

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Chickpea "Niçoise" Salad	570	17	34	52	12	1520	12	70% Vitamin A	64% Vitamin C	33% Iron
Southwestern Salmon with Fresh Corn Salsa	575	37	35	33		159	16			
Balsamic Glazed Chicken Caprese Pasta	615	64	23	40 CC 17	5	249	15	67% Vitamin C	25% Vitamin A	2% Vitamin B-6
Shrimp Pad Thai	710	45	20	91	7	360	18	27% Iron	22% Potassium	17% Calcium
(use 1/2 the eggs, and peanuts)	550		8				15			
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	19	31% Vitamin C	12% Vitamin A	17% Vitamin B-6
Sausage Cuban Sandwich	815	50	37	74	4	1331	25	22% Vitamin C	88% Calcium	23% Vitamin B12
(Use half the potatoes and half the cheese)	600		26				17			
Toasted Gnocchi with Asparagus & Edamame	640	34	13	93	16	788	18	39% Vitamin A	59% Vitamin C	44% Folate
Green Curry Chicken with Broccoli	445	66	12	19	9	281	5	421% Vitamin C	89% Vitamin A	14% Vitamin B6
Steak Bi Bim Bap	560	46	20	49 CC 31	8	713	16	33% Vitamin B-12	113% Calcium	270% Vitamin A

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Knife & Fork Grilled Cheese	685	36	33	63	6	1180	20	19% Vitamin A	56% Calcium	22% Vitamin B12
(use 1/2 the bread, place egg on top of cheese)	565		30				16			
Black Bean Quesadilla	720	26	40	70	12	1224	18	46% Calcium	17% Vitamin C	20% Folate
½ the tortillas and two-thirds of the cheese	525		32				12			
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Big Oatmeal Raisin Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% 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.