

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 **any phase** of your plan. Pair your choice with one of the recommended sides listed by phase at the end of this guide for a quick and healthy meal. Make sure you keep this handy overview available. ♦ - represents vegetarian. 🌾 represents gluten-free.

All Phases

Aldi's® International Cuisine [AU ONLY]

- Beef Stroganoff
- Beef in Red Wine Sauce w/Mash
- Chicken Risotto
- Vegetable cannelloni

Amy's® [AU ONLY]

- Amy's® Medium Chili (1/2 can) ♦ 🌾
- Amy's® Spicy Chili (1/2 can) ♦ 🌾

Coles Lite

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

Healthy Choice™

- Beef Florentine
- Beef Stroganoff
- Cottage Pie
- Creamy Chicken Carbonara
- Honey Sesame Chicken
- Tender Beef in Seeded Light Mustard

Healthy Choice™ Bowls

- Beef Stirfry with Hokkien Noodles
- Chinese Chicken with Cashews
- Stirfry Chicken with Hokkien Noodles

Healthy Choice™ Plus

- Beef Hot Pot

Lean Cuisine® Balanced Serve

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

Lean Cuisine® Classic

- Chicken & Spinach Risotto

Lean Cuisine® Steam

- Meatball Arrabbiata

Michelina's® Lean Gourmet [AU ONLY]

- Lasagna w/ Meat Sauce
- Pepper Steak & Rice
- Prawns & Vegetable Alfredo

Wattie's® Meal Sensations [NZ ONLY]

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

Wattie's® Dinner Meals [NZ ONLY]

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

Heat & Eat Meals Without Sides

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

Healthy Choice™

- Beef Goulash
- Spaghetti Bolognese

Healthy Choice™ Larger Serve

- Pumpkin Ravioli
- Spinach & Ricotta Ravioli

Healthy Choice™ Plus

- Creamy Chicken Pasta

Lean Cuisine® Classic

- Pumpkin, Spinach and Ricotta Lasagna
- Rich Beef Lasagna
- Vegetable Cannelloni

Lean Cuisine® Steam

- Agnolotti w/ Spinach & Ricotta in Tomato & Roasted Vegetable Sauce
- Cheese & Cracked Pepper Chicken with Pasta
- Indian Beef Korma
- Mexican Beef & Rice w/ Tortilla Wrap
- Satay Beef w/ Rice
- Slow Cooked Beef
- Sundried Tomato Chicken w/ Pasta

Wattie's® Dinner Meals

- Roast Lamb Dinner
- Roast Beef Dinner

Phase 1 and 2 Sides

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*

Phase 3 Sides

Fruit Salad with Cottage Cheese:

Combine banana ($\frac{1}{2}$), grapes ($\frac{1}{2}$ C), large strawberries (5), & 1% cottage cheese ($\frac{3}{4}$ C)

Yogurt + Almonds:

Sprinkle almonds (24) on Nonfat, light yogurt (180 grams).

Nuts + String Cheese:

Almonds (24) + 1 mozzarella string cheese.

Banana + Peanut Butter:

Banana (1) + natural peanut butter (2T)

Hummus + Pita Chips + Cucumber:

Hummus ($\frac{1}{3}$ C) + pita chips (15) + cucumber ($\frac{1}{2}$ C)

Cheese + Crackers + Grapes:

Laughing Cow® Original Swiss Cheese Wedges (3) + Vita-Weat™ rice crackers (10) + Grapes ($1\frac{1}{2}$ C)

Greek Salad

Romaine Lettuce (2C); chopped tomatoes ($\frac{1}{4}$ C); chopped cucumber ($\frac{1}{4}$ C); reduced fat feta cheese ($\frac{1}{4}$ C); chopped red onions (2T); sunflower seeds (2T); olive oil (1T); balsamic vinegar (2T); honey (1T).

Mix olive oil, vinegar and honey in a small dish. Mix the remaining ingredients in a bowl. Add dressing and mix.

Blue Cheese & Strawberry Salad

Spinach (1C); Arugula (1C); chopped cucumber ($\frac{1}{4}$ C); medium strawberries (8) chopped; blue cheese crumbled (2T); walnuts chopped (7 halves); olive oil (2tsp); vinegar (1tsp).

Mix olive oil and vinegar in a small bowl. Mix the remaining ingredients in a bowl. Pour dressing on top and mix.