

FROZEN ENTREES

VERY LOW CARB **10-20 GRAMS CARBS**

Healthy Choice Power Bowls



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Basil Pesto Chicken	230	17	7	20
Spicy Black Beans & Chicken	210	19	7	20
Spicy Beef Teriyaki	170	19	5	14
Chicken Marinara	210	10	5	19
Greek Style Chicken	170	10	3	20

Healthy Choice Simply Steamers



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Chicken & Veggie Stir Fry	200	16	4	23

Healthy Choice Zero



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Carne Asada	200	14	6	16
Sesame Chicken with Zoodles	200	10	5	18
Tomato Basil Chicken	240	17	7	27
Verde Chicken	180	10	5	18
Beef and Broccoli	190	14	4	20

Lean Cuisine



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Herb Roasted Chicken	180	16	2	18



All frozen entrees are less than 4 g saturated fat and no more than 600 mg sodium, unless otherwise indicated.

© Fork Friendly. All rights reserved. Materials may not be reproduced, redistributed, or translated without written permission.

FROZEN ENTREES

VERY LOW CARB 10-20 GRAMS CARBS



Smart Ones by Weight Watchers

Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Cheesy Scramble with Hash Browns	190	16	1	15
Homestyle Beef Pot Roast	190	19	3	18

LOW CARB 21-38 GRAMS CARBS



Amy's Light in Sodium

Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Spinach Pizza w/ Veggie Crust	250	32	3	8
Light Meals-Quinoa & Black Beans	210	37	8	10
Light Meals Spinach Lasagna	240	34	4	10
Mushroom Risotto Bowl	230	35	2	7

Healthy Choice Cafe Steamers*

Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Beef Merlot	180	24	4	13
Cajun Style Chicken and Shrimp	220	35	3	15
Chicken Fajita	200	23	2	15
Chicken Fettuccini Alfredo	280	31	4	21
Chicken Linguini w/ Red Pep. Alfredo	250	27	5	21
Chicken Margherita w/ Balsamic	270	36	5	17
Grilled Chicken Marinara w/ Parm	280	36	4	21
Grilled Chicken Pesto w/ Veggies	290	36	3	20
Spaghetti & Meatballs	280	35	4	19
Mexican Style Street Corn	240	30	8	18
4-Cheese Ravioli & Chicken Marinara	250	33	4	17



All frozen entrees are less than 4 g saturated fat and no more than 600 mg sodium, unless otherwise indicated.

FROZEN ENTREES

LOW CARB **21-38 GRAMS CARBS**

Healthy Choice Power Bowls

Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Adobo Chicken	330	38	8	26
Chicken Feta & Farro	310	34	6	23
Green Goddess	320	35	11	17
Italian Chicken, Sausage & Pepper	270	33	5	16
Korean-Inspired Beef	300	37	5	15
Shiitake Chicken	310	31	5	21
Chicken Marinara	280	36	4	21
Spicy Steak Burrito	180	21	7	14

Healthy Choice Simply Steamers

Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Beef & Broccoli	280	32	3	22
Beef Chimichurri	220	24	5	16
Creamy Spinach & Tomato Linguini	250	38	5	10
Garden Vegetable	150	28	8	2
Grilled Basil Chicken	270	37	5	19
Grilled Chicken Marsala	180	21	4	17
Honey Balsamic Chicken	210	28	6	19
Meatball Marinara	280	36	6	18
Seasame Chicken	180	22	5	12
Grilled Chicken Pesto & Vegetables	200	36	3	20



All frozen entrees are less than 4 g saturated fat and no more than 600 mg sodium, unless otherwise indicated.

*

FROZEN ENTREES

LOW CARB 21-38 GRAMS CARBS

Lean Cuisine



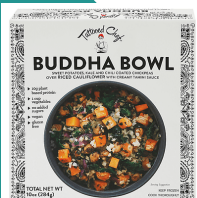
Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Protein Kick-Chicken Teriyaki	240	36	3	16
Balance Bowl-Chicken & Broccoli Alfredo	270	28	4	27
Protein Kick-Creamy pasta Primavera	210	31	6	13
Protein Kick-Grilled Chicken Caesar	240	28	2	18
Protein Kick-Garlic Sesame Asani noodles with Beef	240	35	2	16
Protein Kick-Mac & Cheese with Broccoli	210	32	5	13
Protein-Kick Marinara Chicken & Broccoli	210	23	4	20
Protein-Kick Santa Fe-Style Rice & Beans	310	27	5	12

Smart Ones by Weight Watchers



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Chicken Parmesan	280	35	3	20
Angel Hair Pasta Marinara w/ Spinach & Zucchini	200	38	3	14

Tattooed Chef



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Riced Cauliflower Buddha Bowl	290	25	7	10
Organic Acai Bowl	170	28	5	3



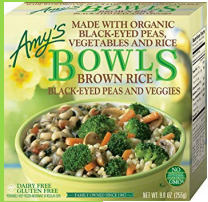
All frozen entrees are less than 4 g saturated fat and no more than 600 mg sodium, unless otherwise indicated.

