

So, you're out shopping for your meals and one of your assigned meals isn't available or just isn't working for you. What do you do? Use the Curves Complete Heat & Eat guide to find a substitution. You can pick one of any of the following convenience foods for **lunch** or **dinner** on **Phases 1 and 2** of your plan. Pair your choice with one of the recommended sides for a quick and healthy meal. Make sure you keep this handy overview available.

Coles Lite

- 97% Fat Free Chicken Fettuccine
- 97% Fat Free Chicken Risotto

Healthy Choice™ Beef Florentine

- Beef Medallions
- Beef Stroganoff
- Cottage Pie
- Honey Sesame Chicken
- Tender Beef in Seeded Light Mustard

Healthy Choice™ Bowl

- Beef Stirfry w/ Hokkien Noodles
- Chinese Chicken w/ Cashews
- Stirfry Chicken w/Hokkien Noodles

Healthy Choice™ Plus

- Beef Hot Pot

Lean Cuisine® Balanced Serve

- Beef in Red Wine Sauce w/ Garlic Mash
- Chicken & Vegetable Risotto
- Chicken Florentine w/ Linguine
- Classic Beef Stroganoff w/ Pasta
- Creamy Salmon & Dill Pasta
- Honey Soy Beef w/ Wholemeal Noodles
- Lamb & Rosemary Hot Pot
- Spaghetti Bolognese

Lean Cuisine® Bowl

- Beef in Red Wine Sauce w/ Garlic Mash
- Chicken & Vegetable Risotto
- Chicken Florentine w/ Linguine
- Classic Beef Stroganoff w/ Pasta
- Creamy Salmon & Dill Pasta
- Honey Soy Beef w/ Wholemeal Noodles
- Italian Style Meatballs w/ Pasta
- Lamb & Rosemary Hot Pot
- Moroccan Lamb w/ Couscous
- Satay Chicken Noodles
- Tuna Bake

Lean Cuisine® Everyday Wellbeing

- Chicken & Spinach Risotto

Lean Cuisine® Real Food

- Country Style Mince w/ Mash

Lean Cuisine® Steam

- Meatball Arrabbiata
- Spaghetti Marinara

Wattie's® Meal Sensations

- Creamy Tomato Chicken Penne
- Creamy Garlic Chicken
- Teriyaki Beef

Wattie's® Dinner Meals

- Roast Pork Dinner

Wattie's® Snack Meals

- Sweet & Sour Pork
- Spaghetti Bolognese
- Fish Pie
- Beef Lasagna

Sides

You'll need to choose one of the following sides to go along with your meal.

Salad

- Romaine lettuce(2C), feta cheese (2T), dressing: vinegar(1tsp) + olive oil(1tsp)
 - Salad with mixed greens(2C), avocado (2T), dressing: vinegar(1tsp) + olive oil(1tsp)
 - Spinach salad(2C), with olives (8 large), feta cheese (2 T) and lemon juice
- Or any salad with either 2 fat exchanges or ½ dairy and 1 fat exchange*

Steamed or Sautéed Veggies

- Steamed broccoli(1/2C) and cauliflower(1/2C) with shrimp (60 grams)
 - Steamed green beans(1/2C) with chicken (60 grams)
 - Sautéed capsicum(1/2C) and onions(1/4C) and chicken (60 grams)
- Or any free vegetables with ½ protein exchange*

Raw Veggies

- Cucumbers(1/2C) and carrots(1/2C) dipped in pesto (2T)
 - Celery(2) with peanut butter (1T)
 - Steamed broccoli(1/2C) and cauliflower(1/2C) with Mozzarella Cheese stick (1)
- Or any free vegetables with 2 fat exchanges or 1 dairy exchange*

Nuts

- 12 Almonds
 - 12 Cashews
 - 20 Peanuts
- Or 1 nut exchange of your choice*

Heat & Eat Meals Without Sides

These meals are sufficient without sides. If more vegetables are desired, add 'free foods' to the meal.

Healthy Choice™ Bowl

- Creamy Chicken Carbonara

Healthy Choice™ Larger Serve

- Pumpkin Ravioli
- Spinach & Ricotta Ravioli

Lean Cuisine® Real Food

- Pumpkin, Spinach and Ricotta Lasagna
- Rich & Creamy Mushroom Tortellini
- Vegetable Cannelloni

Lean Cuisine®

- Steam Cheese & Cracked Pepper Chicken with Pasta

Wattie's® Dinner Meals

- Roast Lamb Dinner
- Roast Beef Dinner