

Recommended Frozen Meals

Criteria:

Sugar ≤ 6 g

Protein ≥ 17 g

Calories ≤ 330 kcal

Entrée	Brand	Protein (g)	Sugar (g)	Calories
Bacon and Smokey Cheddar Chicken	Healthy Choice	18	2	260
Chicken Alfredo Florentine	Healthy Choice	17	1	230
Chicken Pesto Classico Café Steamer	Healthy Choice	19	4	320
Chicken Red Pepper Alfredo Café Steamer	Healthy Choice	20	3	250
Grilled Basil Chicken Café Steamer	Healthy Choice	20	4	290
Grilled Chicken Marinara Café Steamer	Healthy Choice	21	5	270
Roasted Beef Merlot Café Steamer	Healthy Choice	17	4	230
Roasted Chicken Fresca Café Steamer	Healthy Choice	17	3	230
Roasted Chicken Marsala Café Steamer	Healthy Choice	18	5	250
Chicken Cacciatore Fresh Mixer	Healthy Choice	20	3	310
Tuscan Style Chicken Fresh Mixer	Healthy Choice	18	4	320
Baja Style Chicken Quesadilla	Lean Cuisine	18	3	280
Chicken Florentine Lasagna One Dish Favorites	Lean Cuisine	20	6	280
Chicken Fettuccini One Dish Favorites	Lean Cuisine	22	6	270
Spaghetti with Meatballs One Dish Favorites	Lean Cuisine	18	6	270
Swedish Meatballs with Pasta One Dish Favorites	Lean Cuisine	22	4	300
Chicken and Vegetables Café Classics One Dish Favorites	Lean Cuisine	20	5	240
Chicken Carbonara Café Classics One Dish Favorites	Lean Cuisine	23	3	310

Chicken with Basil Cream Sauce Café Classics One Dish Favorites	Lean Cuisine	19	4	280
Fiesta Grilled Chicken Café Classics One Dish Favorites	Lean Cuisine	19	5	260
Glazed Chicken Café Classics One Dish Favorites	Lean Cuisine	21	5	220
Grilled Chicken Caesar Café Classics One Dish Favorites	Lean Cuisine	18	1	260
Roasted Garlic Chicken Café Classics One Dish Favorites	Lean Cuisine	20	3	180
Shrimp Alfredo Café Classics One Dish Favorites	Lean Cuisine	18	5	260
Three Cheese Chicken Café Classics One Dish Favorites	Lean Cuisine	21	5	210
Baked Chicken Comfort Classics One Dish Favorites	Lean Cuisine	17	5	240
Baked Chicken Florentine Comfort Classics	Lean Cuisine	18	5	200
Herb Roasted Chicken Comfort Classics	Lean Cuisine	18	5	180
Meatloaf with Whipped Potatoes Comfort Classics	Lean Cuisine	21	4	260
Salisbury Steak Comfort Classics	Lean Cuisine	24	4	280
Chicken Mediterranean Spa Cuisine	Lean Cuisine	19	6	240
Chicken Pecan Spa Cuisine	Lean Cuisine	17	5	250
Grilled Chicken Primavera Spa Cuisine	Lean Cuisine	18	6	220
Lemongrass Chicken Spa Cuisine	Lean Cuisine	18	4	250
Oven Roasted Beef Burgundy Spa Cuisine	Lean Cuisine	17	3	300
Rosemary Chicken Spa Cuisine	Lean Cuisine	17	1	210
Salmon Mediterranean Spa Cuisine	Lean Cuisine	18	3	230
Salmon with Basil Spa Cuisine	Lean Cuisine	19	3	220
Bacon Alfredo Pizza-Wood Fire Style Casual Eating	Lean Cuisine	17	4	320

Chicken Ranch Club Flatbread Melt Casual Eating	Lean Cuisine	21	4	330
Chophouse Steak Flatbread Melt Casual Eating	Lean Cuisine	21	4	330
Pesto Chicken Flatbread Melt Casual Eating	Lean Cuisine	22	6	330
Roasted Garlic Chicken Pizza-Wood Fire Style Casual Eating	Lean Cuisine	23	4	330
Chicken Philly Flatbread Melt Casual Eating	Lean Cuisine	21	3	330
Chicken Tuscan Panini Casual Eating	Lean Cuisine	22	3	320
Chicken, Mushroom and Spinach Panini Casual Eating	Lean Cuisine	22	6	320
Philly-Style Steak and Cheese Panini Casual Eating	Lean Cuisine	21	5	330
Turkey Medallions with Mushroom Gravy	Smart Ones	18	3	200
Chicken Bruschetta Grilled Flatbread	Smart Ones	17	6	310
Chicken Carbonara	Smart Ones	20	<1	250
Chicken Marsala with Broccoli	Smart Ones	20	4	180
Chicken Parmesan	Smart Ones	26	5	290
Chicken Santa Fe	Smart Ones	20	6	140
Creamy Parmesan Chicken	Smart Ones	21	4	250
Creamy Rigatoni with Chicken and Broccoli	Smart Ones	20	4	290
Home Style Beef Pot Roast	Smart Ones	17	4	180
Meatloaf	Smart Ones	22	2	250
Picante Chicken and Pasta	Smart Ones	23	<1	260
Roasted Chicken with Sour Cream and Chive Mashed Potatoes	Smart Ones	17	<1	180
Salisbury Steak	Smart Ones	20	2	200
Savory Steak and Ranch Grilled Flatbread	Smart Ones	18	6	300
Sirloin Beef and Asian Style Vegetables	Smart Ones	17	4	220
Slow Roasted Turkey Breast	Smart Ones	18	<1	210
Southwestern Style Chicken Fiesta Grilled Flatbread	Smart Ones	17	6	310

Stuffed Turkey Breast	Smart Ones	17	5	290
Swedish Meatballs	Smart Ones	20	4	270
Savory Pork	South Beach Living	22	4	230
Roasted Turkey	South Beach Living	17	2	240
Garlic Herb Chicken	South Beach Living	23	2	240
Caprese Style Chicken	South Beach Living	30	4	240
Chicken Fettuccini Alfredo	South Beach Living	26	3	240
Kung Pao Chicken	South Beach Living	25	5	250
Chicken in Roasted Red Pepper Sauce	South Beach Living	22	5	280
All American Breakfast Wrap	South Beach Living	19	3	230
Denver Style Breakfast Wrap	South Beach Living	17	3	210
Cranberry Walnut Chicken Salad Kit	South Beach Living	24	5	290
Santa Fe Style Chicken Salad Kit	South Beach Living	29	1	240
Chicken Florentine	Kashi	22	1	290
Chicken Pasta Pomodoro	Kashi	19	5	280
Lemongrass Coconut Chicken	Kashi	18	6	300
Chicken Rustico Pocket Bread Sandwich	Kashi	18	4	300