

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Farmers Market Soup	430	18	4	86 CC 37	7	60	10	24% Potassium	14% Iron	7% Calcium
Chicken Scallopini with Hazelnut Whipped Butter (half the noodles and half the butter)	795	71	36	49 CC 14	5	1131	19	229% Vitamin A	57% Vitamin C	60% Folate
Crispy Shrimp Bao Bun	599	44	18	67	4	786	13	101% Vitamin A	134% Vitamin C	50% Iron
Thai Curry Risotto	285	17	8	52 CC 38	8	250	8	26% Vitamin C	12% Vitamin B6	16% Vitamin A
Veggie Quesadilla Dippers	625	31	30	61	11	1056	25	480% Vitamin A	7% Vitamin B 6	40% Vitamin C
Cauliflower Fried "Rice" with Chicken & Pea Pods	347	63	4	17	5	462	1	41% Vitamin A	316% Vitamin C	24% Iron
Parmesan Tilapia with Broccoli & Cauliflower Au Gratin (half the sauce)	745	25	54	49	8	601	25	154% Vitamin A	232% Vitamin C	68% Folate
Chicago Italian Beef	570	30	100	60	4	1921	13	15% Vitamin A	85% Vitamin C	20% Calcium
Greek Briam	310	10	17	41	11	1198	5	200% Vitamin C	67% Vitamin A	33% Calcium

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Toasted Gnocchi with Mint-Basil Pesto	660	28	16	99	10	780	20	253% Vitamin A	83% Vitamin C	46% Calcium
(1/2 the pesto, almonds and cranberries)	530		9				15			
Mexican Cacao Steak	620	35	13	83	5	544	17	71% Vitamin B-12	16% Vitamin A	45% Vitamin C
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% 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.