

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Avocado Tilapia Sandwich with Jalapeño Slaw	650	34	24	79	10	2700	24	18	100% Vitamin C	90% Vitamin A
Steak Florentine	625	38	44	20	6	891		20	286% Vitamin A	84% Vitamin C
Crispy Shrimp Bao Bun	599	44	18	67	4	786	14	13	101% Vitamin A	134% Vitamin C
Barbequed Sweet Potato Couscous Gratin	505	20	11	81	8	777		17	909% Vitamin A	130% Vitamin C
Honey Butter Chicken & Waffles	740	69	29	56	3	570		16	44% Vitamin A	24% Vitamin B-6
(½ the dressing, ½ the butter and 1 waffle)	595		17					11		
Salmon with Lemon & Asparagus	511	39	26	21	6	1490		13	18% Vitamin B-6	0% Vitamin B12
Asian Angus Beef Burger	700	45	46	26 CC 6	2	624		15	60% Vitamin A	65% Vitamin C
(no bun, 1/2 the peanut sauce, 1/2 the aioli)	570		42					12		
Cantonese Chicken Kow	730	53	14	87 CC 30	6	990	4	14	70% Vitamin A	52% Vitamin C
(use 1/2 of the cornstarch, sambal & sesame oil, and pasta)	650		10					11		

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Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
Lemon Orzo with Spinach & Halloumi	720	42	32	65 CC 20	5	920	6	22	42% Vitamin C	25% Vitamin A
(1/2 the orzo)	590		32					18		
Rotini with Basil Oil & Pecorino	400	19	6	72	16	218		11	190% Vitamin C	14% Calcium
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Big Oatmeal Raisin Cookies	180	2	9	22	1	170		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.