

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
French Onion Smothered Steak & Crispy Hash Browns	600	47	25	44 CC 21	5	1210	5	15	30% Vitamin C	40% Calcium
Thai Curry Risotto	285	17	8	52 CC 38	8	250	7	8	26% Vitamin C	12% Vitamin B6
Pappardelle with Chicken and Herby Cream Sauce	850	57	132	45 CC 35	13	1400	50	25	35% Vitamin A	30% Calcium
(use 2/3 pasta, parm, butter, & cream sauce)	660		92					18		
Southwestern Tortilla Stew	615	23	16	97	16	1268		20	125% Vitamin C	47% Calcium
Italian Wedding Soup	265	13	9	36	5	1645	5	6	207% Vitamin A	44% Vitamin C
Sweet Asian BBQ Chicken	660	51	7	103	4	950	69	19	107% Vitamin B6	20% Vitamin C

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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		
Shrimp and Andouille Jambalaya	440	38	10	50	4	1600		11	90% Vitamin C	23% Vitamin A
Chile-Lime Salmon with Street Corn Elote	650	41	35	47	5	1070	15	16	140% Vitamin C	20% Calcium
Toasted Gnocchi with Maple-Chive Butternut Squash	650	14	32	83	12	300		22	118% Vitamin A	177% Vitamin C
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210		13	185% Vitamin A	98% 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	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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THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.