

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Waldorf Salad with Grilled Chicken	745	66	35	52	9	220	22	93% Vitamin A	28% Vitamin Iron	189% Vitamin C
(½ the dressing, raisins and nuts)	530		19				14			
Ginger Shrimp Lettuce Wraps	435	32	16	44	5	425	9	122% Vitamin C	82% Vitamin A	30% Folate
Zucchini and Squash Lasagna	640	54	34	31	6	2026	17	198% Vitamin C	155% Calcium	89% Vitamin A
Panang Curry with Broccoli & Cauliflower	700	28	35	75	15	889	22	331% Vitamin C	84% Folate	46% Vitamin A
(Use 1/4 peanuts and half the coconut sauce)	480		15				14			
Upside-Down Asparagus Quiche	720	29	46	47	4	420	25	58% Calcium	34% Vitamin A	24% Vitamin C
(half the pie crust)	515		32				17			
Thai Sirloin Steak Udon Bowl	730	45	40	55	7	1450	21	419% Vitamin C	68% Vitamin B-12	47% Vitamin A
Honey-Glazed Salmon	620	39	24	68	9	135	22	46% Vitamin C	41% Vitamin A	10% Calcium
Chicken Bahn Mi	525	63	10	48	5	614	11	102% Vitamin C	11% Calcium	82% Vitamin A
Chile Relleno Burrito	555	27	21	68	13	586	18	66% Folate	37% Calcium	201% Vitamin C
(with no tortillas)	390		15				16			

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Asiago Confetti Salad	318	7	25	24	5	68	10	194% Vitamin C	128% Vitamin A	15% Vitamin B6
Bruschetta Salad	585	17	43	37	5	343	19	94% Vitamin C	114% Vitamin A	37% Calcium
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Rockslide Brownie	550	5	35	56	2	230	31	25% Vitamin A	8% Calcium	25% Iron
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% 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.