

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Island Chicken with Jasmine Rice ( ½ the sauce and cornstarch)	730	65	18	80	6	215	14	372% Vitamin C	71% Vitamin A	8% Vitamin B- 12
	605		14				10			
Wasabi Salmon	600	46	30	37	6	265	16	31% Vitamin A	51% Vitamin C	15% Vitamin B-6
Sweet Potato, Mushroom & Spinach Baeckeoff	343	9	19	28	5	611	13	352% Vitamin A	85% Vitamin C	21% Calcium
Shrimp & Gruyere Mac-n-Cheese (use 2/3's of the cheese)	660	55	28	45	3	802	19	212% Vitamin A	92% Calcium	52% Vitamin C
	550		19				15			
Roasted Brussels Sprouts Tacos with Sriracha Aioli	425	18	14	61	8	358	12	242% Vitamin C	28% Vitamin A	
Mexican Steak Taco Bowl	455	38	14	45	6	173	12	33% Vitamin C	28% Iron	46% Vitamin A
Falafel Plate with Hummus	265	12	9	43	13	325	8	129% Vitamin C	42% Vitamin A	16% Calcium
Fontina Baked Chicken	535	66	17	31	4	444	15	244% Vitamin A	231% Vitamin C	30% Calcium
Savory Zucchini Pancakes	430	15	23	42	7	551	16	47% Vitamin A	19% Vitamin C	9% Vitamin B- 6
Black Bean Quesadilla	585	23	16	50	14	1445	17	25% Vitamin C	7% Folate	23% Calcium

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Spinach Pesto Pizza	250	8	8	39	2	107	9	6% Vitamin C	6% Calcium	6% Vitamin A
(½ cheese, ½ pesto cream)	500		19				16			
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% Iron		
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Chocolate Chunk 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.*