



CONVENIENCE MEALS

SHRIMP PRIMAVERA

Nutrition Facts

Serving Size about 1½ cups
unprepared with sauce (208g/7.5oz)
Servings Per Container about 3

Amount Per Serving

Calories 350 **Calories from Fat 190**

% Daily Value*

Total Fat 21g	32%
Saturated Fat 4g	19%
Cholesterol 60mg	21%
Sodium 780mg	33%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	9%
Sugars 3g	

Protein 11g

Vitamin A 20% • Vitamin C 25%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PASTA (Water, Enriched Semolina Flour {Semolina Flour, Niacin, Iron, Thiamin, Riboflavin, Folic Acid}, Whole Egg Powder), SHRIMP, SAUCE (Partially Hydrogenated Vegetable Oil {Soybean, and/or Canola Oils}, Contain less than 2% of the following ingredients, not listed in order: Water, Maltodextrin, Sugar, Citric Acid, Autolyzed Yeast Extract, Salt, Natural Flavors, Beta Carotene, Lecithin, Garlic, Onion Powder, Spices), BROCCOLI, GREEN BEANS, CARROTS, RED BELL PEPPERS.

WEIGHT WATCHERS POINTS: 8

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CONVENIENCE MEALS

CHICKEN ALFREDO

Nutrition Facts	
Serving Size 1 1/4 cups unprepared (227g/8oz)	
Servings Per Container 3	
Amount Per Serving	
Calories 330	Calories from Fat 160
% Daily Value*	
Total Fat 18g	27%
Saturated Fat 10g	52%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 660mg	28%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 15g	
Vitamin A 20%	• Vitamin C 40%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: PASTA (Water, Durum Semolina, Niacin, Iron {Ferrous Sulfate}, Thiamine Mononitrate, Riboflavin, Folic Acid), SAUCE (Milk, Heavy Whipping Cream, Unsalted Butter, Water, Parmesan Cheese {Cultured Pasteurized Milk, Salt, Enzymes}, Modified Corn Starch, Salt, Natural Cream Flavor, Disodium Phosphate, Black Pepper, Lecithin), COOKED SEASONED CHICKEN BREAST (Chicken Breast Meat, Water, Seasoning {Maltodextrin, Garlic and Onion, Sugar, Soy Sauce Powder [Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Salt], Spices, Chicken Broth Powder [Chicken Broth, Salt, Gelatin], Natural Butter Flavor [Maltodextrin, Modified Cream, Flavor], Grill Flavor [Maltodextrin, Grill Flavor (from Partially Hydrogenated Soybean/ Cottonseed Oil), Modified Corn Starch, Corn Syrup Solids], Parsley}, Dehydrated Potatoes, Salt, Sodium Phosphate, Carrageenan). BROCCOLI FLORETS, PETITE GREEN BEANS, CARROTS, RED BELL PEPPERS.

WEIGHT WATCHERS POINTS: 8

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CONVENIENCE MEALS

SHRIMP MEDITERRANEAN

Nutrition Facts			
Serving Size 1½ cups unprepared (227g/8oz)			
Servings Per Container 3			
Amount Per Serving			
Calories 180	Calories from Fat 30		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 0g	0%		
Cholesterol 50mg	16%		
Sodium 920mg	39%		
Total Carbohydrate 27g	9%		
Dietary Fiber 3g	11%		
Sugars 6g			
Protein 11g			
Vitamin A 10%	Vitamin C 35%		
Calcium 6%	Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: PASTA (Water, Enriched Wheat Flour {Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Whole Egg Powder), FARM-RAISED SHRIMP, SAUCE (Water, Crushed Tomato, Sugar, Olive Oil, Salt, Garlic Powder, Spices, Modified Corn Starch, Romano Cheese {Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes}, Onion Powder, Xanthan Gum, Paprika Oleoresin {Color}), TOMATOES, GREEN BELL PEPPERS, RED BELL PEPPERS, MUSHROOMS, KALAMATA OLIVES.

