

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Quesadilla Burger	565	37	23	54	6	1018	15	416% Vitamin A	128% Vitamin C	21% Calcium
Chicken Scallopini with Hazelnut Whipped Butter (half the noodles and half the butter)	795 565	71	36 20	49 CC 14	5	1131	19 11	229% Vitamin A	57% Vitamin C	60% Folate
Knife & Fork Grilled Cheese (use 1/2 the bread, place egg on top of cheese)	685 565	36	33 30	63	6	1180	20 16	19% Vitamin A	56% Calcium	22% Vitamin B12
Shrimp Tostadas	500	39	14	57	11	708	15	48% Vitamin C	43% Vitamin D	24% Vitamin B-12
Huli Huli Chicken (Use 1/2 the sauce, 2/3 of the rice, and no flour on the chicken)	810 585	64	4 4	134	2	577	23 16	34% Vitamin A	11% Vitamin B-6	28% Vitamin C
Nut-Crusted Salmon with Roasted Zucchini	325	38	26	12	4	74	4	49% Vitamin A	41% Vitamin C	13% Folate
Roasted Brussels Sprouts Tacos with Sriracha Aioli	425	18	14	61	8	358	12	242% Vitamin C	28% Vitamin A	
Beef Stroganoff with Fresh Spinach	540	38	38	15	6	450	19	330% Vitamin A	130% Vitamin C	73% Vitamin B-12
Aztec Salad with Creamy Chipotle Dressing	635	17	38	44	18	687	20	36% Vitamin B-6	165% Vitamin A	2% Vitamin B-12

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Vegetable Korma	485	13	21	76	12	830	21	215% Vitamin A	32% Vitamin B6	384% Vitamin C
Tuscan Cabbage and Kale Soup	150	8	1	28	8	796	1	117% Vitamin A	40% Vitamin C	10% Calcium
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
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron
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

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.