

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Buffalo Shrimp Tacos	820	47	30	92	8	1720	17	18	140% Vitmain A	80% Vitamin C
(use 1/2 tortillas & 2/3 of the crema)	630		21					12		
Lemon Chicken Souvlaki	560	50	18	51 CC 40	4	1010	25	11	190% Vitamin C	40% Vitamin A
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235		16	753% Vitamin A	127% Vitamin C
Coulibiac of Salmon with Roasted Kale & Beets	660	43	35	43	7	400	14	14	90% Vitamin D	30% Iron
Italian Toasted Gnocchi	453	20	5	82	10	486		11	81% Vitamin C	201% Vitamin A
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Bacon & Ranch Quesadilla Chicken Stack	910	66	47	56 CC 30	4	1480	10	23	50% Folate	45% Calcium
(use 1/2 the tortillas, cheese, & dressing)	670		34					15		

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Southwestern Tortilla Stew	615	23	16	97	16	1268		20	125% Vitamin C	47% Calcium
Chicken Cordon Bleu	795	94	27	48	5	1099		16	331% Vitamin A	86% Vitamin C
(1/2 the breading and 1/2 the cheese)	658		19					11		
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	10	19	31% Vitamin C	12% Vitamin A
Gochujang Chicken with Coconut Broth Noodles	770	61	34	56 CC 29	4	1240	7	19	50% Vitamin C	25% Iron
(use 1/2 the noodles, 2/3 the sauce & broth)	600		25					13		
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

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Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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.