

## Health Snapshot

### Nut-Crusted Chicken

808 Calories  
55 g Protein  
45 g Fat  
50 g Carbs.  
10 g Fiber  
350 mg Sod.

24 Smart Points

225% Vit- C  
70% Vit. B-6  
45% Vitamin A

### Fontina Chicken

629 Calories  
54 g Protein  
26 g Fat  
40 g Carbs.  
3 g Fiber  
647 mg Sod.

20 Smart Points

113% Vit. A  
196% Vitamin C  
37% Calcium

### Kung Pao Steak Tacos

698 Calories  
52 g Protein  
29 g Fat  
55 g Carbs.  
9 g Fiber  
1489 mg Sod.

19 Smart Points

57% Vitamin C  
21% Vitamin A  
67% Vitamin B12

### Caper Tilapia with Parsley

342 Calories  
39 g Protein  
3 g Fat  
11 g Carbs.  
5 g Fiber  
123 mg Sodium

7 Smart Points

65% Vitamin C  
13% Iron  
30% Vitamin B-6

### Udon Noodles with Spicy Beans

427 Calories  
20 g Protein  
11 g Fat  
68 g Carbs.  
11 g Fiber  
1535 mg Sodium

13 Smart Points

58% Vitamin C  
70% Calcium  
29% Vitamin A

### Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

#### Chicken

*No dates/nuts, half dressing*  
500 Calories  
30 g Fat  
15 Smart Points

#### Chicken

*½ the cheese and breadcrumbs*  
481 Calories  
18 g Fat  
15 Smart Points

#### Tacos

*No tortillas, ½ kung pao*  
502 Calories  
27 g Fat  
13 Smart Points

#### Caper Tilapia

*No Changes*  
342 Calories  
3 g Fat  
7 Smart Points

#### Udon Noodles

*No changes*  
427 Calories  
11 g Fat  
13 Smart Points

## Health Snapshot

<b>Black Beans &amp; Rice</b>	<b>Loaded Quesadilla</b>	<b>Barbeque Pizza</b>	<b>Buddha Salad Bowl</b>	<b>Grilled Cheese</b>	<b>Mexican Grilled Corn</b>
634 Calories	493 Calories	730 Calories	402 Calories	562 Calories	453 Calories
25 g Protein	23 g Protein	38 g Protein	16g Protein	38 g Protein	12 g Protein
17 g Fat	27 g Fat	20 g Fat	27 g Fat	19 g Fat	32 g Fat
97 g Carbs.	47 g Carbs	95 g Carbs	28 g Carbs.	59 g Carbs.	29 g Carbs.
21 g Fiber	6 g Fiber	20 g Fiber	6 g Fiber	4 g Fiber	4 g Fiber
22 mg Sod.	607 mg Sodium	1450 mg Sodium	1171 mg Sodium	1284 mg Sod.	455 mg Sod.
17 Smart Points	18 Smart Points	24 Smart Points	13 Smart Points	17 Smart Points	16 Smart Points
534% Vitamin A	277% Vitamin A	200% Vitamin A	54% Vitamin A	76% Calcium	22% Vitamin C
72% Folate	93% Vitamin C	60% Calcium	34% Vitamin C	25% Vitamin C	19% Calcium
65% Vitamin C.	72% Folate	55% Vitamin C	7% Folate	2% Folate	11% Vitamin A

### *Lighten Up Option*

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

<b>Rice Bowl</b>	<b>Quesadilla</b>	<b>Pizza</b>	<b>Buddha Bowl</b>	<b>Sandwich</b>	<b>Corn</b>
<i>No changes</i>	<i>No changes</i>	<i>Half the cheese</i>	<i>No changes</i>	<i>1 slice of bread</i>	<i>No changes</i>
634 Calories	493 Calories	500 Calories	402 Calories	432 Calories	453 Calories
17 g Fat	27 g Fat	10 g Fat	27 g Fat	15 g Fat	32 g Fat
17 Smart Points	18 Smart Points	15 Smart Points	13 Smart Points	14 Smart Points	16 Smart Points
		13 Smt. Pts.			

*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.*