

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Honey Butter Chicken & Waffles (½ the dressing, ½ the butter and 1 waffle)	740	69	29	56	3	570	16	44% Vitamin A	24% Vitamin B-6	18% Folate
	595		17				11			
Sweet Asian BBQ Salmon	495	39	23	36	3	550	14	136% Vitamin A	83% Vitamin C	14% Vitamin B6
Gyros Mini Tacos (use 1/2 the tortillas and 1/2 the greek sauce)	665	55	21	59	9	991	17	63% Vitamin C	21% Vitamin A	24% Calcium
	545		18				15			
Thai Red Curry Soup	485	19	19	64 CC 30	8	1351	17	207% Vitamin C	123% Calcium	264% Vitamin A
Zucchini and Squash Lasagna	640	54	34	31	6	2026	17	198% Vitamin C	155% Calcium	89% Vitamin A
Rio Steak and Eggs	325	39	17	43	5	212	14	46% Vitamin A	79% Vitamin B-12	188% Vitamin C
Herb-Roasted Chicken With Fingerling Potatoes (½ the potatoes and wine sauce)	690	54	15	75	8	1321	18	125% Vitamin C	2% Vitamin D	69% Vitamin B6
	500		12				12			
Brussels Sprout Unda with Cranberry Aioli	540	25	29	46	13	450	20	21% Calcium	7% Vitamin A	4% Iron
Shrimp Caldo Rojo	560	37	11	77	16	935	11	80% Vitamin A	56% Vitamin C	43% Vitamin D

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Indian Curry Dal	675	42	28	71	20	636	9	232% Vitamin A	85% Vitamin C	85% Calcium
Cheesy Tomatillo Casserole	330	13	6	60	13	281	10	14% Zinc	20% Iron	26% Vitamin C
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	16	4% Vitamin A	15% Iron	6% Vitamin C
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin A	6% Vitamin C	2% 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
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% 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.