

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Mushroom Wonton Soup	188	12	3	30	4	543	5	7% Vitamin B6	4% Vitamin C	3% Calcium
Carne Asada Tacos	565	40	24	52	6	1225	17	71% Vitamin B12	100% Vitamin A	386% Vitamin C
Chicken Satay Noodle Bowl	575	69	19	39	9	458	13	79% Vitamin C	14% Vitamin B-6	159% Vitamin A
Chicken Pot Pie	920	66	36	82	8	367	26	22% Vitamin B-6	399% Vitamin A	58% Vitamin C
Sesame Ginger Salmon	775	46	44	62	9	306	24	263% Vitamin C	23% Vitamin B-6	53% Vitamin A
Veggie Quesadilla Dippers	629	31	30	61	11	1056	25	480% Vitamin A	7% Vitamin B6	40% Vitamin C
Yellow Curry with Mint Yogurt	355	21	10	50	7	585	11	73% Vitamin C	91% Calcium	12% Vitamin A
Cajun Shrimp	415	32	8	55	5	855	11	253% Vitamin A	38% Calcium	87% Vitamin C
Brazilian Farro with Roasted Pineapple	770	11	43	90	11	136	26	100% Vitamin C	48% Vitamin B-6	
½ the sauce and a sprinkle of seeds	500		15				16			
Loaded Baked Sweet Potato Soup	438	11	25	44	6	663	19	20% Vitamin A	14% Vitamin C	8% Vitamin B12

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Creamy Tomato Soup with Grilled Cheese Croutons	519	15	41	26	3	749	22	45% Vitamin A	25% Vitamin C	38% Calcium
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% Iron
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% 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.