

# GUIDE TO

# H-E-B

## MEAL SIMPLE



## Meal Simple Meals

★ No more than 6 g saturated fat and 600 mg sodium

	Serving Size	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Garlic Pesto Atlantic Salmon Portion with Broccoli	1 tray	450	6	620	9	3	34
Garlic Pesto Atlantic Salmon with Asparagus	1 tray	440	6	450	8	3	33
Herb Grilled Chicken Bowl	1 tray	300	3	530	17	5	26
Basil Pesto Chicken with Spaghetti Squash	1 tray	340	2.5	360	11	3	40
Spinach Feta Stuffed Beef Flank Steak	1 tray	290	5	330	22	4	23
Pinwheel with Asparagus and Potatoes							

## Meal Simple Sides

★ No more than 4 g saturated fat and 400 mg sodium

	Serving Size	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Loaded Potato Boats with Bacon Cheese and Chive	1/3 tray	210	2.5	125	37	6	6
Spinach Mozzarella Stuffed Mushroom Bites	2 pieces	50	1.5	95	3	0	5
Fresh Garlic Parmesan Roasted Carrots	3 pieces	70	1	310	8	2	2
Butternut Squash, Potatoes, and Brussels Sprouts	1/4 tray	100	3.5	330	15	2	2
Broccoli Feta Salad	1 cup	190	3	300	N/A	N/A	5
Greek Pasta	1 cup	260	2.5	280	N/A	N/A	6
Everything Bagel Seasoned Green Beans	10 pieces	190	1	400	N/A	N/A	4

## Protein Only

★ No more than 5 g saturated fat and 500 mg sodium

	Serving Size	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
White Meat Shredded Rotisserie Chicken	3 oz	120	1	340	N/A	N/A	21
Jumbo Coconut Shrimp	3 pieces	220	4.5	440	N/A	N/A	8
Chicken Tenders	2 pieces	190	1.5	480	N/A	N/A	18
Cranberry Pecan Turkey Salad	1/2 tray	280	3.5	320	N/A	N/A	9
Tarragon Chicken Salad	1/2 tray	220	3	500	N/A	N/A	10
Southwest Style Chicken Breast	1/2 tray	130	1	290	1	1	25
Chipotle Lime Chicken Breast	1/2 tray	130	1	300	1	1	25
Savory Tuna Salad	1/2 tray	210	2.5	350	N/A	N/A	12
Southern Shrimp Salad	1/2 tray	240	3	410	N/A	N/A	16

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## Salad Kits

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	Serving Size	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Sweet Thai-HEB	1/3 tray	130	2	240	14	9	3
Southwest-HEB	1/3 tray	150	2	160	9	2	3
Sweet Kale-HEB	1/3 tray	200	2	180	13	8	4
Backyard BBQ-HEB	1/4 tray	150	2.5	240	12	6	4
Sweet and Crunchy Garden-HEB	1/3 tray	150	1.5	160	15	10	4
Avocado Ranch-Dole	1/3 tray	120	2.5	210	7	3	3
Southwest-Dole	1/3 tray	120	2	260	9	3	3
Sunflower Crunch-Dole	1/3 tray	170	2	160	13	10	3
Endless Summer-Dole	1/3 tray	150	2.5	270	9	3	4
Sesame Asian-Dole	1/3 tray	130	1	290	12	7	3
Light Caesar-Dole	1/3 tray	90	1	320	8	2	2
Double Dill-Dole	1/3 tray	110	1	220	9	3	2

## HEB Shelf Tags

Look for these tags on the HEB shelves while shopping in store.



- More about HEB Shelf Tag Program
- More about HEB Meal Simple Products

★ Products are lower in sodium and saturated fat