

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Creamy Cajun Pappardelle	660	25	28	82 CC 36	8	1170	14	20	100% Vitamin A	180% Vitamin C
Italian Sausage & Peppers with Penne Verde	980	47	60	63 CC 25	5	1760	14	32	120% Vitamin A	410% Vitamin C
Marry Meez Chicken	870	58	48	56 CC 37	17	620	23	26	50% Vitamin A	50% Vitamin K
Hearty Paella with Crispy Green Beans	770	20	48	57 CC 38	28	400	15	24	60% Vitamin C	30% Iron
(use /3 of the chive oil)	660		37					19		
Asparagus Rice Bowl with Miso Mustard Vinaigrette	330	7	11	55 CC38	7	151	26	10	154% Vitmain A	41% Vitamin C
Chicken Enchiladas Verde	720	56	16	88	8	1200	6	16	23% Calcium	33% Iron

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Thai Green Curry Steak	600	34	33	40 CC 21	3	990	12	21	140% Vitamin C	30% Vitamin A
Chicken Scallopini with Hazelnut Whipped Butter	795	71	36	49 CC 14	5	1131	4	19	229% Vitamin A	57% Vitamin C
Peach & Chipotle Glazed Salmon	440	23	5	80	7	950	51	13	120% Vitamin C	8% Iron
Shrimp Toast with Sesame- Miso Salad	550	41	22	48	5	715		11	100% Vitamin C	64% Vitamin A
Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
Add a Protein										
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein										
Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein										
Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein										
Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

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Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	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.