

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. ❖ - represents vegetarian.

Kashi®:

- Basil Pesto Pizza ❖
- Chicken Florentine
- Chicken Pasta Pomodoro
- Lemongrass Coconut Chicken
- Margherita Pizza ❖
- Mediterranean Pizza ❖
- Mushroom Trio & Spinach Pizza ❖
- Pesto Pasta Primavera ❖
- Red Curry Chicken
- Roasted Vegetable Pizza ❖
- Southwest Style Chicken

Amy's®:

- 3 Cheese Penne Bowl ❖
- Asian Noodle Stir-Fry ❖
- Bean & Cheese Burrito ❖
- Bean & Rice Burrito ❖
- Black Bean Enchilada Whole Meal ❖
- Black Bean Tamale Verde ❖
- Black Bean & Vegetable Burrito ❖
- Black Bean Vegetable Enchilada ❖
- Brown Rice, Black-Eyed Peas & Veggies Bowl ❖
- Burrito Especial ❖
- Cheese Pizza in a Pocket Sandwich ❖
- Chili & Cornbread whole meal ❖
- Indian Mattar Tofu ❖
- Indian Vegetable Korma ❖
- Indian Palak Paneer ❖
- Indian Samosa Wrap ❖
- Indian Spinach Tofu Wrap ❖
- Light & Lean 3 Cheese Penne Bowl ❖
- Light & Lean Bean & Cheese Burrito ❖
- Light & Lean Spinach Lasagna ❖
- Light & Lean Sweet & Sour Bowl ❖
- Roasted Vegetable Tamale ❖
- Santa Fe Enchilada Bowl ❖
- Southern Dinner ❖
- Southwestern Burrito ❖
- Spinach Lasagna ❖
- Spinach ❖
- Stuffed Pasta Shells Bowl ❖
- Sweet & Sour Bowl ❖
- Teriyaki Bowl ❖
- Teriyaki Wrap ❖
- Thai Stir-Fry ❖
- Tofu Vegetable Lasagna ❖
- Vegetable Lasagna ❖
- Veggie Loaf Whole Meal ❖

Lean Cuisine® Culinary Collection™

- Beef and Broccoli
- Chicken with Almonds
- Chicken and Vegetables
- Chicken Carbonara
- Chicken w/Lasagna Rollatini
- Chicken Marsala
- Chicken in Peanut Sauce
- Chicken Pecan
- Fiesta Grilled Chicken
- Glazed Turkey Tenderloins
- Grilled Chicken Caesar
- Lemon Chicken
- Lemon Pepper Fish
- Orange Chicken
- Parmesan Crusted Fish
- Shrimp and Angel Hair Pasta
- Shrimp Alfredo
- Sun Dried Tomato Pesto Chicken
- Sweet and Sour Chicken
- Thai Style Chicken
- Three Cheese Stuffed Rigatoni ❖
- Tortilla Crusted Fish

Lean Cuisine® Spa Collection™:

- Hunan Stir Fry with Beef
- Apple Cranberry Chicken
- Chicken Mediterranean
- Ginger Garlic Stir Fry with Chicken
- Grilled Chicken Primavera
- Lemongrass Chicken
- Roasted Honey Chicken
- Rosemary Chicken
- Sesame Stir Fry with Chicken
- Salmon with Basil
- Thai Style Noodles w/Chicken

Lean Cuisine® Simple Favorites™:

- Alfredo Pasta w Chicken & Broccoli
- Baja-Style Chicken Quesadilla
- BBQ Chicken Quesadilla
- Chicken Chow Mein with Rice
- Chicken Fettuccini
- Chicken Fried Rice
- Classic Macaroni and Beef
- Four Cheese Cannelloni ❖
- Lasagna with Meat Sauce
- Linguine Carbonara
- Spaghetti with Meatballs
- Swedish Meatballs with Pasta
- Roasted Chicken with Lemon Pepper Fettuccini

Lean Cuisine® Market Collection™ :

- Asiago Cheese Tortelloni ❖
- Chicken Alfredo
- Chicken Fettuccini
- Chicken Margherita
- Chicken Poblano
- Chicken Tuscan
- Garlic Chicken
- Mushroom Tortelloni
- Salisbury Steak w/Mac & Cheese
- Shrimp Scampi
- Steak Tips Dijon

Lean Cuisine® Veggie Cuisine™

- Enchilada Rojo w/Mexican-Style Rice ❖
- Indian-Style Masala ❖
- Roasted Red Pepper Fettuccini ❖
- Tuscan-Style Vegetable Lasagna ❖

Healthy Choice® Complete Meals:

- Beef Bourbon Dijon
- Beef Tips Portobello
- Country Herb Chicken
- Home-style Salisbury Steak
- Oven Roasted Chicken

Healthy Choice® Select Entrees:

- Bacon & Smokey Cheddar Chicken
- Chicken Alfredo Florentine

Healthy Choice® Café Steamers:

- Balsamic Garlic Chicken
- Beef Teriyaki
- Cajun Style Chicken and Shrimp
- Chicken Fresca w/ Chardonnay
- Chicken Linguini Red Pepper Alfredo
- Chicken Margherita
- Grilled Basil Chicken
- Grilled Chicken Marinara w/ Parmesan
- Grilled Chicken Pesto w/ Vegetables
- Kung Pao Chicken
- Lemon Garlic Chicken and Shrimp
- Lemongrass Chicken & Shrimp
- Roasted Beef Merlot
- Roasted Chicken Marsala w/ Mushrooms
- Sweet and Spicy Orange Zest Chicken
- Thai-Style Chicken & Vegetables

Healthy Choice® Steaming Entrees

- Chicken Romano Fresca

Healthy Choice® 100% Natural

- Three Cheese Marinara ❖

Healthy Choice® Modern Classics

- Lemon Garlic Chicken
- Sundried Tomato & Chicken Alfredo
- Four Cheese Tortellini ❖

Sides

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

Salad

- Romaine lettuce with feta cheese (2T) and vinegar/olive oil dressing (1 tsp of each)
- Salad with mixed greens, avocado (2T) and vinegar/olive oil dressing (1 tsp of each)
- Spinach salad 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 and cauliflower with shrimp (2 oz)
- Steamed green beans with chicken (2 oz)

- Sautéed bell peppers and onions (with Pam®) and chicken (2 oz)
Or any free vegetables with ½ protein exchange

Raw Veggies

- Cucumbers and carrots dipped in pesto (2T)
- Celery with peanut butter (1T)
- Broccoli and cauliflower and a string cheese

Or any free vegetables with 2 fat exchanges or 1 dairy exchange

Nuts

- 12 Almonds OR 12 Cashews OR 20 Peanuts

-Or 1 nut exchange of your choice

For more exchange options, download the exchange tables references from Curves Complete Meal Plan Resources.