

Health Snapshot

Roasted Red Pepper Spaghetti

370 Calories
18g Protein
10g Fat
64g Carbs.
15g Fiber
547mg Sodium

11 Smart Points

495% Vitamin A
193% Vitamin C
39% Calcium

Ginger-Soy Aioli Rice Bowl

405 Calories
14g Protein
12g Fat
60g Carbs.
10g Fiber
310mg Sodium

12 Smart Points

223% Vitamin A
33% Vitamin C
16% Calcium

Chicken Pesto Pizza

800 Calories
76g Protein
31g Fat
58g Carb.
7g Fiber
1755mg Sodium

21 Smart Points

75% Vitamin C
42% Vitamin A
42% Calcium

Parmesan Artichoke Shrimp

634 Calories
41g Protein
16g Fat
69g Carbs.
7g Fiber
571mg Sodium

18 Smart Points

57% Vitamin A
24% Vitamin B-12
235% Vitamin C

Lemon-Chai Brussels Sprouts

865 Calories
19g Protein
7g Fat
44g Carbs.
10g Fiber
518mg Sodium

29 Smart Points

267% Vitamin C
41% Folate
34% Vitamin A

Lighten Up Option

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

Chicken Pesto Pizza

*½ the mozzarella
cheese and pesto*

650 Calories
18g Fat
16 Smart Points

Brussels

*½ cheese, nuts and
vinaigrette*

515 Calories
37g Fat
17 Smart Points

Health Snapshot

Salmon Tapanade

635 Calories
26g Protein
39g Fat
52g Carbs.
6g Fiber
1208mg Sodium

19 Smart Points

182% Vitamin C
22% Vitamin B-6

Thai Sirloin Steak Udon

730 Calories
45g Protein
40g Fat
55g Carbs.
7g Fiber
1450mg Sodium

21 Smart Points

419% Vitamin C
68% Vitamin B12
47% Vitamin A

Kentucky BBQ Tacos

450 Calories
16g Protein
14g Fat
68g Carbs.
4g Fiber
433mg Sodium

15 Smart Points

82% Vitamin A
122% Calcium
54% Vitamin C

Arroz con Pollo

765 Calories
35g Protein
22g Fat
107g Carbs.
7g Fiber
895mg Sodium

22 Smart Points

45% Vitamin C
26% Vitamin A
39% Iron

Basil Crunch Salad

560 Calories
25g Protein
42g Fat
31g Carbs.
10g Fiber
1358mg Sodium

18 Smart Points

66% Vitamin C
120% Vitamin A
59% Calcium

Grilled Cheese

390 Calories
22g Protein
14g Fat
46g Carbs.
6g Fiber
490mg Sodium

13 Smart Points

29% Calcium
8% Vitamin B12
6% Vitamin A

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Thai Sirloin

½ udon, 1/2 sauce

495 Calories

25g Fat

14 Smart Points

Arroz Con Pollo

½ the rice

580 Calories

21g Fat

17 Smart Points

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.

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THE Carrot Cake	Snickerdoodle Cookies	Ultimate Oreo Cheesecake	Lemon Blueberry Cookies	Lemon Raspberry Mini Pies	Toffee Crunch Blondie
540 Calories	370 Calories	405 Calories	360 Calories	335 Calories	380 Calories
6g Protein	4g Protein	1g Protein	3g Protein	4g Protein	4g Protein
34g Fat	18g Fat	23g Fat	16g Fat	21g Fat	19g Fat
49g Carbs.	48g Carbs.	44g Carbs	51g Carbs.	32g Carbs.	50g Carbs.
2g Fiber	1g Fiber	1g Fiber	1g Fiber	0.2g Fiber	1g Fiber
440 mg Sodium	330 mg Sodium	350 mg Sodium	290 mg Sodium	24 mg Sodium	350 mg Sodium
13 Smart Points	19 Smart Points	16 Smart Points	18 Smart Points	15 Smart Points	18 Smart Points
6% Vitamin C	10% Iron	0.5% Vitamin A	25% Vitamin C		10% Iron
6% Calcium	10% Vitamin A	1.5% Calcium	8% Vitamin A		10% Vitamin A

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