

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Cacio e Pepe Pasta with Salami & Bacon (use 2/3 pasta, cream sauce, & cheese)	890	39	46	81	4	1940	32	55% Calcium	30% Vitamin C	83% Vitamin B12
	660		32				24			
Mae Ploy Chicken ½ the rice and sauce	760	67	17	88	8	1627	22	13% Vitamin A	37% Vitamin C	6% Calcium
	600		17				15			
Chipotle Shrimp and Rotini (use 2/3 of the pasta and sauce)	840	52	33	89 CC 40	8	880	25	44% Calcium	47% Vitamin A	30% Iron
	640		24				17			
Lemon Tilapia Scampi over Zucchini Noodles	325	31	19	12	3	164	7	55% Vitamin C	40% Vitamin A	7% Calcium
Acorn Squash & Herb Risotto (use all of squash and 1/3 of other ingredients)	710	13	44	57 CC 40	5	1335	26	58% Vitamin A	62% Vitamin C	28% Calcium
	495		30				17			
Chicken Pot Pie (use ½ the pie crusts)	920	65	36	82	8	367	26	22% Vitamin B-6	399% Vitamin A	58% Vitamin C
	680		18				17			
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210	13	185% Vitamin A	98% Vitamin C	31% Vitamin B-6
Udon Noodle Salad with Sriracha-Roasted Brussels Sprouts	565	39	19	65 CC 37	14	1265	15	30% Vitamin A	24% Vitamin B12	295% Vitamin C
Paneer Tikka Masala (Use 2/3 butter and tikka masala sauce)	745	20	61	37	10	992	26	151% Vitamin A	88% Vitamin C	54% Calcium
	560		42				18			

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Vietnamese Shaky Beef with Crispy Rice	650	41	11	97	6	2500	20	36% Iron	63% Vitamin B12	23% Vitamin A
Cream of Tomato Soup with Grilled Cheese Croutons	740	19	62	29	3	1083	30	68% Vitamin A	62% Calcium	32% Vitamin C
(½ the bread and ½ the cheese)	610		55				26			
Tiramisu for Two	290	5	15	35	1	40		6% Calcium	2% Iron	2% Vitamin D
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Oreo Mousse Pie	760	8	49	78	3	390		6% Calcium	6% Iron	2% Vitamin D
Rockslide Brownie	550	5	35	56	2	230	31	25% Vitamin A	8% Calcium	25% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% 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.*