

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Cauliflower Shawarma Tacos	650	16	20	104	12	1550	19	122% Vitamin C	30% Iron	44% Vitamin B6
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	15	145% Vitamin C	44% Vitamin A	10% Calcium
Bacon & Smoked Gouda Chicken (no butter, 2/3 of cheese, bacon and onion mix, and bbq sauce)	860 650	77	45 28	40	5	1260	21 13	31% Calcium	59% Vitamin C	21% Vitamin A
Parmesan Tilapia with Broccoli & Cauliflower Au Gratin (half the sauce)	745 561	25	54 34	49	8	601	25 17	154% Vitamin A	232% Vitamin C	68% Folate
Himalayan Red Rice with Bangkok Basil Crunch	600	29	35	49	10	1444	19	316% Vitamin A	30% Calcium	22% Folate
Toasted Gnocchi with Mint-Basil Pesto (1/2 the pesto, almonds and cranberries)	660 530	28	16 9	99	10	780	20 15	253% Vitamin A	83% Vitamin C	46% Calcium
Mexican Shrimp with Zucchini and Orzo	410	37	6	54 CC 31	7	2391	6	49% Vitamin A	43% Vitamin C	28% Folate
Buttermilk Salad with Nut-Crusted Chicken (Half dressing, date mix and nut crust)	720 500	68	31 17	54	11	200	19 11	44% Vitamin A	222% Vitamin C	22% Vitamin B-6
Brazilian Farro with Roasted Pineapple ½ the sauce and a sprinkle of seeds	770 500	11	43 15	90	11	136	26 16	100% Vitamin C	48% Vitamin B-6	

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Seafood Moqueca	840	39	51	60	5	320	23	46% Vitamin D	37% Iron	30% Potassium
(use 2/3 rice, sauce, & butter)	660		38	CC 27			16			
Chili-Lime Salad with Spiced Hominy	615	15	30	74	13	829	21	441% Vitamin A	187% Vitamin C	41% Calcium
(½ dressing, ½ hominy)	445		19				13			
Rockslide Brownie	550	5	35	56	2	230	31	25% Vitamin A	8% Calcium	25% Iron
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% 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
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.*