

Frozen Dinner Guidelines

There are a number of frozen dinners which may be incorporated into the Smart for Life™ Weight Management Program.

Men may choose a frozen entrée for both the lunch and dinner meals. Women may choose a frozen entrée only for the dinner meal.

When selecting a frozen dinner, the following nutritional criteria should be used as a guide:

Per serving:

Total Carbohydrate	60 grams or less	Total Calories	500 or less
Total Fat	10 grams or less	Sodium	600-800mg
Protein	30 grams or more		

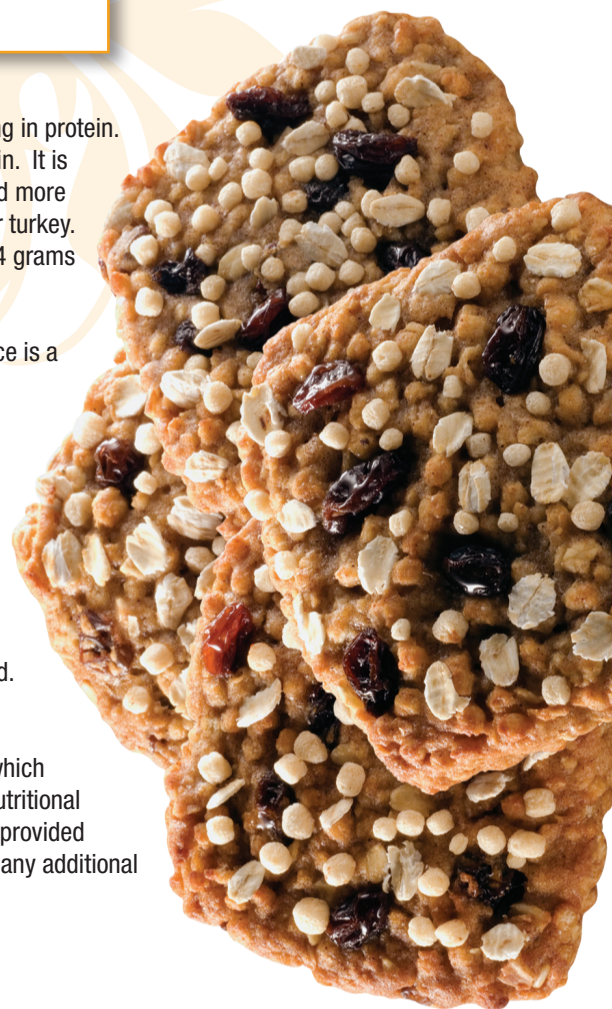
Many frozen dinners meet the carbohydrate and fat requirements. However, they are lacking in protein. These dinners are still acceptable for use, but must be supplemented by adding extra protein. It is important to remember that your protein selection is limited because you do not want to add more carbohydrates or fat. As a result, it is easier and convenient to select deli cuts of chicken or turkey. Since both of these are generally packaged as one ounce slices, each slice contains about 4 grams of protein. For every 4 grams of additional protein required, simply add one slice.

Another great choice is shrimp. A shrimp cocktail with the smallest amount of cocktail sauce is a wonderful appetizer for a frozen dinner. Ready to eat shrimp are usually available in the supermarket. One ounce of cooked shrimp provides about 6 grams of protein. Since shrimp are virtually all protein, you don't have to be concerned about adding unwanted carbohydrates or fats.

In addition to chicken, turkey and shrimp, you do have some additional options. Most fish will fill your requirements, but you must know its nutritional value to be able to calculate how much to add. Egg whites (no yolks) are a perfect source of almost pure high quality protein. Large eggs contain about 3 grams of protein per egg white. You may also use the imitation egg products which are essentially egg whites that have been colored and flavored. Four tablespoons of imitation egg product contains about 6 grams of protein.

It is important to remember that manufacturers periodically modify their recipe structures which may result in a change in the nutritional information. Please be sure to always check the nutritional labels to ensure that your selection falls within the carbohydrate, fat and protein guidelines provided above. The following list details a sampling of frozen dinners from major brands as well as any additional protein requirement that may be necessary.

