

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Zucchini and Squash Lasagna	640	54	34	31	6	2026	17	198% Vitamin C	155% Calcium	89% Vitamin A
Waldorf Salad with Grilled Chicken (½ the dressing, raisins and nuts)	745 530	66	35 19	52	9	220	22	93% Vitamin A	28% Vitamin Iron	189% Vitamin C
Ginger Shrimp Lettuce Wraps	435	32	16	44	5	425	9	122% Vitamin C	82% Vitamin A	30% Folate
Honey-Glazed Salmon	620	39	24	68	9	135	22	46% Vitamin C	41% Vitamin A	10% Calcium
Thai Sirloin Steak Udon Bowl (½ udon, 1/2 sauce)	730 495	45	40 25	55	7	1450	21	41% Vitamin C	68% Vitamin B-12	47% Vitamin A
Chile Relleno Burrito (no tortillas)	325 390	27	21 15	68	13	586	18 16	66% Folate	37% Calcium	201% Vitamin C
Chicken Bahn Mi	525	63	10	48	5	614	11	102% Vitamin C	11% Calcium	82% Vitamin A
Panang Curry with Broccoli & Cauliflower (Use 1/4 peanuts and half the coconut sauce)	700 480	28	35 15	75	15	889	22 14	331% Vitamin C	84% Folate	46% Vitamin A
Upside-Down Asparagus Quiche (half the pie crust)	720 515	29	46 32	47	4	420	25 17	58% Calcium	34% Vitamin A	24% Vitamin C
Bruschetta Salad	585	17	43	37	5	343	19	94% Vitamin C	114% Vitamin A	37% Calcium

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Artichoke Quesadilla	795	32	44	71	8	1768	27	16% Folate	68% Calcium	26% Vitamin B12
(1 folded tortilla and ½ the pesto)	535		30				15			
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	16	4% Vitamin C	15% Iron	6% Vitamin A
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron
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

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.