

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Italian Sausage & Pepper Burrito	755	39	59	31 CC 25	14	1210	28	128% Vitamin A	334% Vitamin C	85% Calcium
(use 1/2 the provolone)	605		48				22			
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210	13	185% Vitamin A	98% Vitamin C	31% Vitamin B-6
Chicken Shawarma	560	18	33	54	7	681	17	83% Vitamin A	331% Vitamin C	20% Calcium
New England Shrimp Roll	615	36	16	79	4	1320	16	29% Vitamin A	14% Vitamin B6	36% Vitamin C
Mexican Shakshuka	775	36	46	59	8	1318	21	240% Vitamin C	69% Vitamin A	52% Calcium
(½ the tortillas and ½ the eggs)	615		39				43			
Bangkok Basil Crunch Salad	325	25	42	31	10	1358	18	66% Vitamin C	120% Vitamin A	59% Calcium
Peruvian Lomo Saltado Steak	485	34	14	55	7	422	14	687% Vitamin A	292% Vitamin C	71% Vitamin B-12
Asparagus Rice Bowl with Miso Mustard Vinaigrette	330	7	11	55 CC 38	7	151	10	154% Vitamin A	41% Vitamin C	56% Folate
Filipino Chicken Pancit	625	67	6	68	8	1550	14	6% Calcium	93% Vitamin A	22% Iron
Zucchini "Spaghetti" alla Puttanesca	193	9	5	32	8	1125	2	100% Vitamin C	76% Vitamin A	22% Calcium

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Asiago Confetti Salad	320	6	25	24	5	68	10	194% Vitamin C	128% Vitamin A	15% Vitamin B6
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% 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		
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% 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.