

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. V- represents vegetarian. GF - Represent gluten-free

All Phases

Asda®

Classic ® Steak & Kidney with Mash	Chicken Chasseur and herb Mash (1/2 pack)
Classic ® Roast Chicken Dinner	Classic ® Roast Beef Dinner
Char Sui Pork Noodles (fresh)	Chicken Chasseur
Hunters Chicken (fresh)	Reduced Calorie ® Cottage Pie with Sweet Potato & Carrot Mash
Reduced Calorie ® Beef Chilli & Wedges (Frozen)	Reduced Calorie ® Cottage Pie (Frozen)
Reduced Calorie ® King Prawn Jalfrezi with Pillau Rice (Frozen)	Reduced Calorie ® King Prawn Linguine (Frozen)
Reduced Calorie ® Minced Beef Hotpot (Frozen)	Reduced Calorie ® Sweet Chilli Chicken Noodles (Frozen)
Reduced Calorie ® Tuna Pasta Bake (Frozen)	Reduced Calorie ® Chicken Tomato and Basil Pasta (Frozen)
Smoked Haddock and potatoes (fresh)	

Innocent®

Innocent Vietnamese Noodle Pot	Innocent Japanese Ramen Noodle Pot + 1 Fruit Exchange
Innocent Thai Tom Yum Noodle Pot + 1 Fruit Exchange	

Marks and Spencers®

Count on us® Chicken and vegetable Chow Mein	Count on Us® Roast Pork Loin in Gravy, New potatoes, Savoy Cabbage & Carrots
Count on us® Chargrilled British Chicken with Basil Dressing and Roasted Tomatoes	Count on us® Vegetable Moussake (V)
Count on us® Prawn Dim Sum in Thai Spiced Coconut Broth	Count on us® Italian Chargrilled Chicken & Spelt
Count on us® Vegetable Dim Sum in a Mushroom and Miso Broth (V)	Count on us® Wok Fried Beef, Chilli and Ginger Noodles

OMG foods ®

Chilli Con Carne (GF)	Chicken Noodle Laksa (GF)
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Pad Thai	Sweet Chilli Chicken
Paella Pot with Chicken, Chorizo, peppers and Peas (GF)	Szechuan Chicken (GF)
Prawn Tom Yum (GF)	Prawn Karahi (GF) + Starch Exchange
½ Sea Bass With Asparagus Tips & Linguine in a Lobster & Saffron Bisque	Moroccan Spiced Lamb Tangine Thai Butternut Squash Soup
Lamb Casserole with Minted New Potatoes	Red lentil and Mixed Bean Casserole (GF) (V)
Vegetable & Chick Pea Tangine (GF) + Starch Exchange (V)	Chargrilled Aubergine, Roast Courgette & Pepper Pizza (V)
<u>Quorn</u>	
Cottage Pie 500g (1/2 pack) (V)	Cottage Pie 300g + 1 Fruit Exchange (V)
Tikka Masala with Rice (V)	Lasagne (1/2 pack) (V)
<u>Sainsbury's®</u>	
Cottage Pie (frozen)	Vegetarian Catalan Bean stew
Balanced® Wiltshire Ham Sauce and Mash	Be Good To Yourself® Chicken Tikka Biryani (GF)
Be Good To Yourself® Prawn Biryani (GF)	Be Good To Yourself® Braised Beef and Mash
My Goodness ® Chinese Chicken Chow Mein	My Goodness ® Classic Roast Chicken
My Goodness ® Zingy Tom Yum King Prawn Soup	Taste the Difference® Mushroom Stroganoff & Rice
My Goodness ® Fruity Moroccan Spiced Pork	My Goodness ® Sticky Pulled Pork & Sweet Potato Mash
My Goodness ® Tasty Hoisin Duck Noodle Soup	My Goodness ® Warming Green Thai Noodle Soup
Be Good To Yourself ® Thai Red Curry & Rice	Be Good To Yourself ® Chicken & Prawn Paella
My Goodness ® Laksa Chicken Noodle Soup	My Goodness ® Tomato Mascarpone Chicken with Spaghetti
<u>Tesco®</u>	
Classic ® Chicken casserole with Mash	Light choices ® Braised Beef and Mash (GF)
Light choices ® Lamb Moussaka	Eat Live Enjoy® Sweet Chilli King Prawn Noodles
Light choices ® Chicken Hotpot (frozen)	Light choices ® Cottage pie (GF)
Classic ® Chicken casserole with Mash	Light choices ® Braised Beef and Mash (GF)
Light choices ® Lamb Moussaka	Healthy Living ® - Tomato and Basil Chicken 400g
Healthy Living ® - Chicken Potatoes and Vegetables – 400g	Healthy Living ® Moroccan Chicken with Vegetable Cous Cous – 320g

