

Health Snapshot

Cheddar Strata

470 Calories
29g Protein
9g Fat
44g Carbs.
6g Fiber
707mg Sodium

15 Smart Points

30% Vitamin A
42% Calcium
20% Vitamin B-6

Massaman Steak Curry

730 Calories
40g Protein
37g Fat
65g Carbs.
8g Fiber
924mg Sodium

24 Smart Points

353% Vitamin C
71% Vitamin B12
35% Vitamin B6

Alfredo & Pepper Flatbread

680 Calories
76 g Protein
18 g Fat
52 g Carbs.
4 g Fiber
1501 mg Sodium

16 Smart Pts.

27% Vitamin C
14% Vitamin A
304% Vitamin B-6

Nut-Crusted Chicken

720 Calories
68g Protein
31g Fat
53g Carbs.
11g Fiber
200mg Sodium

20 Smart Points

222% Vitamin C
22% Vitamin B-6
44% Vitamin A

Brussels Salad

540 Calories
16g Protein
33g Fat
52g Carbs.
12g Fiber
586mg Sodium

19 Smart Points

204% Vitamin C
45% Vitamin B6
20% Calcium

Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

Steak Curry

½ rice & sauce

540 Calories
28g Fat
39g Carbs
17 Smart Points

Chicken

*Half dressing, date
mix and nut crust*

500 Calories
17g Fat
11 Smart Points

Health Snapshot

Udon Noodles

565 Calories
39g Protein
19g Fat
65g Carbs.
14g Fiber
665mg Sodium

15 Smart Points

30% Vitamin A
37% Folate
295% Vitamin C

Salmon Tapenade

635 Calories
26g Protein
39g Fat
52g Carbs.
6g Fiber
177mg Sod

19 Smart Points

182% Vitamin C
22% Vitamin B-6

Butternut Squash Tacos

570 Calories
18g Protein
8g Fat
48g Carbs.
18g Fiber
1126mg Sodium

16 Smart Points

85% Vitamin C
327% Vitamin A

Mexican Pozole

515 Calories
19g Protein
13g Fat
91g Carbs.
12g Fiber
754mg Sodium

14 Smart Points

176% Vitamin C
103% Vitamin A

Mediterranean Grilled Cheese

590 Calories
32g Protein
35g Fat
38g Carbs.
6g Fiber
1396 mg Sodium

20 Smart Points

62% Calcium
17% Vitamin C
5% Folate

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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.

Health Snapshot

Ultimate Oreo Cheesecake

405 Calories
1g Protein
23g Fat
44g Carbs.
1g Fiber
350 mg Sodium

16 Smart Points

1.5% Vitamin C
0.5% Vitamin A

Cheesecake with Strawberry Coulis

300 Calories
1g Protein
20g Fat
24g Carbs
1g Fiber
210 mg Sodium

13 Smart Points

40% Vitamin C
1% Calcium

Lemon Raspberry Mini Pies with White Chocolate

335 Calories
4g Protein
21g Fat
32g Carbs.
0.2g Fiber
24 mg Sodium

15 Smart Points

Caramel and Chocolate Snickers Mini Pie

385 Calories
4g Protein
25g Fat
8g Carbs.
3g Fiber
218 mg Sodium

14 Smart Points

Mini Pie Sampler

360 Calories
4g Protein
25g Fat
20g Carbs.
2g Fiber
120 mg Sodium

15 Smart Points

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