

# Health Snapshot

6

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Steak Quinoa Bowl	650	51	37	31	7	478	19	160% Vitamin A	0% Vitamin B 12	52% Vitamin C
Toasted Gnocchi with Asparagus & Edamame	640	34	13	93	16	788	18	39% Vitamin A	59% Vitamin C	44% Folate
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	16	753% Vitamin A	127% Vitamin C	26% Iron
Chicken Satay Noodle Bowl	575	69	19	39	9	458	13	79% Vitamin C	14% Vitamin B-6	159% Vitamin A
Hawaiian Paella	560	26	21	68	8	1603	19	50% Vitamin C	79% Calcium	34% Iron
Sesame Ginger Salmon (no walnuts)	775 545	46	44 21	62	9	306	24 17	263% Vitamin C	23% Vitamin B-6	53% Vitamin A
New England Shrimp Roll	615	36	16	79	4	1320	16	29% Vitamin A	14% Vitamin B6	36% Vitamin C
Rotini di Modena with Chicken & Spinach (1/2 balsamic cream sauce)	680 500	64	27 9	49	7	231	19 11	87% Vitamin C	135% Vitamin A	7% Vitamin B 6
Falafel Plate with Hummus	265	12	9	43	13	325	8	129% Vitamin C	42% Vitamin A	16% Calcium

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Summer Vegetable Salad with Parmesan Vinaigrette	450	14	30	40	6	476	15	82% Vitamin C	40% Calcium	45% Vitamin A
Gyros Mini Tacos	765	56	29	66	9	991	25	63% Vitamin C	21% Vitamin A	24% Calcium
(use 1/2 the tortillas and 1/2 the greek sauce)	580		21				16			
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
Giant Sugar Cookies	630	6	33	75	1	160	32	2% Calcium	25% Vitamin A	15% Iron
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% 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.*