

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Za'atar Chicken	700	51	21	76 CC 36	11	810	18	36% Iron	72% Vitamin C	112% Vitamin B6
(use 2/3 of the rice pilaf and garlic yogurt)	580		16				14			
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	16	753% Vitamin A	127% Vitamin C	26% Iron
Mushroom and Root Vegetable Pot Pie	710	15	43	67	7	400	22	77% Vitamin A	28% Vitamin C	14% Calcium
(Use 2/3 of the crust)	560		33				17			
Shrimp Pad Thai	710	45	20	91	7	360	18	27% Iron	22% Potassium	17% Calcium
(use 1/2 the eggs, and peanuts)	550		8				15			
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		12				12			
Mexican Cacao Steak	620	35	13	83	5	544	17	71% Vitamin B12	16% Vitamin A	45% Vitamin C
Knife & Fork Grilled Cheese	685	36	33	63	6	1180	20	19% Vitamin A	56% Calcium	22% Vitamin B12
(use 1/2 the bread, place egg on top of cheese)	565		30				16			
Caper Tilapia with Parsley and Potatoes	660	47	25	57	4	1166	19	115% Vitamin C	19% Iron	28% Vitamin A
(½ the butter and oil, and ¾ potatoes)	515		14							

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Pulled Pork Mexican Casserole	750	46	37	60	9	1300	21	126% Vitamin C	71% Vitamin B6	49% Calcium
(use 1/2 the cheese)	630		27	CC 40			15			
Squash with Slow-Roasted Tomatoes and Goat Cheese	540	8	36	48	6	165	22	94% Vitamin C	235% Vitamin A	17% Vitamin B-6
Spinach & Artichoke Ravioli Soup	720	21	46	61	10	1180	27	69% Vitamin A	29% Vitamin C	32% Calcium
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	16	4% Vitamin C	15% Iron	6% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% 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
Big Oatmeal Raisin Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% 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.*