

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Miso Butter Salmon over Tamari-Ginger Rice	590	25	23	72 33 CC	5	850	18	17	60% Vitamin A	60% Vitamin K
Marry Meez Chicken	870	58	48	56 CC 37	17	620	23	26	50% Vitamin A	50% Vitamin K
(use 1/3 of the orzo, cheese & cream)	670		32					17		
Black Bean Quesadilla	720	26	40	70	12	1224		18	46% Calcium	17% Vitamin C
½ the tortillas and two- thirds of the cheese	525		32					12		
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	x	16	753% Vitamin A	127% Vitamin C
Italian Sausage & Peppers with Penne Verde	980	47	60	63 CC 25	5	1760	14	32	120% Vitamin A	410% Vitamin C
(use 1/2 the pasta sauce & parmesan)	710		45					22		
Smoky Creole Bean Jambalaya & Cornbread	770	24	19	128	11	1360	8	19	60% Vitmain C	40% Iron
(use 1/2 the cornbread & 1/2 sour cream topper)	610		10					14		

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Shrimp Pad Thai	710	45	20	91	7	360	36	18	27% Iron	22% Potassium
(use 1/2 the eggs, and peanuts)	550		8					15		
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Tilapia Milanese	630	55	10	82	7	1280	9	11	45% Vitmin C	35% Iron
Caramelized Butternut Squash Rotini	590	25	21	80 CC 31	8	520	9	16	40% Calcium	120% Vitamin A
Ramen Chicken	695	80	14	63 CC 11	8	3315	2	10	10% Vitamin C	0.5% Vitamin A
(Use 2/3 noodles, and omit the egg)	545		8					7		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Preotein 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
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.