

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Steak Vindaloo and Basmati Rice	610	38	21	66	8	1610	16	16	80% Vitamin B6	45% Vitamin C
Spicy Szechuan Green Beans and Tofu	295	24	10	32	12	460	6	2	62% Vitamin C	66% Calcium
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes	775	74	22	63 CC 32	3	752	20	18	73% Vitamin C	34% Calcium
(use 1/2 the potatoes, cheese and sour cream)	605		15					12		
Vietnamese Pulled Pork Bao Buns	830	45	13	129	8	2470	40	25	181% Calcium	32% Vitamin A
(Use 3/4 of the sauce, and only 2 bao buns)	590		32					18		
Shrimp Tostadas	500	39	14	57	11	708		15	48% Vitamin C	43% Vitamin D
Buttermilk Salad with Nut-Crusted Chicken	720	68	31	54	11	200		19	44% Vitamin A	222% Vitamin C
(Half dressing, date mix and nut crust)	500		17					11		
Tex-Mex Gnocchi Bake	870	31	26	133	12	3008	15	29	123% Vitamin C	84% Vitamin A
(½ the cheese, sauce and salsa)	656		14					21		
Lemon Tilapia Scampi over Zucchini Noodles	325	31	19	12	3	164	4	7	55% Vitamin C	40% Vitamin A

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Red, White & Green Ravioli	810	26	54	57	6	1290	10	29	241% Vitamin A	70% Vitamin C
(½ the white sauce and ½ the green sauce)	550		29					18		
Mediterranean Lemon Chai Salmon with Pearl Couscous	790	47	50	45 CC 36	6	291	6	15	262% Vitamin C	54% Vitamin A
Barbeque Pizza	575	24	13	61	11	1605		19	316% Vitamin A	77% Vitamin C
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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.