

## Frozen Meal Options (300 calories or less)

Michelle Bridges "Delicious Nutritious" \$7.99 per meal			
	Calories	Weight	ED
Beef & Tomato Casserole	287	350g	0.82
Asian Style Chicken	292	375g	0.77
All meals in the "Delicious Nutritious" range contain 2 serves of vegetables per meal.			



Aldi "Health & Vitality" \$2.99 per meal			
	Calories	Weight	ED
Chinese Dumpling Soup	183	300g	0.61
Beef in Red Wine Sauce	185	300g	0.62
Beef Stroganoff	233	280g	0.83
Chicken Risotto	304	350g	0.87

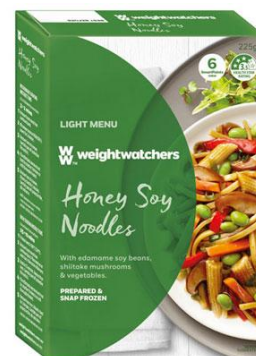


Lean Cuisine "Balanced Serve" \$6.25 per meal			
	Calories	Weight	ED
Honey Soy Beef with Wholemeal Noodles	225	280g	0.80
Mongolian Beef with Wholemeal Noodles	241	280g	0.86
Lamb & Rosemary Hot Pot	254	290g	0.88
Beef in Red Wine Sauce with Garlic Mash	258	300g	0.86
Peri Peri Chicken with Couscous	262	280g	0.93
Chicken & Chorizo Risotto	265	280g	0.95
All meals in Lean Cuisine's "Balanced Serve" range contain less than 350 calories per serve.			



Weight Watchers \$5.80 per meal			
	Calories	Weight	ED
Honey Soy Noodles	173	225g	0.76
Beef Hot Pot	197	320g	0.62
Beef Bolognese	214	225g	0.95
Pumpkin & Ricotta Cannelloni	235	330g	0.71

Beef Cannelloni	252	320g	0.79
Chicken & Mushroom Fettucine	298	300g	0.99
Weight Watchers meals with 6-8 points generally contain 300 calories or less, but always check the nutrition information panel.			



McCain's "Healthy Choice"		\$7.65-8.35 per meal	
	Calories	Weight	ED
Chinese Chicken & Cashews	282	280g	1.01
Honey Sesame Chicken	285	300g	0.95
Honey Mustard Chicken	289	300g	0.96
"Protein Plus" Italian Baked Chicken	297	360g	0.83



McCain's "Hearty Meals"		\$7.47 per meal	
	Calories	Weight	ED
Roast Beef	275	320g	0.86
Roast Chicken	282	320g	0.88
Roast Turkey	301	280g	1.08



Lean Cuisine "Pots of Goodness"		\$8.25 per meal	
	Calories	Weight	ED
Japanese Garlic & Ginger Chicken	219	320g	0.68
Mexican Chicken Chipotle	226	320g	0.71
Thai Green Chicken Curry	274	320g	0.86
Spanish Chicken	296	320g	0.93



Lean Cuisine "Soups"		\$6.25 per meal	
	Calories	Weight	ED
Thai Dumpling Soup	177	280g	0.42
Malaysian Chicken Laksa Soup	178	280g	0.64
Chinese Dumpling Soup	182	280g	0.65
Chinese Chicken & Sweet Corn	215	280g	0.77



### **Still Hungry?**

Sometimes frozen meals can look small and unsatisfying. This is because often contain very little vegetables and fibre... sometimes as little as 10% vegetables!

**Try bulking your frozen meal with extra frozen vegetables** (e.g. beans, peas, corn, carrot, broccoli, cauliflower) – this will make your meal look and feel much more filling!

(1 cup frozen mixed vegetables adds around 40cal + 3g fibre)

### **What is Energy Density (ED)?**

Energy density is the amount of energy (calories) per gram of food. Low energy density foods contain fewer calories per gram of food – meaning that you can have satisfying portions of these foods for relatively few calories. Low energy density foods include those with a high water and/or fibre content.

ED = calories / weight (g)

**The lower the ED, the better!**