

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Moo Shu Tacos with Chicken and Shrimp (½ the tortillas and ½ the sauce)	720	64	13	90	9	2003	19	234% Vitamin A	102% Vitamin C	28% Vitamin B-12
	519		8				12			
Lemon-Chai Brussels Sprouts Over Pearl Couscous (½ cheese, nuts and vinaigrette)	865	19	7	44	10	518	29	34% Vitamin A	41% Folate	267% Vitamin C
	515		37				17			
Pasta with Spinach Pesto	620	23	40	51	12	554	19	160% Vitamin C	44% Folate	74% Vitamin A
Shrimp Tostadas	500	39	14	57	11	707	15	48% Vitamin C	43% Vitamin D	24% Vitamin B-12
Beef Stroganoff with Fresh Spinach	541	38	38	15	6	450	19	330% Vitamin A	130% Vitamin C	73% Vitamin B-12
Balsamic Glazed Chicken Caprese Pasta	615	64	23	40	5	249	15	67% Vitamin C	25% Vitamin A	2% Vitamin B6
Argentinean Black Beans & Rice Bowl (½ the salsa)	660	23	12	120	24	35	18	74% Folate	900% Vitamin A	103% Vitamin C
	605		7				17			
Honey-Glazed Salmon	623	39	24	68	9	135	22	46% Vitamin C	41% Vitamin A	10% Calcium
Thai Red Curry Soup	485	19	19	64	8	1351	17	207% Vitamin C	123% Calcium	264% Vitamin A

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Aztec Salad with Creamy Chipotle Dressing	635	17	38	44	18	687	20	36% Vitamin B-6	165% Vitamin A	2% Vitamin B12
Dijon Roasted Brussels	250	8	8	39	2	107	9	6% Vitamin C	6% Calcium	6% Vitamin A
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% 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
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Giant Sugar Cookies	630	6	33	75	1	160	32	2% Calcium	25% Vitamin A	15% Iron
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% 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.