

Health Snapshot

Rotini with Basil Oil

400 Calories
19g Protein
6g Fat
72g Carbs.
16g Fiber
218mg Sodium

11 Smart Points

190% Vitamin C
43% Vitamin A
14% Calcium

Chicken Pesto Pizza

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

21 Smart Points

75% Vitamin C
42% Vitamin A
42% Calcium

Lemon Risotto

785 Calories
17g Protein
21g Fat
123g Carbs.
10g Fiber
1318mg Sodium

26 Smart Pts.

130% Vitamin C
41% Vitamin B-6
1018% Vitamin A

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

Chile Relleno Burrito

555 Calories
26g Protein
21g Fat
68g Carbs.
13g Fiber
586mg Sodium

18 Smart Points

66% Folate
37% Calcium
201% Vitamin C

Lighten Up Option

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

Chicken Pizza

½ the mozzarella cheese and pesto

650 Calories
18g Fat
16 Smart points

Lemon Risotto

No blue cheese, ½ vinaigrette

585 Calories
5g Fat
18 Smart Points

Chile Burrito

No tortillas

390 Calories
15g Fat
14 Smart points

Health Snapshot

Mexican Grilled Corn

250 Calories
8g Protein
8g Fat
39g Carbs.
2g Fiber
107mg Sodium

9 Smart Points

6% Vitamin C
6% Vitamin A
6% Calcium

Nut-Crusted Chicken

720 Calories
68g Protein
31g Fat
53g Carbs
11g Fiber
200mg Sodium

19 Smart Points

222% Vitamin C
22% Vitamin B-6
44% Vitamin A

Yellow Curry with Mint Yogurt

355 Calories
21g Protein
10g Fat
50g Carbs.
7g Fiber
585mg Sodium

11 Smart Points

73% Vitamin C
91% Calcium
12% Vitamin A

Ginger Sesame Salmon

775 Calories
46g Protein
44g Fat
62g Carb.
9g Fiber
306mg Sodium

24 Smart Points

263% Vitamin C
23% Vitamin B-6
53% Vitamin A

Steak and Potato Salad

665 Calories
37g Protein
22g Fat
84g Carbs.
7g Fiber
526mg Sodium

25 Smart Points

29% Calcium
232% Vitamin A
109% Vitamin C

Shrimp Tostadas

500 Calories
39g Protein
14g Fat
57g Carbs.
11g Fiber
707mg Sodium

15 Smart Points

19% Calcium
17% Vitamin A
48% Vitamin C

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Chicken

Half dressing, date mix and nut crust

500 Calories
17g Fat
11 Smart Points

Ginger Salmon

No walnuts

545 Calories
21g Fat
17 Smart Points

Potato Salad

Use ½ the sauce

520 Calories
17g Fat
19 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.

Health Snapshot

Ultimate Oreo Cheesecake

405 Calories
1g Protein
23g Fat
44g Carbs.
1g Fiber
350 mg Sodium

16 Smart Points

1.5% Vitamin C
0.5% Vitamin A

Cheesecake with Strawberry Coulis

300 Calories
1g Protein
20g Fat
24g Carbs
1g Fiber
210 mg Sodium

13 Smart Points

40% Vitamin C
1% Calcium

Lemon Raspberry Mini Pies with White Chocolate

335 Calories
4g Protein
21g Fat
32g Carbs.
0.2g Fiber
24 mg Sodium

15 Smart Points

Caramel and Chocolate Snickers Mini Pie

385 Calories
4g Protein
25g Fat
8g Carbs.
3g Fiber
218 mg Sodium

14 Smart Points

Mini Pie Sampler

360 Calories
4g Protein
25g Fat
20g Carbs.
2g Fiber
120 mg Sodium

15 Smart Points

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