

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Ultimate Steak French Dip	840	58	36	75	9	2140	24	70% Vitamin A	60% Iron	50% Calcium
(use 1/2 bread, aioli and coleslaw)	630		29				17			
Ramen Chicken	695	80	14	63 CC 11	8	3315	10	10% Vitamin C	0.5% Vitamin A	4% Vitamin C
(Use 2/3 noodles, and omit the egg)	545		8				7			
Mexican Shrimp with Zucchini and Orzo	410	37	6	54 CC 31	7	2391	6	49% Vitamin A	43% Vitamin C	28% Folate
Italian Toasted Gnocchi	453	20	5	82	10	486	11	81% Vitamin C	20% Vitamin A	16% Calcium
Bacon & Smoked Gouda Chicken	860	77	45	40	5	1260	21	31% Calcium	59% Vitamin C	21% Vitamin A
(no butter, 2/3 of cheese, bacon and onion mix, and bbq sauce)	650		28				13			
Gyros with Red Pepper Tapenade	650	30	36	53 CC 30	7	920	18	94% Vitamin C	33% Iron	14% Vitamin A
Nut-Crusted Salmon with Roasted Zucchini	430	38	26	12	4	74	4	49% Vitamin A	41% Vitamin C	13% Folate
Huli Huli Chicken	810	64	4	134	2	577	23	34% Vitamin A	11% Vitamin B-6	28% Vitamin C
(Use 1/2 the sauce, 2/3 of the rice, and no flour on the chicken)	585		4				16			

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Roasted Brussels Sprouts Tacos with Sriracha Aioli	425	18	14	61	8	358	12	242% Vitamin C	28% Vitamin A	
Knife & Fork Grilled Cheese  (use 1/2 the bread, place egg on top of cheese)	685 565	36	33 30	63	6	1180	20 16	19% Vitamin A	56% Calcium	22% Vitamin B12
Mozambican Yellow Curry Rice Bowl	660	15	23	103	11	570	22	131% Vitamin C	52% Vitamin B6	29% Iron
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Tiramisu for Two	290	5	15	35	1	40		6% Calcium	2% Iron	2% Vitamin D
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Rockslide Brownie	550	5	35	56	2	230	31	25% Vitamin A	8% Calcium	25% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Big Oatmeal Raisin 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.*