













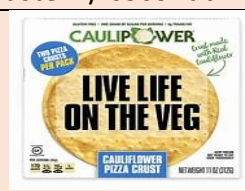

















Convenience Foods to Make a Meal

Use this guide to put together quick, nutritious meals by using quick cook, pre-cooked for frozen meal components. Frozen, canned or pre-washed and cut vegetables are a great way to incorporate fiber and are just as nutritious as fresh, whole vegetables. If you cannot find the brands below, look for similar products by store-brands or others. Just remember to check the label and try to keep sodium and added sugar to a minimum! The healthiest options are minimally processed and are either fresh, canned or frozen without seasoning and additives.

Protein +	Vegetables +	Starches/other
 <p>93% Ground Turkey</p>	 <p>Diced tomatoes, V8 can, chili powder, chopped onion, bell peppers</p>	 <p>Canned beans</p>
 <p>Frozen Cooked (or Raw) Shrimp</p>	 <p>Soy sauce, garlic powder and ginger or Stir-fry sauce blend</p>	 <p>Riced cauliflower & veggies or stir-fry veggies</p>
 <p>Pre-cooked chicken</p>	 <p>Steam in bag greens</p>	 <p>Veggie-Grain blend</p>
 <p>Fresh fish</p>	 <p>Fresh / frozen pepper & onions</p>	 <p>Thai curry sauce or Thai curry paste w/ coconut milk</p>
 <p>Pizza cheese blend</p>	 <p>Jarred or fresh tomatoes</p>	 <p>Low-carb or cauliflower crust</p>

Protein +	Vegetables +	Starches/other
 <p>Turkey Burgers</p>	 <p>Mixed vegetable blend</p>	 <p>Sweet Potato Fries</p>
 <p>Trader Joe's Chicken Mole Serves 3-4</p>	 <p>Ripe avocado</p>	 <p>Whole grain street size tacos</p>
 <p>Grocery store roasted chicken (or leftover)</p>	 <p>Pre-made bone broth</p>	 <p>Frozen or fresh pre-cut vegetables</p>
 <p>Turkey Meatballs</p>	 <p>Marinara Sauce</p>	 <p>Zoodles (veggie spirals)</p>
 <p>Pre-marinated firm tofu</p>	 <p>pre-washed salad blend</p>	 <p>olive oil & lemon/lime or light dressing</p>



Plant-based ground beef



Fresh, frozen or canned vegetable blends



starch/vegetable blend



Fresh eggs



Meatless sausage patties &/or shredded cheese



Frozen chopped spinach



Fresh or frozen salmon filets



salad kit



Fish seasoning blend



plain or marinated pork tenderloin



Kimchi, kraut or cole slaw mix w/ lite dressing



Precooked quinoa & brown rice blend



Chicken or turkey sausage



Plain or seasoned beans



Riced or mashed cauliflower

Frozen Fruit



Frozen fruit retains just as many vitamins and minerals as fresh fruit. If you want to preserve your some of your fresh fruit before it goes bad, wash & freeze for later use. How can you use frozen fruit?

1. Make a fruity protein shake

- Frozen fruit + protein powder + plain Greek yogurt or almond milk + water to blend

2. Make Ice Cream in your blender or food processor

- Chocolate: 2 frozen bananas + ½ avocado + 1 tbsp 100% cacao powder + ¼ tsp vanilla extract
 - Mint Chocolate Chip: Add mint leaves or peppermint extract + cacao nibs to chocolate recipe above
 - Chocolate Peanut Butter: Add 1 tablespoon of peanut butter or 2 tablespoons peanut butter powder to chocolate recipe above
- Refreeze after blending to solidify the consistency. Need more protein? Add a scoop of protein powder



3. Add frozen fruit to oatmeal or yogurt

Frozen fruit melts right into warm oatmeal. Give frozen berries a stir in hot oatmeal for a colorful swirl. Add to yogurt and eat frozen as a cool treat or delay until later in day to eat defrosted.

- Warm oatmeal + cinnamon + frozen berries

4. Enjoy as a snack

Frozen fruit makes a great snack that provides fiber, vitamins and minerals. Try freezing grapes and remember to pair with a protein.

- Frozen grapes + cheddar cheese
- Frozen pineapple + low fat cottage cheese
- Frozen mango + plain Greek yogurt



Healthy Frozen Meals

Planning healthy meals and snacks in advance is a great tactic to achieve success with weight management. Life is busy, so sometimes you need a meal that is quick and easy! This handout provides ideas for healthy, quick, and convenient meals; some you just warm in the microwave.

Frozen Meals

When choosing a frozen meal, check the nutrition label and make sure one serving size fits the following criteria:

Nutrition Facts	
Serving Size	*check serving size*
Servings Per Container	
Amount Per Serving	
Calories	350 Calories from Fat
	% Daily Value*
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	< 600mg
Total Carbohydrate	< 40g
Dietary Fiber	3g or more
Sugars	
Protein	15g or more
Vitamin	
*Percent Daily Values are based on a 2,000 calorie diet.	

Below are examples of frozen meals that meet the criteria in red/bold, on the left

Lean Cuisine



- Herb Roasted Chicken
- Chicken Teriyaki
- Marinara Chicken & Broccoli
- Chicken Fajita Quesadilla
- Southwest-Style Chicken Bowl

Healthy Choice: Simply Steamers



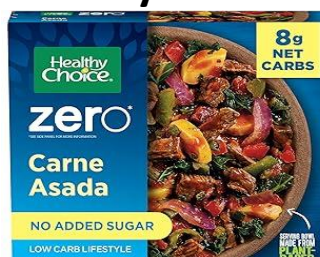
- Grilled Basil Chicken
- Grilled Chicken Marsala
- Southwest- Style Burrito Bowl
- Beef and Broccoli
- Meatball Marinara
- Chicken & Vegetable Stir Fry
- Beef Chimichurri

Healthy Choice: Power Bowls



- Cajun-Style Chicken & Sausage
- Greek-Style Chicken
- Spicy Black Bean & Chicken
- Green Goddess Bowl (vegetarian)
- Chicken Marinara
- Basil Pesto Chicken
- Adobo Chicken
- Korean-Inspired Beef
- Shiitake Chicken
- Chicken Feta & Farro

Healthy Choice: Zero



- Carne Asada
- Sesame Chicken with Zoodles
- Tomato Basil Chicken
- Beef and Broccoli
- Verde Chicken

Frozen Meals (Cont'd)

Nutrition Facts	
Serving Size	*check serving size*
Servings Per Container	
Amount Per Serving	
Calories	350
Calories from Fat	
% Daily Value*	
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	< 600mg
Total Carbohydrate	< 40g
Dietary Fiber	3g or more
Sugars	
Protein	15g or more
Vitamin	
*Percent Daily Values are based on a 2,000 calorie diet.	

Healthy Choice Café Steamers



- Mexican-Style Street Corn
- Creamy Chicken and Mushroom
- Barbecue Seasoned Steak with Potatoes
- Chicken Alfredo

SmartMade



- Rosemary Grilled Beef & Vegetables
- Roasted Turkey and Veggies
- Mexican-Style Chicken Bowl
- Lemon Garlic Chicken Fettuccine

Smart Ones



- Chicken Parmesan
- Homestyle Beef Pot Roast

Grainful (Gluten-Free)



- Unstuffed pepper
- Pork & Pineapple Al Pastor
- Mushroom & Chicken
- Ranchero Chicken