

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Mojo Verde Shrimp & Spanish Rice	650	37	19	84	7	830	8	15	60% Vitamin A	130% Vitamin C
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes (Green Beans)	775	74	22	63 CC 32	3	752		18	73% Vitamin C	34% Calcium
(use 1/2 the potatoes, cheese and sour cream)	605		15					12		
Truffle Mac-n-Cheese	980	39	63	69	7	695	15	38	156% Vitamin C	90% Calcium
(use all the veggies and half of everything else)	610		42					32		
Bistro Steak with Pesto Penne	555	45	25	40	7	387		16	72% Vitamin B-12	25% Calcium
Huli Huli Chicken	810	64	4	134	2	577		23	34% Vitamin A	11% Vitamin B-6
(Use 1/2 the sauce, 2/3 of the rice, and no flour on the chicken)	585		4					16		
Roasted Red Pepper Gnocchi with Smoky Sausage	675	27	15	109	7	1930	9	19	71% Vitamin C	71% Vitamin A
(half the pesto cream and two-thirds of the gnocchi)	490		12					13		

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Ginger-Soy Aioli Rice Bowl	405	14	12	60	10	310		12	223% Vitamin A	33% Vitamin C
Chicken Satay Noodle Bowl	575	69	19	39	9	458		13	79% Vitamin C	14% Vitamin B-6
Butternut Squash Tacos with Ancho Crema	610	14	20	99	12	1140	30	18	138% Vitamin A	62% Vitamin C
Mediterranean Lemon Chai Salmon with Pearl Couscous	790	47	50	45 CC 36	6	291	6	15	262% Vitamin C	54% Vitamin A
Tuscan Cabbage and Kale Soup	150	8	1	28	8	796	9	1	117% Vitamin A	40% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% 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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Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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.