

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Shangahi Orange Tilapia	603	58	13	68	4	812	9	70% Vitamin C	24% Vitamin A	18% Calcium
BBQ Brisket on Brioche	695	35	35	61	5	2268	11	71% Vitamin A	209% Vitamin C	8% Calcium
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	16	753% Vitamin A	127% Vitamin C	26% Iron
Acorn Squash & Herb Risotto	710	13	44	57 CC 40	5	1335	26	58% Vitamin A	62% Vitamin C	28% Calcium
(use all of squash and 1/3 of other ingredients)	495		30				17			
Indian Butter Chicken	920	72	60	32	9	1143	25	302% Vitamin A	192% Vitamin C	95% Folate
(½ the butter and ½ the nuts)	735		42				23			
Shrimp & Gruyere Mac-n-Cheese	325	55	28	45	3	802	19	212% Vitamin A	92% Calcium	52% Vitamin C
Ramen Chicken	695	80	14	63 CC 11	8	3315	10	10% Vitamin C	0.5% Vitamin A	4% Vitamin C
Steak Florentine	625	38	44	20	6	891	20	286% Vitamin A	84% Vitamin C	73% Vitamin B12
Barbeque Pizza	575	24	13	61	11	1605	19	316% Vitamin A	77% Vitamin C	25% Calcium
Pasta with Spinach Pesto	620	23	40	51	12	554	19	160% Vitamin C	44% Folate	74% Vitamin A

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Loaded Baked Sweet Potato Soup	720	20	37	77	9	1119	22	42% Calcium	29% Vitamin A	19% Vitamin C
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
Big Oatmeal Raisin Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% 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.