

Prepared Meal Replacements

Healthy Choice

BBQ Seasoned Steak w/ Red Potatoes
Beef & Broccoli
Beef Pot Roast
Beef Strips Portabella
Chicken Fettuccini Alfredo
Chicken Fresca w/ Chardonnay
Chicken Fried Rice
Chicken Linguini w/ Red Pepper Alfredo
Chicken Margherita w/ Balsamic
Chicken Pasta Primavera
Chicken & Potatoes w/ BBQ Sauce
Chicken & Vegetable Stir Fry
Classic Chicken & Noodles
Classic Meat Loaf
Country Herb Chicken
Four Cheese Tortellini
General Tso's Spicy Chicken
Grilled Basil Chicken
Grilled Chicken Marinara w/ Parmesan
Grilled Chicken Marsala w/ Mushrooms
Grilled Chicken Pesto w/ Vegetables
Golden Roasted Turkey Breast
Herb Crusted Fish
Homestyle Salisbury Steak
Honey Glazed Turkey & Sweet Potatoes
Kung Pao Chicken
Lemon Herb Chicken
Lemon Pepper Fish
Meatball Marinara
Oven Roasted Chicken
Pineapple Chicken
Rosemary Chicken & Sweet Potatoes
Southwestern Style Chicken
Spaghetti & Meatballs
Sweet Sesame Chicken
Sweet & Sour Chicken
Sweet & Spicy Orange Zest Chicken
Sweet & Tangy BBQ Seasoned Chicken

Select Meals that Contain:

Fewer than 400 *CALORIES*
Fewer than 10 grams of *FAT*
Fewer than 600 mg of *SODIUM*
At least 15 grams of *PROTEIN*

Lean Cuisine

Cheddar Chicken Bacon
Chicken Marsala
Chicken Pecan
Chicken with Almonds
Chile Lime Chicken
Creamy Basil Chicken with Tortellini
Deep Dish Spinach & Mushroom Pizza
Fajita-Style Chicken Spring Rolls
Fiesta Grilled Chicken
Five Cheese Rigatoni
Glazed Chicken
Grilled Chicken Caesar
Herb Roasted Chicken
Meatloaf with Mashed Potatoes
Parmesan Crusted Fish
Pepperoni Pizza
Pomegranate Chicken
Ranchero Braised Beef
Roasted Turkey & Vegetables
Salisbury Steak w/ Mac&Cheese
Salmon with Basil
Spaghetti with Meat Sauce
Supreme Pizza
Sweet Sriracha Braised Beef
Sweet & Sour Chicken
Thai-Style Noodles with Chicken
Wood Fire-Style BBQ Recipe Chicken Pizza
Wood Fire-Style Garlic Chicken Pizza
Wood Fire-Style Margherita Pizza

Saffron Road

Achiote Roasted Chicken w/ Mesquite Black Beans & Garlic Rice
Chicken Pad Thai w/ Rice Noodles
Chicken Vindaloo w/ Basmati Rice
Lemongrass Basil Chicken w/ Basmati Rice

LUVO

Chicken Chorizo Chili w/ Beans, Jalapeno Peppers, & Kale
Chicken Enchiladas w/Black Beans & Brown Rice
Chicken in BBQ Sauce w/ Millet Grits & Collard Greens
Orange Mango Chicken w/ Whole Grains, Kale & Broccoli
Red Curry Chicken w/ Brown Jasmine Rice, Kale, & Water Chestnuts
Red Wine Braised Beef & Polenta w/ Roasted Brussel Sprouts, Butternut Squash & Cranberries
Spinach Ricotta Ravioli w/ Turkey Bolognese
Tandoori-Inspired Spiced Chicken w/ Mango, Brown Rice, Broccoli & Cauliflower
Thai Style Green Curry Chicken w/ Green Tea Infused Brown Rice & Farro
Turkey Meatloaf & Mashed Potatoes w/ Brussel Sprouts, Butternut Squash & Cranberries

Amy's

Light in Sodium - Vegetable Lasagna
Light & Lean - Macaroni & Cheese

EVOL

Lean and Fit: Fire Grilled Chicken Poblano

WeightWatchers SmartOnes

Chicken Fajitas
Creamy Basil Chicken with Broccoli
Crustless Chicken Pot Pie
Lemon Herb Chicken Piccata
Pulled Pork & Black Beans
Roasted Chicken with Herb Gravy
Steak Fajitas
Thai Style Chicken & Rice Noodles
Thin Crust Cheese Pizza
Thin Crust Pepperoni Pizza

Vital & Delicious

Cheese & Tomato VitaPizza
Meatless Pepperoni Supreme VitaPizza

Kashi

Chicken Florentine
Chicken Pasta Pomodoro

Jimmy Dean

Southwest Style Grilled Chicken Bowl

Add a **salad** (with 1-2 tablespoons of light dressing)
OR
steamed vegetables to balance the meal and fill you up!

