

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Pappardelle with Chicken and Herby Cream Sauce (use 2/3 pasta, parm, butter, & cream sauce)	850	57	132	45 CC 35	13	1400	50	25	35% Vitamin A	30% Calcium
	660		92					18		
Lemon Orzo with Spinach & Halloumi (1/2 the orzo)	720	42	32	65 CC 20	5	920	6	22	42% Vitamin C	25% Vitamin A
	590		32					18		
Chile-Lime Salmon with Street Corn Elote	650	41	35	47	5	1070	15	16	140% Vitamin C	20% Calcium
Sweet Asian BBQ Salmon	550	40	14	70	4	1100	59	12	110% Vitamin A	80% Vitamin C
Honey Butter Chicken & Waffles (1/2 the dressing, 1/2 the butter and 1 waffle)	740	69	29	56	3	570	x	16	44% Vitamin A	24% Vitamin B-6
	595		17					11		
Italian Toasted Gnocchi	453	20	5	82	10	486		11	81% Vitamin C	201% Vitamin A
Asian Angus Beef Burger (no bun, 1/2 the peanut sauce, 1/2 the aioli)	700	45	46	26 CC 6	2	624	3	15	60% Vitamin A	65% Vitamin C
	570		42					12		

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Moroccan Steak with Spiced Rice Pilaf	600	40	23	63	4	2130	29	18	301% Vitamin C	61% Vitamin A
Squash with Slow-Roasted Tomatoes and Goat Cheese	540	8	36	48	6	165	14	22	94% Vitamin C	235% Vitamin A
Grilled Zucchini Quesadilla Tacos	445	17	9	76	11	327	x	14	54% Calcium	66% Vitamin A
Provençal Shrimp Pasta Salad	660	54	16	77 CC 19	7	810	10	16	45% Calcium	35% Iron
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

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Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

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.