Healthy Living ® Braised Beef & Root Vegetable mash – 400g	Healthy Living ® Chicken Chow Mein – 400g
Healthy Living ® Sausage and Root Mash – 400g	Healthy Living ® – Vegetable Moussaka – 320g
Healthy Living ® Vegetable Curry + 1 Starch Exchange	Healthy Living ® Vegetable Biryani – 350g
Healthy Living ® Spanish Tomato Chicken – 350g	Healthy Living ® - Chicken Noodles – 300g
Healthy Living ® Minced Beef and Potatoes -350g	Healthy Chicken Chilli & Wedges 350g
Healthy Living ® Pork meatballs	Healthy Living ® Quinoa & Squash – 350g
The City Kitchen® Tom Yum Chicken Noodle	Eat Live Enjoy® Sweet Chilli King Prawn Noodles
Light choices ® Chicken Hotpot (frozen)	Light choices ® Chilli and Wedges (frozen) (GF)
Light choices ® Cottage pie (GF)	
<u>Waitrose®</u>	
LOVE Life you count® Chicken with Madeira wine & Porcini mushroom	LOVE Life you count® Spinach and Ricotta cannelloni (V)
LOVE Life you count® Beef and Red wine Casserole (GF)	LOVE Life you count® Lasagne
LOVE Life you count® Chicken Casserole	LOVE Life you count® Vegetable Lasagne (V)
LOVE Life you count® Fisherman’s pie	LOVE Life you count® Smoked Haddock Florentine
Mini® Spaghetti Bolognese (Frozen)	Mini® Fish Dinner (Frozen)
Mini® Chicken Dinner (Frozen)	Mini® Liver and Bacon (Frozen)
Mini® Chilli Con Carne (Frozen)	
<u>Wiltshire Farm Foods ®</u>	
Cottage pie (GF)	Corned Beef Bake
Beef with Mashed potatoes	Roast Chicken Breast with Stuffing
Chicken and vegetable casserole (GF)	Duck in Orange Sauce (GF)
Chicken in Gravy (GF)	Turkey with Stuffing
Hunters chicken Casserole (GF)	Roast Turkey with Gammon
Chicken Chasseur (GF)	Chicken and Summer vegetable casserole (GF)
Roast Pork in Apple Gravy (GF)	Gammon with pineapple (GF)
Pork Loin and stuffing	Pork, leek and mustard casserole (GF)
Ham in Parsley Sauce (GF)	Pork in Gravy
Roast Lamb in mint Gravy (GF)	Lamb in Gravy (GF)
Lamb and Vegetable Casserole (GF)	Fish in parsley sauce

Cod in parsley sauce	Fisherman's pie (GF)
Fillet of Trout with Prawns (GF)	Cod in lemon sauce (GF)
Vegetarian Cottage pie (V)	Vegetarian Spaghetti Bolognese (V)

Phase 1 & 2 Sides

<u>Salad</u>	
Romaine lettuce with feta cheese (2tbsp) and vinegar/olive oil dressing (1 tsp of each)	Salad with mixed greens, avocado (2tbsp) and vinegar/olive oil dressing (1 tsp of each)
Spinach salad with olives (8 large), feta cheese (2 tbsp) and lemon juice	<i>Or any salad with either 2 fat exchanges or ½ dairy and 1 fat exchange.</i>
<u>Steamed or Sautéed Veggies</u>	
Steamed broccoli and cauliflower with prawns (260g)	Steamed green beans with chicken (2 oz)
Sautéed bell peppers and onions (with Pam®) and chicken (40g)	<i>Or any free vegetables with ½ protein exchange</i>
<u>Raw Veggies</u>	
Cucumbers and carrots dipped in pesto (2tbsp)	Celery with peanut butter (1tbsp)
Broccoli and cauliflower and a string cheese	<i>Or any free vegetables with 2 fat exchanges or 1 dairy exchange</i>
<u>Nuts</u>	
12 Almonds	12 Cashews
20 Peanuts	<i>Or 1 nut exchange of your choice</i>

Phase 3 Sides

<u>Phase 3 Sides</u>	
<u>Fruit Salad with Cottage Cheese:</u> Combine ½ banana, 50g grapes, 4 large strawberries, & 170g of cottage cheese.	<u>Yogurt + Almonds:</u> Sprinkle 24 almonds on 225g. Nonfat, greek yogurt.
<u>Nuts + Cheese:</u> 24 almonds + 40g mozzarella cheese.	<u>Banana + Peanut Butter:</u> 1 banana + 2 Tbsp. natural peanut butter
<u>Hummus + Pita Bread + Cucumber:</u> 2tbsp hummus + ¾ pita + 250g cucumber	<u>Cheese + Crackers + Grapes:</u> 3 Laughing Cow® Light Swiss Cheese Triangles + 5 cream crackers + 150g grapes

Greek Salad

- 180g Romaine Lettuce; 4 tomatoes chopped; 100g chopped cucumber; 50g 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

- 100g Spinach; 100g Rocket leaves; 100g chopped cucumber; 5 medium strawberries, chopped; 2 tbsp blue cheese crumbled; 4 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.