

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 on the last page of this guide, according to diet phase for a quick and healthy meal. Make sure you keep this handy overview available. ♦ - represents vegetarian.

🌾 - represent gluten-free

All Phases

Amy's®:

- Asian Noodle Stir-Fry ♦ 🌾
- Bean & Cheese Burrito ♦
- Bean & Rice Burrito ♦
- Black Bean Enchilada Whole Meal ♦ 🌾
- Black Bean Tamale Verde ♦ 🌾
- Black Bean Vegetable Enchilada ♦ 🌾
- Breakfast Burrito ♦
- Brown Rice, Black-Eyed Peas & Veggies Bowl ♦ 🌾
- Brown Rice & Vegetables Bowl ♦ 🌾
- Burrito Especial ♦
- Garden Vegetable Lasagna ♦ 🌾
- Indian Mattar Tofu ♦ 🌾
- Indian Palak Paneer ♦ 🌾
- Indian Spinach Tofu Wrap ♦
- Indian Vegetable Korma ♦ 🌾
- Light & Lean 3 Cheese Penne Bowl ♦
- Light & Lean Bean & Cheese Burrito ♦
- Light & Lean Cheese Pizza (single serve) ♦
- Light & Lean Italian Veggie Pizza (single serve) ♦
- Light & Lean Spinach Lasagna ♦
- Light & Lean Sweet & Sour Bowl ♦ 🌾
- Medium Chili (1/2 can) ♦
- Mushroom & Olive Pizza (1/3 of a pizza) ♦
- Roasted Vegetable Tamale ♦ 🌾
- Southern Dinner ♦
- Southwestern Burrito ♦
- Soy Cheeze Pizza (1/3 of a pizza) ♦
- Spicy Chili (1/2 can) ♦
- Spinach Feta in a Pocket Sandwich ♦
- Spinach Pizza (1/3 of pizza) ♦
- Stuffed Pasta Shells Bowl ♦
- Teriyaki Bowl ♦ 🌾
- Teriyaki Wrap ♦
- Thai Stir-Fry ♦ 🌾
- Tofu Vegetable Lasagna ♦
- Vegetable Lasagna ♦
- Veggie Loaf Whole Meal ♦

Healthy Choice® 100% Natural

- Portabella Spinach Parmesan ♦
- Portabella Marsala Pasta ♦

Healthy Choice® Baked Entrées

- Fettuccini Alfredo Bake ♦
- Four Cheese Ziti Marinara ♦
- Italian Sausage Pasta Bake
- Lasagna w/ Meat Sauce

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
- Honey Glazed Turkey & Sweet Potatoes
- Kung Pao Chicken
- Ricotta & Spinach Ravioli & Chicken Marinara
- Roasted Chicken Marsala w/ Mushrooms

Healthy Choice® Complete Meals:

- Beef Strips Portobello
- Country Herb Chicken
- Honey Roasted Turkey
- Oven Roasted Chicken

Healthy Choice® Lunch Express

- Honey Dijon Chicken
- Italian Style Penne
- Tuscan Style Penne

Healthy Choice® Modern Classics

- Beef & Broccoli
- Four Cheese Manicotti❖
- Four Cheese Tortellini❖
- Herb Crusted Fish
- Italian Sausage Marinara
- Spaghetti & Meatballs
- Sundried Tomato & Chicken Alfredo

Healthy Choice® Steaming Entrees

- Garlic Herb Shrimp

Kashi®:

- Basil Pesto Pizza (1/3 of pizza)❖
- BBQ Chicken Pizza (1/3 of pizza)
- Chicken Florentine
- Chicken Pasta Pomodoro
- Four Cheese Pizza (1/3 of pizza)❖
- Lemongrass Coconut Chicken
- Margherita Pizza (1/3 of pizza)❖
- Mediterranean Pizza (1/3 of pizza)❖
- Mushroom Trio & Spinach Pizza (1/3 of pizza)❖
- Pesto Pasta Primavera❖
- Roasted Vegetable Pizza (1/3 of pizza)❖
- Southwest Style Chicken

Kashi® Steam Meals

- Roasted Garlic Chicken Farfalle
- Sesame Chicken
- Steam Meals Chicken Fettuccini
- Spinach Artichoke Pasta❖

Lean Cuisine® Culinary Collection™

- Chicken & Vegetables
- Chicken Carbonara
- Chicken Makhani
- Chicken Parmesan
- Chicken w/ Almonds
- Chicken w/ Lasagna Rollatini
- Chicken, Spinach & Mushroom Panini
- Fiesta Grilled Chicken
- Grilled Chicken Caesar
- Margherita Pizza - Wood Fire Style❖
- Mushroom Mezzaluna Ravioli❖
- Three Cheese Stuffed Rigatoni❖

Lean Cuisine® Market Collection™:

- Chicken Poblano
- Mushroom Tortelloni
- Shrimp Scampi
- Steak Tips Dijon

Lean Cuisine® Salad Additions™

- Asian Style Chicken Salad
- Cranberry & Chicken Salad
- Southwest Style Chicken Salad

Lean Cuisine® Simple Favorites™:

- Baja-Style Chicken Quesadilla
- BBQ Chicken Quesadilla
- Chicken Chow Mein w/ Rice
- Classic Macaroni & Beef
- Linguine Carbonara
- Macaroni & Cheese❖
- Pepperoni French Bread Pizza
- Santa Fe Rice & Beans❖
- Spaghetti w/ Meat Sauce
- Swedish Meatballs w/ Pasta

Lean Cuisine® Spa Collection™:

- Butternut Squash Ravioli❖
- Chicken Mediterranean
- Lemongrass Chicken

Lean Cuisine® Veggie Cuisine™

- Enchilada Rojo w/ Mexican-Style Rice❖

Morningstar Farms®

- Lasagna w/ Sausage-Style Crumbles
- Three-Bean Chili w/ Grillers Crumbles (a cup)

Phases 1 and 2 Sides

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

Phase 3 Sides

Fruit Salad with Cottage Cheese: Combine ½ banana, ½ cup grapes, 5 large strawberries, & ¾ cup 1% cottage cheese

Yogurt + Almonds: Sprinkle 1oz almonds on 6 oz. Nonfat, light yogurt. Tip: 1oz is 24 almonds

Nuts + String Cheese: 1 oz almonds + 1 mozzarella string cheese. Tip: 1oz is 24 almonds

Banana + Peanut Butter: 1 banana + 2 Tbsp natural peanut butter

Hummus + Pita Chips + Cucumber: 1/3 cup hummus + 15 pita chips + ½ cup cucumber

Cheese + Crackers + Grapes: 3 Laughing Cow® Light Swiss Cheese Wedges + 15 Kashi® TLC crackers + 1½ cups grapes

Greek Salad

- 2 c Romaine Lettuce; ¼ c chopped tomatoes; ¼ c chopped cucumber; ¼ c reduced fat feta cheese; 2 tbsp chopped red onions; 2 tbsp sunflower seeds; 1 tbsp olive oil; 2 tsp balsamic vinegar; 1 tsp honey.
- 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

- 1 C Spinach; 1 C Arugula; ¼ c chopped cucumber; 8 medium strawberries, chopped; 2 tbsp blue cheese crumbled; ½ oz walnuts chopped; 2 tsp olive oil; 1 tsp vinegar.
- Mix olive oil and vinegar in a small bowl. Mix the remaining ingredients in a bowl. Pour dressing on top and mix.

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