Bon Appetit!



Frozen Entrées

Stouffer's Lean Cuisine® - One Dish Favorites™

Alfredo Pasta w/Chicken and Broccoli	Add 7 OZ protein
Angel Hair Pasta Marinara	Add 6 OZ protein
Asian-Style Pot Stickers	Add 6 OZ protein
Cheese Ravioli	Add 8 OZ protein
Chicken Florentine Lasagna	Add 6 OZ protein
Chicken Chow Mein with Rice	Add 8 OZ protein
Chicken Fettucini	Add 6 OZ protein
Chicken Teriyaki Stir Fry	Add 6 OZ protein
Classic Five Cheese Lasagna	Add 6 OZ protein
Deluxe Cheddar Potato	Add 6 OZ protein
Fettuccini Alfredo	Add 6 OZ protein
Four Cheese Cannelloni	Add 7 OZ protein
Lasagna with Meat Sauce	Add 6 OZ protein
Macaroni and Beef	Add 6 OZ protein
Macaroni and Cheese	Add 6 OZ protein
Penne Pasta with Tomato Basil Sauce	Add 6 OZ protein
Roasted Chicken with Lemon Pepper Fettuccini	Add 8 OZ protein
Roasted Potatoes, Broccoli, and Cheddar Cheese Sauce	Add 8 OZ protein
Santa Fe-Style Rice and Beans	Add 6 OZ protein
Spaghetti with Meat Sauce	Add 6 OZ protein
Swedish Meatballs with Pasta	Add 6 OZ protein
Spaghetti with Meatballs	Add 7 OZ protein
Stuffed Cabbage with Whipped Potatoes	Add 8 OZ protein
Mexican-Style Rice	
Three Bean Chili with Rice	Add 6 OZ protein
Vegetable Egg Roll	Add 6 OZ protein

Stouffer's Lean Cuisine® - Café Classics™

Asian-Style Beef with ginger and soy	Add 7 OZ protein
Beef Portabello	Add 7 OZ protein
Bow Tie Pasta and Chicken	Add 7 OZ protein
Chicken with Almonds	Add 7 OZ protein
Chicken a l'Orange	Add 7 OZ protein
Chicken and Vegetables	Add 6 OZ protein
Chicken Marsala	Add 8 OZ protein
Chicken Fried Rice	Add 8 OZ protein
Chicken Teriyaki Stir Fry	Add 6 OZ protein
Chicken Carbonara	Add 6 OZ protein
Chicken with Basil Cream Sauce	Add 6 OZ protein
Creamy Basil Chicken	Add 6 OZ protein
Fiesta Grilled Chicken	Add 7 OZ protein
Garlic Beef and Broccoli	Add 8 OZ protein
Glazed Chicken	Add 7 OZ protein
Grilled Chicken with Teriyaki Glaze	Add 6 OZ protein
Grilled Chicken Caesar	Add 8 OZ protein
Honey Dijon Grilled Chicken	Add 7 OZ protein
Lemon Pepper Fish	Add 6 OZ protein
Roasted Garlic Chicken	Add 6 OZ protein
Sesame Chicken	Add 6 OZ protein
Steak Tips Portabello	Add 6 OZ protein
Sweet and Sour Chicken	Add 6 OZ protein
Shrimp and Angel Hair Pasta	Add 8 OZ protein
Teriyaki Steak	Add 8 OZ protein
Three Cheese Stuffed Rigatoni	Add 7 OZ protein
Thai-Style Chicken	Add 7 OZ protein
Three Cheese Chicken	Add 6 OZ protein

