

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Sheet Pan Brown Sugar Espresso Salmon	500	21	23	51 CC 36	6	970	25	14	90% Vitamin A	45% Vitamin K
Chicken Al Pastor Tacos	610	51	12	75 CC 39	8	950	30	13	25% Vitamin A	141% Vitamin C
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469		14	184% Vitamin C	170% Vitamin A
Gyros Kreatopita	1030	30	64	84	5	1350	8	35	110% Vitamin C	20% Iron
(use 1/2 the pie crusts)	880		53					29		
Shrimp Tostadas	500	39	14	57	11	708	x	15	48% Vitamin C	43% Vitamin D
Sesame-Peanut Chicken with Seared Pineapple	850	58	35	76 CC 40	7	1080	25	21	141% Vitamin C	36% Vitamin A
(2/3 of the rice, pineapple, & sauce)	650		26					15		

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Steak Florentine	625	38	44	20	6	891	x	20	286% Vitamin A	84% Vitamin C
Black Bean & Green Chile Enchiladas	640	24	22	87	10	1200	10	19	180% Vitamin C	35% Calcium
Vegetarian BLT Panini	760	13	39	90	7	1260	41	24	100% Vitamin A	20% Calcium
(use 2/3 of the aioli)	640		27					20		
Moroccan Steak with Spiced Rice Pilaf	600	40	23	63	4	2130	29	18	301% Vitamin C	61% Vitamin A
Brown Butter Gnocchi	600	15	19	88	10	350		18	68% Vitamin A	73% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein 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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Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.