

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

Checkers® Skinny Food

- Cottage Pie

Checkers® Steamers

- Mustard Chicken w/ Potatoes

Pick n Pay® Nice & Easy Frozen Dinners

- Beef Lasagne - Extra Lite

Pick n Pay® Favorites

- Chicken in Fajita Sauce & Rice
- Chicken Lasagne
- Cottage Pie

Woolworths® 2GO

- Beef Mince Curry
- Fettuccine Alfredo♦
- Macaroni & Cheese Bolognese

Woolworths® Regular Meals

- Beef Lasagne - Low Fat
- Cottage Pie
- Greek Lamb & Pasta Rice

Woolworths® Slimmer's Choice

- Chicken & Broccoli Bake
- Chicken & Mushroom Risotto
- Chicken Frikkadels w/ Bucatini pasta
- Chicken Lasagne
- Chicken Linguine
- Cottage Pie

Woolworths® Steam

- Beef Ravioli
- Chicken Couscous & Roasted Vegetables
- Cheesy Mustard Chicken
- Sweet Chili Chicken

Woolworths® Sushi

- Norwegian Sushi Selection
- Salmon, Crab & Avo Sushi Selection

Woolworths® Vegetarian

- Butternut & Feta Cannelloni♦
- Butternut & Pumpkin Pansotti♦
- Stirfry Chicken with Hokkien Noodles

Heat & Eat Meals Without Sides

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

Checkers® Eat Smart Organics

- Lamb & Green Bean Stew w/ Rice
- Lentil Stew w/ Roasted Butternut & Rice❖
- Meatball in Tomato Relish

Checkers® Royale Classics

- Beef Stroganoff
- Chicken a la King

Checkers® Skinny Food

- Basil Chicken & Lentils
- Beef Stroganoff
- Vegetable Lasagne❖

Pick n Pay® Favorites

- Beef Lasagne
- Lentil Bobotie❖
- Tomato Lamb Bredie

Woolworths® Flavour of Italy

- Beef Bolognese Cannelloni
- Beef Lasagne
- Beef Raviole
- Chicken Lasagne
- Italy Macaroni Cheese❖
- Macaroni Cheese & Bolognese
- Spaghetti Bolognese

Woolworths® Pot Ready

- Cantonese Chicken Noodle
- Sweet Ginger Pork w/ Jasmine Rice
- Teriyaki Beef Noodles

Woolworths® Regular Meals

- Beef Curry & Rice
- Beef Tomato Bredie
- Chicken a la King & Rice
- Chicken Curry
- Gourmet Steak Pie
- Lamb Casserole
- Potato Crusted Beef Casserole
- Roast Chicken Hot Pot

Woolworths® Vegetarian

- Creamy Vegetable Lasagne❖
- Halloumi Cheese on Lentils in Tomato Sauce❖
- Spinach & Ricotta Pansotti❖

Phase 1 and 2 Sides

Salad

- Lettuce (2 C), feta cheese (2 T), dressing: vinegar(1 tsp) + olive oil(1 tsp)
 - Salad with mixed greens (2 C), avocado (2 T), dressing: vinegar(1 tsp) + olive oil(1 tsp)
 - Spinach salad (2 C), 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 (1/2 C) and cauliflower(1/2 C) with shrimp (60 grams)
 - Steamed green beans (1/2 C) with chicken (60 grams)
 - Sautéed pepper (1/2 C) and onions(1/4 C) and chicken (60 grams)
- Or any free vegetables with ½ protein exchange*

Raw Veggies

- Cucumbers(1/2 C) and carrots(1/2 C) dipped in pesto (2 T)
 - Celery (2) with peanut butter (1 T)
 - Steamed broccoli(1/2 C) and cauliflower(1/2 C) with mozzarella cheese (30 grams)
- 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 (½), grapes (½ C), large strawberries (5), & 1% cottage cheese (¾ C)

Yogurt + Almonds:

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

Nuts + String Cheese:

Almonds (24) + mozzarella cheese (30 grams)

Banana + Peanut Butter:

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

Hummus + Pita Chips + Cucumber:

Cucumber (½ C) + hummus (⅓ C) + pita chips (15) +

Cheese + Corn Thins + Grapes:

Corn thins (3) + grapes (1½ C) + Laughing Cow® Original Swiss Cheese Wedges (3)

Greek Salad

Lettuce (2 C); chopped tomatoes (¼ C); chopped cucumber (¼ C); reduced fat feta cheese (¼ C); chopped red onions (2 T); sunflower seeds (2 T); olive oil (1 T); balsamic vinegar (2 T); honey (1 T).

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 (1 C); rocket (1 C); chopped cucumber (¼ C); medium strawberries (8) chopped; blue cheese crumbled (2 T); walnuts chopped (7 halves); olive oil (2 tsp); vinegar (1 tsp).

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