WEIGHT WATCHERS POINTS: 3

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CONVENIENCE MEALS

CHICKEN ITALIANO

Nutrition Facts

Serving Size 1 3/4 cups
unprepared (227g/8oz)
Servings Per Container about 3

Amount Per Serving

Calories 300 Calories from Fat 110

% Daily Value*

Total Fat 12g **19%**

 Saturated Fat 7g **35%**

Cholesterol 65mg **21%**

Sodium 710mg **30%**

Total Carbohydrate 29g **10%**

 Dietary Fiber 2g **8%**

 Sugars 3g

Protein 17g

Vitamin A 10% • Vitamin C 25%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: PASTA (Water, Enriched Semolina {Durum Wheat Semolina, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid}), SAUCE (Water, Heavy Cream, Whole Milk, Butter, Sun Dried Tomato {Sun dried Tomato, Sulfur Dioxide [For Color Retention]}, Shallot, Salt, Garlic, Modified Corn Starch, Sugar, Dehydrated Garlic and Onion, Spices, Xanthan Gum, Disodium Phosphate, Natural Flavor, Distilled Vinegar, White Wine Concentrate), COOKED SEASONED CHICKEN BREAST (Chicken Breast Meat, Water, Seasoning {Maltodextrin, Garlic and Onion, Sugar, Soy Sauce Powder [Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Salt], Spices, Chicken Broth Powder [Chicken Broth, Salt, Gelatin], Natural Butter Flavor [Maltodextrin, Modified Cream, Flavor], Grill Flavor [Maltodextrin, Grill Flavor (from Partially Hydrogenated Soybean/ Cottonseed Oil), Modified Corn Starch, Corn Syrup Solids], Parsley}, Dehydrated Potatoes, Salt, Sodium Phosphate, Carrageenan), BROCCOLI, MUSHROOMS.

WEIGHT WATCHERS POINTS: 7

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CONVENIENCE MEALS

KUNG PAO SHRIMP

Nutrition Facts	
Serving Size 1¼ cups unprepared (227g/8oz) Servings Per Container about 3	
Amount Per Serving	
Calories 200	Calories from Fat 35
	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 0.5g	3%
Cholesterol 45mg	15%
Sodium 760mg	32%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 10g	
Vitamin A 15%	• Vitamin C 15%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: RICE, FARM-RAISED SHRIMP, SAUCE (Water, Soy Sauce {Soybeans, Wheat, Salt, Water}, High Fructose Corn Syrup, Oyster Flavored Sauce {Water, Sugar, Salt, Oyster Extractives, Modified Corn Starch, Caramel Color}, Sherry Wine, Dehydrated Garlic, Tomato Paste, Hoisin Sauce {Sugar, Water, Sweet Potato, Salt, Modified Corn Starch, Soybeans, Spices, Sesame Seeds, Wheat Flour, Garlic, Chili Pepper, Acetic acid}, Modified Corn Starch, Distilled Vinegar, Sesame Oil, Salt, Spices), BROCCOLI, CARROTS, ONIONS, WATER CHESTNUTS, BABY CORN, PEANUTS, DEHYDRATED RED CHILI.

WEIGHT WATCHERS POINTS: 4

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CONVENIENCE MEALS

CHICKEN STIR-FRY

Nutrition Facts

Serving Size about 1½ cups
unprepared (227g/8oz)
Servings Per Container about 3

Amount Per Serving

Calories 160 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 870mg **36%**

Total Carbohydrate 18g **6%**

Dietary Fiber 4g **16%**

Sugars 14g

Protein 16g

Vitamin A 50% • Vitamin C 6%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: COOKED SEASONED CHICKEN BREAST (Chicken Breast Meat, Water, Seasoning [Maltodextrin, Garlic and Onion, Sugar, Soy Sauce Powder [Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Salt], Spices, Chicken Broth Powder [Chicken Broth, Salt, Gelatin], Natural Butter Flavor [Maltodextrin, Modified Cream, Flavor], Grill Flavor [Maltodextrin, Grill Flavor (from Partially Hydrogenated Soybean/Cottonseed Oil), Modified Corn Starch, Corn Syrup Solids], Parsley}, Dehydrated Potatoes, Salt, Sodium Phosphate, Carrageenan), SAUCE (Soy Sauce [Water, Wheat, Soybeans, Salt], Sugar, High Fructose Corn Syrup, Water, Sherry Wine, Hoisin Sauce {Soy Sauce [Water, Soybeans, Wheat and Salt], Sugar, Flour, Vinegar, Modified Corn Starch, Spice}, Modified Corn Starch, Chicken Fat, Xanthan Gum, Guar Gum, Dehydrated Garlic, Dehydrated Onion, Dehydrated Beef Stock, Dehydrated Chicken Broth {Chicken Broth, Dextrin} and Spices), BROCCOLI, CARROTS, GREEN BEANS, BABY CORN, WATER CHESTNUTS, KIKURAGE MUSHROOMS.

