

Health Snapshot

Caper Tilapia with Parsley

660 Calories
47g Protein
25g Fat
57g Carbs.
4g Fiber
1166mg Sodium

19 Smart Points

115% Vitamin C
28% Vitamin A
19% Iron

Udon Noodles

565 Calories
39g Protein
19g Fat
65g Carbs.
14g Fiber

15 Smart Points

30% Vitamin A
37% Folate
295% Vitamin C

Roasted Kale and Beets

158 Calories
4g Protein
7g Fat
21g Carbs.
5g Fiber
73mg Sodium

6 Smart Points

68% Vitamin C
7% Vitamin B-6
229% Vitamin A

Pasta with Spinach Pesto

620 Calories
23g Protein
40g Fat
51g Carbs.
12g Fiber
554mg Sodium

19 Smart Points

160% Vitamin C
44% Folate
74% Vitamin A

Mushroom Strata

270 Calories
17g Protein
12g Fat
25g Carbs.
4g Fiber
272mg Sodium

9 Smart Points

10% Vitamin C
13% Vitamin A
10% Vitamin B-6

Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

Caper Tilapia

*½ the butter and oil,
and ¾ potatoes*

515 Calories
14g Fat
14 Smart points

Health Snapshot

Shrimp Caldo Rojo

560 Calories
37g Protein
11g Fat
77g Carbs.
16g Fiber
935mg Sodium

11 Smart Points

80% Vitamin A
56% Vitamin C
43% Vitamin D

Fontina Chicken

535 Calories
66g Protein
17g Fat
31g Carbs
4g Fiber
444mg Sodium

15 Smart Points

244% Vitamin A
231% Vitamin C
30% Calcium

Mae Ploy Chicken

760 Calories
67g Protein
17g Fat
88g Carbs.
9g Fiber
1627mg Sodium

22 Smart Points

17% Vitamin A
46% Vitamin C
8% Calcium

Southwestern Chili

380 Calories
20g Protein
5g Fat
66g Carb.
20g Fiber
684mg Sodium

11 Smart Points

143% Vitamin C
31% Vitamin B-6

Mexican Steak Taco Bowl

455 Calories
38g Protein
14g Fat
45g Carbs.
6g Fiber
173mg Sodium

12 Smart Points

33% Vitamin C
28% Iron
46% Vitamin A

Farmers Market Salad

245 Calories
9g Protein
9g Fat
47g Carbs.
9g Fiber
247mg Sodium

9 Smart Points

215% Vitamin A
2% Vitamin B-12
14% Vitamin B-6

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Mae Ploy Chicken

½ the rice and sauce

600 Calories
869 Sodium
15 Smart Points

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.

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Rockslide Brownie	THE Carrot Cake	Lemon Raspberry Mini Pies with White Chocolate	Ultimate Oreo Cheesecake	Caramel and Chocolate Snickers Mini Pie	Mini Pie Sampler
550 Calories	540 Calories	335 Calories	405 Calories	385 Calories	360 Calories
5g Protein	6g Protein	4g Protein	1g Protein	4g Protein	4g Protein
35g Fat	34g Fat	21g Fat	23g Fat	25g Fat	25g Fat
56g Carbs.	49g Carbs	32g Carbs	44g Carbs.	8g Carbs.	20g Carbs.
2g Fiber	2g Fiber	0.2g Fiber	1g Fiber	3g Fiber	2g Fiber
230 mg Sodium	440 mg Sodium	24 mg Sodium	350 mg Sodium	218 mg Sodium	120 mg Sodium
31 Smart Points	13 Smart Points	15 Smart Points	16 Smart Points	14 Smart Points	15 Smart Points
25% Vitamin A	6% Vitamin C		1.5% Vitamin C		
8% Calcium	6% Calcium		0.5% Vitamin A		

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