© Fork Friendly. All rights reserved. Materials may not be reproduced, redistributed, or translated without written permission.

FROZEN ENTREES

MEDIUM CARB 39-48 GRAMS CARBS

Amy's Bowls



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Brown Rice Black Eyed Peas and Vegetable Bowl	290	40	5	9
Mexican Casserole Bowl Light in Sodium	370	46	6	13
Light Meals Macaroni & Cheese	290	43	3	18

EVOL



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Cilantro Lime Chicken Burrito	340	48	4	14
Fire Grilled Steak	410	40	8	18
Teriyaki Chicken	270	48	4	14

Healthy Choice Cafe Steamers*



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Beef Teriyaki	270	43	2	14
Crustless Chicken Pot Pie	300	40	3	21
General Tso's Spicy Chicken	290	47	3	16
Honey Glazed Turkey & Potatoes	240	42	5	14
Pineapple Chicken	290	45	3	16
Sweet Sesame Chicken	300	43	3	16
Beef & Broccoli	270	39	3	16
Creamy Spinach & Tomato Linguini	250	40	7	10



All frozen entrees are less than 4 g saturated fat and no more than 600 mg sodium, unless otherwise indicated.

FROZEN ENTREES

MEDIUM CARB 39-48 GRAMS CARBS

Healthy Choice Power Bowls



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Buddah Bowl	320	43	9	13
Chipotle Chick'N with Gardein	280	39	7	19
Cuban-Inspired Pork	340	46	7	20
Gardein B'ef Vegetable Stir Fry	290	41	6	16
Sweet & Zesty BBQ Seasoned Pork	350	48	8	23

Lean Cuisine



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Glazed Turkey Tenderloins	300	47	3	14
Tortilla Crusted Fish	320	36	2	15
Lasagna with Meat Sauce*	310	45	4	17
Protein-Kick BBQ Chicken Sandwich	340	44	3	20
Protein Kick-Chicken Club Sandwich	300	42	3	18
Protein Kick-Chicken Marinara Sandwich	340	42	4	20
Protein-Kick Tortilla Crusted Fish	320	46	2	16
Comfort -Lasagna with Meat Sauce*	310	45	4	17

Simply Steamers



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Chicken Fried Rice	300	40	4	21
Mediterranean-Style Lentil	250	39	10	13



All frozen entrees are less than 4 g saturated fat and no more than 600 mg sodium, unless otherwise indicated.

Contains 600 mg sodium

FROZEN ENTREES

MEDIUM CARB 39-48 GRAMS CARBS

Smart Ones by Weight Watchers



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Chicken Fettuccine	300	44	2	18
Chicken Parmesan	280	35	3	20
Fettuccine Alfredo	250	41	3	11
Three Cheese Ziti Marinara	300	43	3	12

Sweet Earth



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Veggie Lo Mein	360	40	4	17
Bulgogi Bowl	290	41	3	10

HIGH CARB 49-68 GRAMS CARBS

Fork Over Knives



Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Tuscan Garden Penne	360	65	11	16
Sesame Ginger Fancy Veggies and Rice	350	63	8	12
Indian Potato Chickpea and Lentil Curry	300	65	16	16
Fire-Roasted Enchilada Stack	380	77	11	13



All frozen entrees are less than 4 g saturated fat and no more than 600 mg sodium, unless otherwise indicated.

FROZEN ENTREES

HIGH CARB 49-68 GRAMS CARBS

Healthy Choice MAX*

Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Chicken Marinara	410	51	9	36
Honey Sriracha Chicken	450	53	9	34
Tex Mex Chicken	430	52	12	33
Kemon Herb Chicken	460	50	6	33

Lean Cuisine

Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Comfort-Chicken Enchilada Suiza	300	54	2	12
Protein-Kick Spinach Mushroom Pizza	360	51	4	18
Protein-Kick Four Cheese Pizza*	370	54	4	20
Protein Kick-Apple Cranberry Chicken	310	53	4	14
Protein-Kick Supreme Pizza	370	58	3	17

Sweet Earth

Product	Calories	Carbs (g)	Fiber (g)	Protein (g)
Pad Thai	370	55	2	11



All frozen entrees are less than 4 g saturated fat and no more than 600 mg sodium, unless otherwise indicated.

*Contains 610 mg sodium