

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Pulled Pork Birria Tacos	970	64	53	63 CC 39	13	1000	13	29	80% Calcium	50% Vitamin A
(use 2 tortillas, 2/3 of the cheese & salsa)	730		37					21		
Deconstructed Grilled Chicken Kabobs	669	71	20	55 CC 14	7	915	7	12	328% Vitamin A	185% Vitamin C
Vegetarian Bi Bim Bop	410	23	14	51	8	636		12	221% Vitamin A	61% Vitamin C
Breaded Salmon Sandwich	850	47	46	62	6	1110	13	19	92% Vitamin D	Vitamin C 37%
1/2 the sauce and open face	600		27					11		
Chinese Hot Mustard Shrimp with Noodle Salad	440	33	8	59 CC 33	3	1030	11	10	12% Calcium	17% Iron
Chimichurri Steak with Skillet Potatoes	530	36	18	59	6	112		15	124% Vitamin C	71% Vitamin B-12
Pasta Caprese with Balsamic-Glazed Tofu	630	32	12	100	7	250	41	18	51% Vitamin C	33% Iron
Citrusy Salmon and Green Bean Almondine	700	44	28	76	10	180	42	26	92% Vitamin D	81% Vitamin C
(omit the butter, use 1/2 the cranberries & almonds)	570		21					14		

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Grilled Halloumi Gyros	595	21	31	61 CC 26	8	1094	13	17	100% Vitamin C	32% Vitamin A
Farro With Sautéed Asparagus & Roasted Pear	610	23	32	71	17	545	11	14	50% Vitamin C	58% Folate
Waldorf Salad with Grilled Chicken	745	66	35	52	9	220	22	22	93% Vitamin A	28% Vitamin Iron
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
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
Big Oatmeal Raisin Cookies	180	2	9	22	1	170		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.*