

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Vietnamese Shaky Beef with Crispy Rice	650	41	11	97	6	2500	20	36% Iron	63% Vitamin B12	23% Vitamin A
Tomato Basil Shrimp Scampi	500	37	11	66 CC18	6	220	11	46% Vitamin C	23% Vitamin B6	24% Iron
Chipotle-Honey Glazed Tilapia	670	45	36	50	8	540	22	29% Vitamin D	26% Calcium	22% Iron
Mango Teriyaki Chicken	680	52	10	96	7	1700	13	97% Vitamin A	84% Vitamin C	34% Iron
Gyros Mini Tacos	665	55	21	59	9	991	17	63% Vitamin C	21% Vitamin A	24% Calcium
Brazilian Farro with Roasted Pineapple	770	11	43	90	11	136	26	100% Vitamin C	48% Vitamin B-6	
Chicken Quesadillas with Green Enchilada Sauce (use 1/2 the tortillas and cheese)	980	71	35	93 CC 38	9	1530	30	42% Calcium	44% Iron	21% Vitamin A
	680		24				14			
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
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469	14	184% Vitamin C	170% Vitamin A	4% Calcium
Ravioli with Arugula Pesto	560	32	17	67	6	1048	15	51% Vitamin A	157% Vitamin C	63% Calcium

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Barbeque Pizza	575	24	13	61	11	1605	19	316% Vitamin A	77% Vitamin C	25% Calcium
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
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Big Oatmeal Raisin Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Chocolate Chunk 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.