

Health Snapshot

Aioli Shrimp with Asian Veggies

550 Calories
37g Protein
19g Fat
62g Carbs.
7g Fiber
531mg Sodium

16 Smart Points

153% Vitamin A
39% Vitamin C
23% Vitamin B-6

Farmers Market Salad

245 Calories
9g Protein
9g Fat
47g Carbs.
9g Fiber
247mg Sodium

9 Smart Points

215% Vitamin A
2% Vitamin B-12
14% Vitamin B-6

Mediterranean Calzone

935 Calories
27g Protein
51g Fat
100g Carbs.
18g Fiber
1294mg Sodium

32 Smart Points

232% Vitamin C
103% Vitamin A
65% Calcium

BBQ Chicken Burrito

555 Calories
49g Protein
15g Fat
58g Carbs
5g Fiber
685mg Sodium

16 Smart Points

85% Vitamin C
0% Vit. B-12
112% Vitamin A

Salmon Al Sugo Bianco

603 Calories
44g Protein
18g Fat
54g Carbs.
7g Fiber
811mg Sodium

16 Smart Points

1% Vitamin B12
12% Vitamin B6
5% Calcium

Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

Calzone

½ cheese and
vinaigrette

700 Calories
27g Fat

Burrito

No tortillas

500 Calories
30g Fat
13 Smart points

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Tahitian Chicken Paella	Kung Pao Steak Tacos	Squash with Tomatoes	Pesto Potato Pizza	Mexican Pozole	Crispy Polenta with Feta
645 Calories	655 Calories	540 Calories	720 Calories	515 Calories	420 Calories
62g Protein	40g Protein	8g Protein	25g Protein	19g Protein	14g Protein
19g Fat	28g Fat	36g Fat	33g Fat	13g Fat	9g Fat
65g Carbs.	63g Carbs	48g Carbs.	81g Carb.	91g Carbs.	76g Carbs.
58g Fiber	12g Fiber	6g Fiber	10g Fiber	12g Fiber	9g Fiber
370mg Sodium	335mg Sodium	165mg Sodium	1440mg Sodium	754mg Sodium	715mg Sodium
19 Smart Points	20 Smart Points	22 Smart Points	22 Smart Points	17 Smart Points	14 Smart Points
18% Vitamin B6	157% Vitamin C	94% Vitamin C	112% Vitamin C	176% Vitamin C	584% Vitamin A
218% Vitamin C	61% Vitamin A	17% Vitamin B-6	56% Calcium	103% Vitamin A	86% Vitamin C
3% Calcium	25% Vitamin B12	235% Vitamin A	121% Vitamin A		31% Vitamin B-6

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Steak Tacos

½ tortillas, ½ kung pao sauce

495 Calories

23g Fat

14 Smart Points

Pesto Pizza

Use ¾ pesto

620 Calories

25g Fat

20 Smart Points

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.

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Ultimate Oreo Cheesecake

405 Calories
1g Protein
23g Fat
44g Carbs.
1g Fiber
350 mg Sodium

16 Smart Points

1.5% Vitamin C
0.5% Vitamin A

Cheesecake with Strawberry Coulis

300 Calories
1g Protein
20g Fat
24g Carbs
1g Fiber
210 mg Sodium

13 Smart Points

40% Vitamin C
1% Calcium

Lemon Raspberry Mini Pies with White Chocolate

335 Calories
4g Protein
21g Fat
32g Carbs.
0.2g Fiber
24 mg Sodium

15 Smart Points

Caramel and Chocolate Snickers Mini Pie

385 Calories
4g Protein
25g Fat
8g Carbs.
3g Fiber
218 mg Sodium

14 Smart Points

Mini Pie Sampler

360 Calories
4g Protein
25g Fat
20g Carbs.
2g Fiber
120 mg Sodium

15 Smart Points

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