

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Drunken Noodles with Tofu	490	21	10	81 CC 40	5	2070	12	133% Vitamin C	58% Iron	41% Calcium
New Orleans Shrimp Cakes	520	37	15	61	6	480	14	88% Vitamin A	219% Vitamin C	36% Vitamin B12
Creamy Chicken Orzo	798	75	34	54 CC 37	8	1562	20	120% Vitamin A	198% Vitamin C	30% Calcium
(make 1/2 the sauce, use 1/2 the buter & flour)	630		18				11			
Sweet Asian BBQ Salmon	495	39	23	36	3	550	14	136% Vitamin A	83% Vitamin C	14% Vitamin B6
Pasta with Spinach Pesto	620	23	40	51	12	554	19	160% Vitamin C	44% Folate	74% Vitamin A
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			
Huli Huli Chicken	810	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			
Arugula and Cherry Tomato Pizza	541	14	25	65	8	446	18	61% Vitamin A	55% Vitamin C	23% Calcium
Argentinean Black Beans & Rice Bowl	660	23	12	120	24	35	18	74% Folate	900% Vitamin A	103% Vitamin C
(½ the salsa)	605		7				17			

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Thai Sirloin Steak Udon Bowl (½ udon, 1/2 sauce)	730	45	40	55 CC 28	7	1450	21	419% Vitamin C	68% Vitamin B-12	47% Vitamin A
Farmers Market Soup	430	18	4	86 CC 38	7	60	10	24% Potassium	14% Iron	7% Calcium
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Big Oatmeal Raisin Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium

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.