

Health Snapshot

| Recipe | Calories | Protein | Fat | Carbs | Fiber | Sodium | Smart | Key Vitamins/Minerals | | |
|---|----------|---------|---------|-------------|---------|--------------|--------|--------------------------------|---------------------|--------------------|
| | | (grams) | (grams) | (grams) | (grams) | (milligrams) | Points | (percent of recommended daily) | | |
| Chorizo Polenta Casserole | 795 | 44 | 57 | 23 CC 15 | 2 | 1795 | 23 | 217% Vitamin C | 27% Calcium | 48% Vitamin B12 |
| (½ the polenta, ½ the cheese and no egg) | 630 | | 48 | | | | 20 | | | |
| Lemon-Chai Brussels Sprouts Over Pearl Couscous | 865 | 19 | 7 | 44 | 10 | 518 | 29 | 34% Vitamin A | 41% Folate | 267% Vitamin C |
| (½ cheese, nuts and vinaigrette) | 515 | | 37 | | | | 17 | | | |
| Honey Butter Chicken & Waffles | 740 | 69 | 29 | 56 | 3 | 570 | 16 | 44% Vitamin A | 24% Vitamin B-6 | 18% Folate |
| (½ the dressing, ½ the butter and 1 waffle) | 595 | | 17 | | | | 11 | | | |
| Sweet Potato, Kale & Rice Bowl with Peanut Sauce | 570 | 28 | 16 | 85 | 11 | 235 | 16 | 753% Vitamin A | 127% Vitamin C | 26% Iron |
| Southwestern Salmon with Fresh Corn Salsa | 575 | 37 | 35 | 33 | | 159 | 16 | | | |
| Steak Au Poivre | 840 | 40 | 51 | 57 CC 28 | 8 | 569 | 31 | 83% Vitamin A | 74% Vitamin B-12 | 48% Vitamin B-6 |
| (½ sauce, roast the potatoes) | 640 | | 31 | | | | 21 | | | |
| Crispy Bangkok Shrimp | 625 | 34 | 29 | 63 | 7 | 746 | 19 | 28% Vitamin C | 25% Calcium | 29% Vitamin A |
| Chicken Pot Pie | 920 | 65 | 36 | 82 | 8 | 367 | 26 | 22% Vitamin B-6 | 399% Vitamin A | 58% Vitamin C |
| (use ½ the pie crusts) | 680 | | 18 | | | | 17 | | | |

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|---|----------|--------------------|----------------|------------------|------------------|------------------------|-----------------|---|----------------|---------------|
| | | | | | | | | Vitamin C | Calcium | Vitamin A |
| Rotini with Basil Oil & Pecorino | 400 | 19 | 6 | 72 | 16 | 218 | 11 | 190% Vitamin C | 14% Calcium | 43% Vitamin A |
| Mexican Pozole | 515 | 19 | 13 | 91 | 12 | 754 | 17 | 176% Vitamin C | 103% Vitamin A | |
| French Onion Soup | 280 | 19 | 13 | 24 | 6 | 369 | 6 | 112% Vitamin C | 54% Calcium | 27% Folate |
| Honduran Chocolate Brownies (Gluten-Free) | 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 |
| Molten Chocolate Cake | 520 | 7 | 31 | 54 | 3 | 360 | 28 | 30% Iron | 4% Vitamin A | 6% Calcium |
| Double Chocolate Cookies | 380 | 4 | 20 | 48 | 3 | 200 | 18 | 8% Vitamin A | 2% Calcium | 20% Iron |
| Kitchen Sink 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.