



FROZEN MEALS

UPDATED 3.16.09

HIGHLY RECOMMENDED

	CALS	PRO	CARB	FAT
Kashi® Entree Chicken Florentine with Kashi 7 Whole Grains & Orzo Pilaf	273	22	26	9
Kashi® Entree Chicken Pasta Pomodoro with Kashi 7 Whole Grain Flakes (Add 1 Tbsp parmesan cheese)	258	19	32	6

HIGHLY PROCESSED: LIMIT CONSUMPTION

Lean Cuisine® Cafe Classics Chicken Thai Style (Too low in fat -add 1 1/2 TBSP parmesan cheese)	274	18	28	10
Lean Cuisine® Macaroni & Beef (Too low in protein & fat, add 1 oz low fat cheddar to balance)	237	16	32	5
Lean Cuisine® Meatloaf with Gravy & Mashed Potatoes	243	20	25	7
Lean Cuisine® Panini Sandwich Steak Cheddar Mushroom	285	21	30	9
Lean Cuisine® Swedish Meatballs	271	22	30	7
Healthy Choice® Chicken Breast Roasted w/ Potatoes, Carrots & Peas (Too low in protein, add 1 oz LF shredded cheddar)	243	16	29	7
Healthy Choice® Cafe Chicken & Cheese Lasagna	264	19	29	8
Healthy Choice® Cafe Chicken Carbonara	262	20	32	6
Healthy Choice® Chicken Fettuccini	271	21	31	7
Healthy Choice® Chicken Parmesan	266	23	30	6
Healthy Choice® Roasted Turkey in Homestyle Gravy & Mixed Vegetables Low Carb Must add fruit (apple or orange)	141	15	9	5

- Be aware of trans fats, avoid them at all costs. Trans fats show up on the label as “partially hydrogenated” fat.
- Some processed frozen meals are so highly processed, they have a 100 word ingredient list!!!
- Many frozen dinners use processed carbohydrates that are often high glycemic, such as corn syrup, corn syrup solids, maltodextrine, dextrose, corn starch, modified corn starch, etc.