

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Sweet & Sour Tofu Over Sesame Noodles	621	33	14	92 CC 35	10	1624	12	167 % Vitamin C	77% Calcium	29% Iron
Buttermilk Salad with Nut-Crusted Chicken	720	68	31	54	11	200	19	44% Vitamin A	222% Vitamin C	22% Vitamin B-6
(Half dressing, date mix and nut crust)	500		17				11			
Shrimp & Gruyere Mac-n-Cheese	660	55	28	45	3	802	19	212% Vitamin A	92% Calcium	52% Vitamin C
(use 2/3's of the cheese)	550		19				15			
Mediterranean Lemon Chai Salmon with Pearl Couscous	790	47	50	45 CC 36	6	291	15	262% Vitamin C	54% Vitamin A	15% Vitamin B-6
Roasted Red Pepper Gnocchi with Smoky Sausage	675	27	15	109	7	1930	19	71% Vitamin C	71% Vitamin A	17% Calcium
(half the pesto cream and two-thirds of the gnocchi)	490		12				13			
Chile Relleno Burrito	555	27	21	68	13	586	18	66% Folate	37% Calcium	201% Vitamin C
(no tortillas)	390		15				15			
Pasta with Spinach Pesto	620	23	40	51	12	554	19	160% Vitamin C	44% Folate	74% Vitamin A
Steak Bi Bim Bap	560	46	20	49	8	713	16	33% Vitamin B-12	113% Calcium	270% Vitamin A
Mexican Chicken and Veggie "Rice" Bowl	535	72	17	28	8	722	9	266% Vitamin C	43% Vitamin A	26% Calcium

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Greek Briam	310	10	17	41	11	1198	5	200% Vitamin C	67% Vitamin A	33% Calcium
Loaded Baked Sweet Potato Soup	720	20	37	77	9	1119	22	42% Calcium	29% Vitamin A	19% Vitamin C
Use ½ the sour cream, cheese, and no bread	520		27				15			
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	16	4% Vitamin C	15% Iron	6% Vitamin A
Giant Sugar Cookies	630	6	33	75	1	160	32	2% Calcium	25% Vitamin A	15% Iron
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% Iron

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.