

Microwavable Foods- Walmart

Frozen Food	Brand	Rating-out of 5	Calories	Cost
Mango Chicken Masala-	Monsoon Kitchens		350	\$4.97
Beef Enchilada Fiesta	- Night Hawk		400	\$3.48
Shrimp Alfredo	- Lean Cuisine		280	\$4.14
Classic Meatloaf / potatoes	- Stouffer's	(5/5)	290	\$3.48
Spaghetti w/ Meatballs	- Stouffer's	(2/5)	450	\$3.48
Lasagna Bolognese	- Chef Ramsay		500	\$5.94
Shepherd's Pie	- Chef Ramsay	(5/5)	490	\$5.94
Cheesy Chicken Rice bowl	- Marie Callender's	(4/5)	380	\$2.67
Chicken Fettuccini	- Smart Ones *needs Parm.	(3/5)	300	\$2.26
Meat lover's Lasagna	- Stouffer's	(4/5)	450	\$3.48
Butter Chicken	- Saffron Road	(4/5)	420	\$4.72
Chicken Biryani	- Saffron Road		370	\$4.52
Coconut Curry Chicken	- Saffron Road	(4/5)	420	\$4.38
Coconut Chicken Korma	- Deep		330	\$4.58

Protein loading Frozen foods

*Add ½ cup chopped rotisserie chicken + 92 calorie

*Add 3 impossible meat balls + 210 calories

Soup	Brand	Rating-out of 5	Calories	Cost
Chicken Tortilla	- Marketside	(4/5)	270	\$3.87
Kickin' Chicken Chowder	- Marketside	(4/5)	460	\$3.87
Creamy Cauliflower Parmesan	- Marketside	(5/5)	430	\$3.87

Protein loading a soup *Add 1/2 cup of chopped rotisserie chicken to ½ of a single serving soup.

- ½ Creamy Cauliflower Soup = 215 cal. with ½ cup Rotisserie chicken + 92 cal. = 307 Cal.

Microwavable Foods – Target

Frozen Food	Brand	Rating- out of 5	Calories	Cost
Meatball Marinara- Gardein /Ultimate bowl			320	\$4.49
Spinach / Ricotta Ravioli- Amy's		(5/5)	390	\$5.89
Chile Relleno Casserole – Amy's			400	\$5.89
Cauliflower crust / 3-meat Pizza- Life Cuisine		(5/5)	390	\$4.29
Salisbury Steak / Mac & Cheese – Lean Cuisine			250	\$4.49
Broccoli Cheddar Bake – Amy's			460	\$5.89
Blueberry Power Waffles- Kodiak (2) / Maple syrup- (2 Tbs)			230 / 104	\$5.69
Naked Burrito (Beyond Meat) – Wicked Kitchen			410	\$5.99
Unwrapped Burrito Bowl – Healthy Choice			270	\$3.49
Rigatoni Veg. Bolognese – Wicked Kitchen			500	\$5.99
Cauliflower Mac – Sweet Earth			340	\$4.99
Pad Thai – Amy's			410	\$5.89
Pesto Cauliflower Gnocchi – Life Cuisine			370	\$4.49
Spinach Paneer – Deep			310	\$3.89
Impossible Meat balls (14/bag) - 3 Balls		(5/5)	210	\$7.79

Protein loading a food

*Add 1/2 cup of chopped rotisserie chicken + 92calories

*Add 3 impossible meat balls + 210 calories