CONTAINS: Milk, Soybean, Sulfite, Wheat.

WEIGHT WATCHERS POINTS: 3

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CONVENIENCE MEALS

SHRIMP STIR-FRY

Nutrition Facts

Serving Size about 1¼ cups
unprepared (227g/8oz)
Servings Per Container about 3

Amount Per Serving

Calories 140 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 55mg	18%
Sodium 1250mg	52%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	15%
Sugars 11g	

Protein 9g

Vitamin A 20% • Vitamin C 50%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: SHRIMP, SAUCE (Soy Sauce {Water, Wheat, Soybeans, Salt}, Sugar, High Fructose Corn Syrup, Water, Sherry Wine, Hoisin Sauce {Soy Sauce [Water, Soybeans, Wheat and Salt], Sugar, Flour, Vinegar, Modified Corn Starch, Spice}, Modified Food Starch, Chicken Fat, Xanthan Gum, Guar Gum, Dehydrated Garlic, Dehydrated Onion, Dehydrated Beef Stock, Dehydrated Chicken Broth {Chicken Broth, Dextrin} and Spices), SUGAR SNAP PEAS, BROCCOLI, BABY CORN, GREEN BEANS, WATER CHESTNUTS, RED BELL PEPPERS, CARROTS, BUTTON MUSHROOMS.

WEIGHT WATCHERS POINTS: 2

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CONVENIENCE MEALS

CHICKEN CHOW MEIN

Nutrition Facts

Serving Size about 1½ cups
unprepared (227g/8oz)
Servings Per Container about 3

Amount Per Serving		% Daily Value*	
Calories 320		Calories from Fat	25
Total Fat 2.5g			4%
Saturated Fat 1g			4%
Cholesterol 25mg			8%
Sodium 1060mg			44%
Total Carbohydrate 55g			18%
Dietary Fiber 3g			12%
Sugars 10g			
Protein 16g			
Vitamin A 20%	•	Vitamin C 50%	
Calcium 4%	•	Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: NOODLES (Enriched Flour {Wheat Flour, Niacin, Reduced Iron, Thiamine, Riboflavin, Folic Acid}, Water, Guar Gum, Xanthan Gum, Salt, Cottonseed and/or Soybean Oil, Potassium and Sodium Carbonate, Colored with Natural Color {Annatto and Turmeric}), COOKED SEASONED CHICKEN BREAST (Chicken Breast Meat, Water, Seasoning {Maltodextrin, Garlic and Onion, Sugar, Soy Sauce Powder [Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Salt], Spices, Chicken Broth Powder [Chicken Broth, Salt, Gelatin], Natural Butter Flavor [Maltodextrin, Modified Cream, Flavor], Grill Flavor {Maltodextrin, Grill Flavor (from Partially Hydrogenated Soybean/Cottonseed Oil), Modified Corn Starch, Corn Syrup Solids}, Parsley}, Dehydrated Potatoes, Salt, Sodium Phosphate, Carrageenan), SAUCE (Soy Sauce {Water, Wheat, Soybeans, Salt}, Sugar, High Fructose Corn Syrup, Water, Sherry Wine {contains Sulfites}, Hoisin Sauce {Sugar, Sweet Potatoes, Water, Salt, Soybeans, Garlic, Modified Food Starch, Sesame Seeds, Spices, Chili Pepper, Acetic Acid}, Modified Food Starch, Chicken Fat, Xanthan Gum, Guar Gum, Dehydrated Onion, Dehydrated Beef Stock, Dehydrated Chicken Broth {Chicken Broth, Dextrin}, and Spices), BROCCOLI, RED BELL PEPPERS, ONIONS, CARROTS.

WEIGHT WATCHERS POINTS: 6

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CONVENIENCE MEALS

SWEET & SOUR SHRIMP

Nutrition Facts

Serving Size about 1½ cups
unprepared (227g/8oz)
Servings Per Container 3

Amount Per Serving

Calories 180 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 50mg **16%**

Sodium 430mg **18%**

Total Carbohydrate 40g **13%**

Dietary Fiber 3g **14%**

Sugars 12g

Protein 9g

Vitamin A 20% • Vitamin C 35%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: RICE, SHRIMP, SAUCE (Pineapple Juice {Water, Pineapple Juice Concentrate}, Sugar, Distilled Vinegar, Tomato Paste, Soy Sauce {Water, Wheat, Soybeans, Salt}, Modified Corn Starch, Salt, Xanthan Gum, Extractives of Paprika, Spice), BROCCOLI, WATER CHESTNUTS, CARROTS, SUGAR SNAP PEAS, PINEAPPLE, RED BELL PEPPERS.

