

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Shrimp and Chorizo Paella	590	41	16	73 CC 23	8	880	16	14% Calcium	26% Potassium	17% Iron
Espresso-Rubbed Steak with Au Gratin Sweet Potatoes	978	45	59	70	7	2071	32	491% Vitamin A	79% Vitamin C	76% Vitamin B12
(2/3 of the finished potatoes)	694		35				20			
Herb-Roasted Chicken With Fingerling Potatoes	690	54	15	75	8	1321	18	125% Vitamin C	2% Vitamin D	69% Vitamin B6
½ the potatoes and wine sauce	500		12				12			
Paneer Tikka Masala	745	20	61	37	10	992	26	151% Vitamin A	88% Vitamin C	54% Calcium
(Use 2/3 butter and tikka masala sauce)	560		42				18			
Pasta with Spinach Pesto	620	23	40	51	12	554	19	160% Vitamin C	44% Folate	74% Vitamin A
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			
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	16	753% Vitamin A	127% Vitamin C	26% Iron
Blackened Tilapia Over Cornbread Crumbles	550	50	17	52 CC 21	1	1380	9	27% Vitamin A	28% Calcium	29% Folate

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Deep Dish Mushroom and White Cheddar Strata	440	31	25	49	3	535	20	16% Vitamin C	54% Calcium	68% Vitamin D
BBQ Brisket on Brioche	695	35	35	61	5	2268	11	71% Vitamin A	209% Vitamin C	8% Calcium
(open face with half the slaw)	600		32				8			
French Onion Soup	280	19	13	24	6	369	6	112% Vitamin C	54% Calcium	27% Folate
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% 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
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.