

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Peruvian Lomo Saltado Steak	486	34	14	55	7	422	14	687% Vitamin A	293% Vitamin C	71% Vitamin B12
Mae Ploy Chicken (½ the rice and sauce )	760 600	67	17	88	9	1627 869	22 15	17% Vitamin A	8% Calcium	46% Vitamin C
Black Bean & Sweet Potato Chili with Cornbread Crumbles	640	12	117	16	19	878	20	11% Vitamin C	807% Vitamin A	38% Calcium
Mediterranean Lemon Chai Salmon with Pearl Couscous	738	41	52	31	6	291	22	262% Vitamin C	54% Vitamin A	15% Vitamin B-6
Herb-Roasted Chicken With Fingerling Potatoes (½ potatoes and wine sauce )	690 500	54	15 12	75	8	1321	18 12	125% Vitamin C	2% Vitamin D	69% Vitamin B-6
Country Stack	410	11	11	70	8	722	14	216% Vitamin A	38% Calcium	84% Vitamin C
Panang Curry with Broccoli & Cauliflower (Use 1/4 peanuts and half the coconut sauce )	700 480	28	35 16	75	15	889	22 14	331% Vitamin C	84% Folate	46% Vitamin A
Butternut Squash Tacos with Chimichurri Sauce	570	18	8	48	18	1126	16	85% Vitamin C	327% Vitamin A	
Big Easy Gumbo with Andouille and Shrimp	612	44	11	82	8	2516	17	22% Vitamin B-6	30% Vitamin A	25% Vitamin B-12

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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 B-12
Italian Toasted Gnocchi	250	8	8	39	2	107	9	6% Vitamin C	6% Calcium	6% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
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
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% 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.*