

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Shrimp 'n' Chips, 'n' Chips 'n' Chips	660	41	14	91	8	820	15	16	70% Vitamin A	35% Vitamin C
Chicken Francese	700	51	39	29	6	600	9	15	194% Vitamin A	107% Vitamin B6
(use 1/2 the herb butter)	560		24					9		
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		
Ginger Teriyaki Tilapia with Crispy Rice	650	48	11	90 CC 40	4	2110	26	15	106% Vitamin A	56% Vitamin C
Flaked Tuscan Salmon & Linguini	740	54	25	80	11	360	23	15	90% Vitamin D	70% Vitamin C
(use 2/3 pasta & pesto)	620		20					12		
Thai Curry Risotto	285	17	8	52 CC 38	8	250	7	8	26% Vitamin C	12% Vitamin B6
Cauliflower Fried "Rice" with Chicken & Pea Pods	347	63	4	17	5	462		1	41% Vitamin A	316% Vitamin C

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Steak & Red Potato Salad with Kale & Cranberries (1/2 the sauce)	665 520	37	22 17	84	7	526		25 19	29% Calcium	232% Vitamin A
Toasted Gnocchi with Mint- Basil Pesto (1/2 the pesto, almonds and cranberries)	660 530	28	16 9	99	10	780	16	20 15	253% Vitamin A	83% Vitamin C
Carolina Pulled Pork & Cornbread (2/3 ranch dressing, bbq sauce, & cornbread)	890 690	39	24 19	134	7	2490		30 22	61% Vitamin B12	30% Vitamin C
Jalapeño Broccoli Cheddar Soup	710	26	50	40	5	840	10	25	54% Calcium	128% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

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Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% 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.