160	32	2% Calcium	25% Vitamin A	15% Iron
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.