

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Salmon Cakes with Dill Crema	560	44	25	42	6	1090	11	95% Vitamin D	56% Vitamin A	54% Vitamin C
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes	775	74	22	63 CC 32	3	752	18	73% Vitamin C	34% Calcium	16% Vitamin A
(use 1/2 the potatoes, cheese and sour cream)	605		15				12			
Chicago Italian Beef	570	30	100	60	4	1921	13	15% Vitamin A	85% Vitamin C	20% Calcium
Korean Vegetable Pajeon	280	14	7	42	9	432	4	115% Vitamin A	190% Vitamin C	29% Folate
Nashville Hot Shrimp over Cheesy Corn Grits	640	39	29	57	2.6	609	20	85% Vitamin C	38% Vitamin A	36% Vitamin B12
Argentinean Black Beans & Rice Bowl	660	23	12	120	24	35	18	74% Folate	900% Vitamin A	103% Vitamin C
(½ the salsa)	605		7				17			
Arugula and Cherry Tomato Pizza	541	14	25	65	8	446	18	61% Vitamin A	55% Vitamin C	23% Calcium
Rio Steak and Eggs	480	39	17	43	5	212	14	46% Vitamin A	79% Vitamin B-12	188% Vitamin C
Chicken Katsu Sandwich	550	65	14	43 CC 33	2	1600	13	22% Potassium	20% Iron	8% Calcium
Kolkata Crispy Rice Casserole	520	17	26	58 CC 30	6	719	16	61% Vitamin A	267% Vitamin C	30% Calcium

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Tuscan Cabbage and Kale Soup	150	8	1	28	8	796	1	117% Vitamin A	40% Vitamin C	10% Calcium
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium

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.