

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
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
Gyros Mini Tacos	665	55	21	59	9	991	17	63% Vitamin C	21% Vitamin A	24% Calcium
(use 1/2 the tortillas and 1/2 the greek sauce)	545		18				15			
Barbequed Sweet Potato Couscous Gratin	505	20	11	81	8	777	17	909% Vitamin A	130% Vitamin C	48% Calcium
Korean Beef Bulgogi	570	40	25	45 CC 34	8	716	17	287% Vitamin C	18% Calcium	329% Vitamin A
Creamy Asparagus Soup with Fontina Fritters	780	26	59	37	5	676	32	122% Vitamin A	62% Vitamin C	70% Calcium
(no butter and no topper)	630		44				16			
Huli Huli Chicken	325	64	4	134	2	577	23	34% Vitamin A	11% Vitamin B-6	28% Vitamin C
(Use 1/2 the sauce, 2/3 of the rice, and no flour on the chicken)	585		4				16			
Tequila Chipotle Shrimp	358	30	10	36	6	928	5	90% Vitamin C	36% Vitamin A	28% Vitamin B-12
Balsamic Glazed Chicken Caprese Pasta	615	64	23	40 CC 17	5	249	15	67% Vitamin C	25% Vitamin A	2% Vitamin B- 6
Enchilada Spaghetti	496	18	15	74 CC 37	11	1621	12	149% Vitamin C	76% Vitamin A	24% Iron

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		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Bangkok Basil Crunch Salad	560	25	42	31	10	1358	18	66% Vitamin C	120% Vitamin A	59% Calcium
Artichoke Quesadilla	795	32	44	71	8	1768	27	16% Folate	68% Calcium	26% Vitamin B12
(1 folded tortilla and ½ the pesto)	535		30				15			
Molten Chocolate Cake	340	4	18	42	3	140	16	4% Vitamin C	15% Iron	6% Vitamin A
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
THE Carrot Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Chocolate Chunk Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% Iron
Giant Sugar Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron

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.