

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette	680	31	42	46 CC 26	5	1080	13	21	50% Vitamin C	10% Calcium
(use 1/2 the rice & 1/2 the vinaigrette)	540		34					16		
Salsa Fresca Fish Tacos	755	58	24	77 CC 42	13	420		16	22% Vitamin C	12% Calcium
(make two tacos instead of 3)	700		22					12		
Balsamic Glazed Chicken Caprese Pasta	615	64	23	40 CC 17	5	249	9	15	67% Vitamin C	25% Vitamin A
Shrimp Ceviche	625	39	9	107	8	1288		13	195% Vitamin C	36% Iron
Classic Shawarma	380	14	18	44 CC 12	3	668		11	34% Vitamin C	18% Iron
Mango Teriyaki Chicken	680	52	10	96	7	1700	31	13	97% Vitamin A	84% Vitamin C
Shells with Basil Pesto	500	19	26	50	8	371		17	70% Vitamin A	42% Folate
Salmon Cakes with Dill Crema	560	44	25	42	6	1090	12	11	95% Vitamin D	56% Vitamin A
Udon Noodles with Spicy Green Beans	580	29	18	84	17	445		17	64% Vitamin A	71% Vitamin C

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Feta & Tomato Mediterranean Steak Salad	590	42	34	29	4	980	14	18	45% Vitamin A	30% Calcium
Arugula and Cherry Tomato Pizza	541	14	25	65	8	446	19	18	61% Vitamin A	55% Vitamin C
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
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.