

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Lemon Chicken Souvlaki	560	50	18	51 CC 40	4	1010	25	11	190% Vitamin C	40% Vitamin A
Ginger-Soy Aioli Rice Bowl	405	14	12	60	10	310		12	223% Vitamin A	33% Vitamin C
Carne Asada Tacos	611	43	21	68 CC 29	6	1225	12	18	71% Vitamin B-12	100% Vitamin A
Bacon Onion Swiss Burger	1270	56	74	93	6	2210	34	44	108% Calcium	185% Vitamin B12
Use 2/3 of the potatoes, bacon & onion, cheese, sauce, and open faced	840		51					28		
Sesame-Peanut Chicken with Seared Pineapple	850	58	35	76 CC 40	7	1080	25	21	141% Vitamin C	36% Vitamin A
(2/3 of the rice, pineapple, & sauce	650		26					15		
Citrusy Salmon and Green Bean Almondine	700	44	28	76	10	180	60	26	92% Vitamin D	81% Vitamin C
(omit the butter, use 1/2 the cranberries & almonds)	570		21					14		
Remoulade Steak with Creole Rice & Beans	820	54	23	101	19	970	8	15	126% Votamin C	67% Iron
use 2/3 of the rice blend and remoulade sauce	640		19					11		
Pasta Caprese with Balsamic-Glazed Tofu	630	32	12	100	7	250	41	18	51% Vitamin C	33% Iron

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Penne alla Vodka with Seared Shrimp	790	53	19	76	7	2040	16	19	46% Calcium	56% Iron
(use 3/4 of the pasta, ricotta, & vodka sauce)	640		15	CC 36				14		
Farro With Sautéed Asparagus & Roasted Pear	610	23	32	71	17	545	11	14	50% Vitamin C	58% Folate
Vegetarian Cobb Salad	475	27	30	24	7	931	13	9	309% Vitamin A	467% Vitamin C
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
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
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Big Oatmeal Raisin Cookies	180	2	9	22	1	170		9	2% Calcium	4% 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.