

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Bourbon and Bacon Steak Sliders (use 1/2 the buns, and cheese)	970 700	66	46 34	69 CC 24	4	1600	20	34 23	40% Calcium	25% Vitamin A
Hearty Paella with Crispy Green Beans (use /3 of the chive oil)	770 660	20	48 37	57 CC 38	28	400	15	24 19	60% Vitamin C	30% Iron
Salmon Cakes with Dill Crema	560	44	25	42	6	1090	12	11	95% Vitamin D	56% Vitamin A
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	6	10	13% Vitamin A	38% Vitamin B12
Shrimp Pad Thai (use 1/2 the eggs, and peanuts)	710 550	45	20 8	91	7	360	36	18 15	27% Iron	22% Potassium
Avocado Tilapia Sandwich with Jalapeño Slaw	650	34	24	79	10	2700	24	18	100% Vitamin C	90% Vitamin A
Pasta with Spinach Pesto	620	23	40	51	12	554		19	160% Vitamin C	44% Folate

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Chorizo Bravas Croquettes										
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	10	19	31% Vitamin C	12% Vitamin A
Balsamic Glazed Chicken Caprese Pasta	615	64	23	40 CC 17	5	249		15	67% Vitamin C	25% Vitamin A
Arugula and Cherry Tomato Pizza	541	14	25	65	8	446	19	18	61% Vitamin A	55% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

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Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

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.