

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chicken Bacon Focaccia Club	730	68	34	41	4	1030	16	16	40% Vitamin C	20% Iron
(use 1/2 the focaccia & 1/2 the dressing)	590		27	CC 31				11		
Shrimp Ceviche	625	39	9	107	8	1288		13	195% Vitamin C	36% Iron
Italian Toasted Gnocchi	453	20	5	82	10	486		11	81% Vitamin C	201% Vitamin A
Tequila-Lime Chicken Fajitas	580	64	10	63	5	1123	8	9	267% Vitamin C	52% Vitamin A
Steak Vesuvio	720	46	43	41	9	620		22	36% Calcium	162% Vitamin A
(Use 1/2 the cheese and butter)	550		39	CC 30				15		
Paneer Tikka Masala	745	20	61	37	10	992		26	151% Vitmain A	88% Vitamin C
(Use 2/3 butter and tikka masala sauce)	560		42					18		
Orleans Blackened Salmon Tacos	730	47	24	86	12	730		17	31% Calcium	77% Vitamin A
(Use 2 of the tortillas, & 2/3 of the coleslaw dressing)	620		21					13		
Udon Noodles with Spicy Green Beans	580	29	18	84	17	445		17	64% Vitamin A	71% Vitamin C
Chicken Bahn Mi	525	63	10	48	5	614		11	102% Vitamin C	11% Calcium

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Mediterranean Lemon Chai Salmon with Pearl Couscous	790	47	50	45 CC 36	6	291	6	15	262% Vitamin C	54% Vitamin A
Upside-Down Asparagus Quiche	840	30	57	47	4	420	8	26	58% Calcium	34% Vitamin A
(half the pie crust)	620		42					19		
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.