

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Hearty Paella with Crispy Green Beans (use 1/3 of the chive oil)	770 660	20	48 37	57 CC 38	28	400	15	24 19	60% Vitamin C	30% Iron
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	6	10	13% Vitamin A	38% Vitamin B12
BBQ Pulled Pork on Brioche (use 3/4 BBQ sauce and open face)	830 640	32	31 24	110	6	1400	66	31 23	200% VitamonC	50% Vitamin B6
Pecan Maple Salmon	595	44	32	33	9	67	27	18	54% Vitamin A	3% Vitamin B6
Steak Bi Bim Bap	560	46	20	49 CC 31	8	713		16	33% Vitamin B-12	113% Calcium
New Orleans Shrimp Cakes	520	37	15	61	6	480	7	14	88% Vitamin A	219% Vitamin C
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469		14	184% Vitamin C	170% Vitamin A
Parmesan Tilapia with Broccoli & Cauliflower Au Gratin (half the sauce)	745 561	25	54 34	49	8	601	12	25 17	154% Vitamin A	232% Vitamin C
Creamy Chicken Orzo (make 1/2 the sauce, use 1/2 the buter & flour)	798 630	75	34 18	54 CC 37	8	1562	16	20 11	120% Vitamin A	198% Vitamin C

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Rotini with Basil Oil & Pecorino	400	19	6	72	16	218		11	190% Vitamin C	14% Calcium
Jalapeño Broccoli Cheddar Soup	710	26	50	40	5	840	10	25	54% Calcium	128% Vitamin C
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Big Oatmeal Raisin Cookies	180	2	9	22	1	170		9	2% Calcium	4% Vitamin A

ighten 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.