

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Fiesta Steak Rice Bowl	455	38	14	45	6	173	12	33% Vitamin C	28% Iron	46% Vitamin A
Chicken Satay Noodle Bowl	575	69	19	39	9	458	13	79% Vitamin C	14% Vitamin B-6	159% Vitamin A
Truffle Mac-n-Cheese	980	39	63	69	7	695	38	156% Vitamin C	90% Calcium	60% Vitamin A
(use all the veggies and half of everything else)	610		42				32			
New England Shrimp Roll	615	36	16	79	4	1320	16	29% Vitamin A	14% Vitamin B6	36% Vitamin C
Ginger-Soy Aioli Rice Bowl	405	14	12	60	10	310	12	223% Vitamin A	33% Vitamin C	16% Calcium
Gyros Mini Tacos	665	55	21	59	9	991	17	63% Vitamin C	21% Vitamin A	24% Calcium
(use 1/2 the tortillas and 1/2 the greek sauce)	545		18				15			
Middle Eastern Tomato & Pepper Shakshuka	575	29	15	86	13	785	8	454% Vitamin C	96% Vitamin A	39% Iron
Sweet Asian BBQ Salmon	495	39	23	36	3	550	14	136% Vitamin A	83% Vitamin C	14% Vitamin B6
Lemon-Chai Brussels Sprouts Over Pearl Couscous	865	19	7	44	10	518	29	34% Vitamin A	41% Folate	267% Vitamin C
(½ cheese, nuts and vinaigrette)	515		37				17			

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Tomatillo Chicken with Tamale Pancakes	655	70	15	69	10	318	12	36% Vitamin A	196% Vitamin C	32% Iron
Loaded Baked Sweet Potato Soup	720	20	37	77	9	1119	22	42% Calcium	29% Vitamin A	19% Vitamin C
Use ½ the sour cream, cheese, and no bread	520		27				15			
Rockslide Brownie	550	5	35	56	2	230	31	25% Vitamin A	8% Calcium	25% Iron
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% 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

**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.*