Stouffer's Lean Cuisine® - Comfort Classics™

Baked Chicken	Add 8 OZ protein
Beef Pot Roast	Add 8 OZ protein
Baked Chicken Florentine	Add 6 OZ protein
Beef Peppercorn	Add 6 OZ protein
Cheese Lasagna with Chicken Scaloppini	Add 6 OZ protein
Chicken Parmesan	Add 2 OZ protein
Glazed Turkey Tenderloins	Add 7 OZ protein
Herb Roasted Chicken	Add 8 OZ protein
Honey Mustard Chicken	Add 8 OZ protein
Meatloaf and Whipped Potatoes	Add 6 OZ protein
Oven Roasted Beef	Add 6 OZ protein
Roasted Pork	Add 8 OZ protein
Roasted Turkey & Vegetables	Add 8 OZ protein
Roasted Turkey Breast	Add 6 OZ protein
Salisbury Steak	Add 6 OZ protein
Southern Beef Tips	Add 8 OZ protein

Stouffer's Lean Cuisine® - Spa Cuisine Classics™

Butternut Squash Ravioli	Add 6 OZ protein
Chicken Mediterranean	Add 8 OZ protein
Chicken Pecan	Add 8 OZ protein
Chicken in Peanut Sauce	Add 6 OZ protein
Grilled Chicken Primavera	Add 8 OZ protein
Ginger Garlic Stir Fry with Chicken	Add 6 OZ protein
Hunan Stir Fry with Beef	Add 6 OZ protein
Lemongrass Chicken	Add 8 OZ protein
Lemon Chicken	Add 6 OZ protein
Oven Roasted Beef Burgundy	Add 6 OZ protein
Pork Stir Fry	Add 8 OZ protein
Rosemary Chicken	Add 8 OZ protein
Salmon Mediterranean	Add 8 OZ protein
Salmon with Basil	Add 8 OZ protein
Salmon with Lemon Dill Sauce	Add 8 OZ protein
Sesame Stir Fry with Chicken	Add 6 OZ protein

Stouffer's Lean Cuisine® - Dinnertime Selects™

Balsamic Glazed Chicken	Add 6 OZ protein
Chicken Tuscan	Add 6 OZ protein
Chicken Fettucini	Add 6 OZ protein
Chicken Florentine Lasagna	Add 6 OZ protein
Chicken Portabello	Add 6 OZ protein
Grilled Chicken & Penne Pasta	Add 6 OZ protein
Jumbo Rigatoni with Meatballs	Add 6 OZ protein
Lemon Garlic Shrimp	Add 6 OZ protein
Orange Peel Chicken	Add 6 OZ protein
Roasted Turkey Breast	Add 6 OZ protein
Salisbury Steak	Add 6 OZ protein
Steak Tips Dijon	Add 6 OZ protein

Stouffer's Lean Cuisine® - Skillet Sensations

Chicken Primavera	Add 7 OZ protein
Chicken Teriyaki	Add 7 OZ protein
Herbed Chicken	Add 7 OZ protein

You may add a small green leafy vegetable salad to any of the above meals. Some meals not available in all areas.

Frozen Entrées

Healthy Choice-Cafe Steamers™

Beef Merlot	Add 7 OZ protein
Cajun Style Chicken & Shrimp	Add 7 OZ protein
Creamy Dill Salmon	Add 7 OZ protein
Chicken Margherita	Add 6 OZ protein
Chicken Tuscany	Add 6 OZ protein
Grilled Basil Chicken	Add 6 OZ protein
Grilled Chicken Marinara	Add 6 OZ protein
Grilled Whiskey Steak	Add 8 OZ protein
General Tso's Spicy Chicken	Add 6 OZ protein
Grilled White Meat Chicken & Roasted Red Pepper Alfredo Sauce	Add 6 OZ protein
Roasted Chicken Chardonnay	Add 6 OZ protein
Roasted Chicken Marsala	Add 6 OZ protein