Some prepared steamed vegetable options:

Green Giant Steamers
Birds Eye SteamFresh
Pictsweet Steam'ables

Breakfast

Lean Cuisine

Turkey Sausage Scramble

WeightWatchers SmartOnes

Ham and Cheese Scramble

Jimmy Dean

Applewood Smoke Chicken Sausage, Egg Whites & Cheese Muffin Sandwich
Garden Blend Breakfast Bowl

EVOL

Lean and Fit: Chicken Apple Sausage, Egg White & Cheddar Breakfast Sandwich

Vital & Delicious

Veggie Sausage with VitaEgg, Veggies & Cheese on Flatbread

Sandwiches, Burritos and Wraps

Lean Cuisine

Chicken Ranch Club Flatbread Melt
Chicken, Spinach & Mushroom Panini
Philly-Style Steak & Cheese Panini
Southwest-Style Chicken Panini

EVOL

Chicken, Bean & Rice Burrito
Cilantro Lime Chicken Burrito

Saffron Road

Chicken Tikka Masala Chapatti Wrap
Keema with Chicken Chapatti Wrap

Fit Wrapz

BBQ Seasoned Chicken Burrito

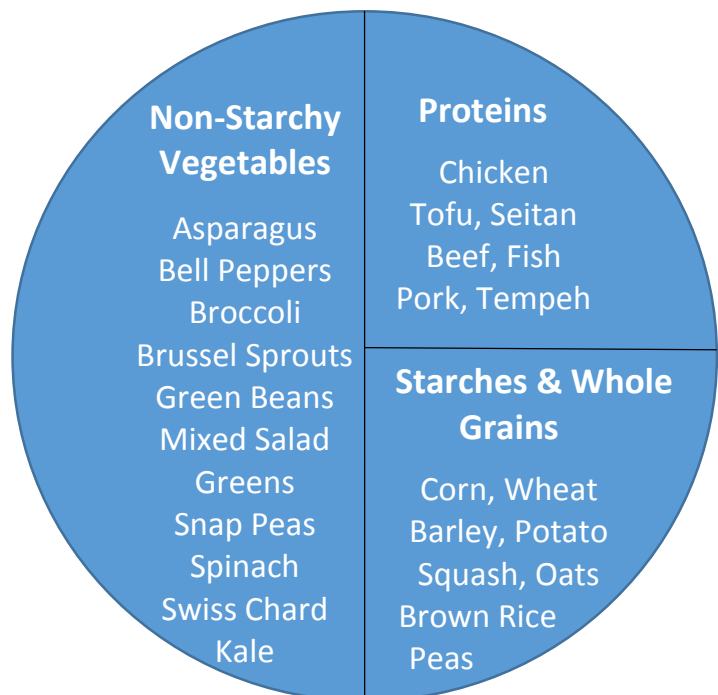
~REMEMBER~

Follow the **PLATE METHOD**:

Fill $\frac{1}{2}$ of your plate with:
NON-STARCHY VEGETABLES

Fill $\frac{1}{4}$ of your plate with:
PROTEINS

Fill $\frac{1}{4}$ of your plate with:
STARCHES & WHOLE GRAINS



Go-To Sample Meals

Go-To Meal Checklist:

- I have a **PROTEIN**
- I have a **NON- STARCHY VEGETABLE**
- I have a **WHOLE GRAIN** or **FRUIT**

Protein

Non-Starchy
Vegetable

Whole Grain
or Fruit

Gorton's Smart
& Crunchy Fish
Fillet

Birds Eye
SteamFresh
Pure&Simple
Broccoli Florets

Fruit

Boca Original
Vegan Veggie
Burger

Side Salad

Arnold's 100
Calorie
Sandwich Thins

½ chicken
breast

BirdsEye
SteamFresh
Southwest
Protein Blends

Whole Wheat
Tortilla

Tofu w/ low
sodium miso
paste

Pictsweet
Steam'ables
Asian Vegetable

Uncle Ben's
Instant Brown
Rice

Amy's Organic
Light in
Sodium Chili

Side Salad w/
1 tbsp
dressing

Fruit