Weight Watchers-Smart Ones®

Angel Hair Marinara	Add 8 OZ protein
Beef Pot Roast	Add 7 OZ protein
Broccoli & Cheddar Roasted Potatoes	Add 8 OZ protein
Chicken Carbonara	Add 6 OZ protein
Chicken Mirabella	Add 8 OZ protein
Chicken Oriental	Add 8 OZ protein
Chicken Santa Fe	Add 6 OZ protein
Chicken Enchildas Monterey	Add 6 OZ protein
Chicken Enchildas Suiza	Add 6 OZ protein
Chicken Fettucini	Add 6 OZ protein
Chicken Marsala with Broccoli	Add 6 OZ protein
Chicken Parmesan	Add 6 OZ protein
Cranberry Turkey Medallions	Add 6 OZ protein
Creamy Chicken Tuscan w/Zucchini	Add 6 OZ protein
Creamy Parmesan Chicken	Add 6 OZ protein
Creamy Rigatoni w/Chicken & Broccoli	Add 6 OZ protein
Dragon Shrimp Lo Mein	Add 7 OZ protein
Fajita Chicken Supreme	Add 6 OZ protein
Fettuccini Alfredo	Add 6 OZ protein
Lemon Herb Chicken Piccata	Add 6 OZ protein
Pineapple Beef Teriyaki	Add 6 OZ protein
Ravioli Florentine	Add 7 OZ protein
Roast Turkey Medallions with Mushroom Gravy	Add 8 OZ protein
Roasted Chicken with Sour Cream & Chive Mashed Potatoes	Add 8 OZ protein
Shrimp Marinara	Add 8 OZ protein
Sirloin Beef & Asian Style Vegetables	Add 8 OZ protein
Spicy Szechuan Style Vegetables & Chicken	Add 8 OZ protein
Swedish Meatballs	Add 6 OZ protein
Sweet & Sour Chicken	Add 8 OZ protein
Teriyaki Chicken & Vegetables	Add 7 OZ protein
Tuna Noodle Gratin	Add 7 OZ protein

Healthy Choice-Complete Selections™

Asiago Chicken Portobello	Add 6 OZ protein
Beef Pot Roast	Add 6 OZ protein
Beef Stroganoff	Add 6 OZ protein
Beef Tips Portobello	Add 6 OZ protein
Beef with Classic BBQ Sauce	Add 6 OZ protein
Blackened Chicken	Add 6 OZ protein
Country Herb Chicken	Add 7 OZ protein
Chicken Broccoli Alfredo	Add 6 OZ protein
Chicken Parmigiana	Add 6 OZ protein
Chicken Teriyaki	Add 6 OZ protein
Classic Grilled Chicken BBQ	Add 6 OZ protein
Country Breaded Chicken	Add 6 OZ protein
Creamy Garlic Shrimp	Add 6 OZ protein
Grilled Monterey Chicken	Add 6 OZ protein
Grilled Turkey Breast	Add 6 OZ protein
Honey Balsamic Chicken	Add 6 OZ protein
Honey Glazed Chicken	Add 6 OZ protein
Lemon Pepper Fish	Add 6 OZ protein
Meatloaf	Add 6 OZ protein
Mushroom Roasted Beef	Add 6 OZ protein
Roasted Chicken	Add 6 OZ protein
Salisbury Steak	Add 6 OZ protein
Sweet Bourbon Steak	Add 6 OZ protein
Traditional Turkey Breast	Add 6 OZ protein

Healthy Choice-Simple Selections™

Breaded Chicken Breast Strips & Mashed Potatoes	Add 7 OZ protein
Chicken Enchiladas	Add 6 OZ protein
Chicken Rigatoni	Add 6 OZ protein
Cheesy Chicken & Rice	Add 7 OZ protein
Chicken Fettuccini	Add 8 OZ protein
Four Cheese Manicotti	Add 6 OZ protein
Glazed Chicken	Add 7 OZ protein
Grilled Chicken & Mashed Potatoes	Add 7 OZ protein
Grilled Chicken & Pasta	Add 7 OZ protein
Lasagna Bake	Add 7 OZ protein
Macaroni & Cheese	Add 8 OZ protein
Mandarin Chicken	Add 7 OZ protein
Roast Turkey Breast	Add 7 OZ protein
Salisbury Steak & Garlic Mashed Potatoes	Add 7 OZ protein
Sesame Chicken	Add 7 OZ protein
Slow Roasted Turkey Breast & Mashed Potatoes	Add 7 OZ protein
Spaghetti with Meat Sauce	Add 8 grams protein