WEIGHT WATCHERS POINTS: 3

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CONVENIENCE MEALS

CHICKEN FRIED RICE

Nutrition Facts

Serving Size about 1¼ cups
unprepared with sauce (227g/8oz)
Servings Per Container about 3

Amount Per Serving

Calories 260 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g	5%
Saturated Fat 1g	5%
Cholesterol 100mg	33%
Sodium 680mg	28%
Total Carbohydrate 49g	16%
Dietary Fiber 4g	16%
Sugars 5g	

Protein 17g

Vitamin A 15% • Vitamin C 20%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: RICE, COOKED SEASONED CHICKEN BREAST (Chicken Breast Meat, Water, Seasoning {Maltodextrin, Garlic and Onion, Sugar, Soy Sauce Powder [Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Salt], Spices, Chicken Broth Powder [Chicken Broth, Salt, Gelatin], Natural Butter Flavor [Maltodextrin, Modified Cream, Flavor], Grill Flavor [Maltodextrin, Grill Flavor (from Partially Hydrogenated Soybean/Cottonseed Oil), Modified Corn Starch, Corn Syrup Solids], Parsley}, Dehydrated Potatoes, Salt, Sodium Phosphate, Carrageenan), COOKED SCRAMBLED EGGS (Whole Eggs, Modified Corn Starch, Salt, Citric Acid, Xanthan Gum), SAUCE (Soy Sauce {Water, Wheat, Soybeans, Salt}, Sugar, High Fructose Corn Syrup, Water, Sherry Wine, Hoisin Sauce {Soy Sauce [Water, Soybeans, Wheat and Salt], Sugar, Flour, Vinegar, Modified Corn Starch, Spice}, Modified Food Starch, Chicken Fat, Xanthan Gum, Guar Gum, Dehydrated Garlic, Dehydrated Onion, Dehydrated Beef Stock, Dehydrated Chicken Broth {Chicken Broth, Dextrin} and Spices), PEAS, CARROTS, RED BELL PEPPERS.

WEIGHT WATCHERS POINTS: 5

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CONVENIENCE MEALS

SHRIMP FAJITAS

Nutrition Facts			
Serving Size 2 fajitas (227g/8oz)			
Servings Per Container about 3			
Amount Per Serving			
Calories 230	Calories from Fat 35		
	% Daily Value*		
Total Fat 4g	6%		
Saturated Fat 1g	4%		
Trans Fat 0g			
Cholesterol 45mg	14%		
Sodium 940mg	39%		
Total Carbohydrate 37g	12%		
Dietary Fiber 5g	21%		
Sugars 4g			
Protein 11g			
Vitamin A 20%	• Vitamin C 60%		
Calcium 10%	• Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: TORTILLAS (Enriched Bleached Wheat Flour {Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Water, Vegetable Shortening {Partially Hydrogenated Soybean and/or Cottonseed Oils}, Contain 2 % or less of: Leavening {Baking Soda, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate, Calcium Sulfate, and/or Sodium Acid Pyrophosphate}, Salt, Dough Conditioners {Fumaric Acid, L-cysteine}, Calcium Propionate and Sorbic Acid {To Preserve Freshness}), ONIONS, FARM-RAISED SHRIMP, GREEN BELL PEPPERS, RED BELL PEPPERS, SEASONING (Dehydrated Onion and Garlic, Salt, Spices, Paprika, Modified Corn Starch, Flavoring {Maltodextrin, Salt, Grill Flavor [from Vegetable Oil], Modified Corn Starch, Corn Syrup Solids, and Smoke Flavorings}, Autolyzed Yeast Extract, Lemon Juice Powder, Citric Acid, Soybean Oil).

WEIGHT WATCHERS POINTS: 4

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CONVENIENCE MEALS

PAELLA WITH CHICKEN AND SEAFOOD

Nutrition Facts			
Serving Size 1½ cups unprepared (208g/7.5oz)			
Servings Per Container about 3			
Amount Per Serving			
Calories 200	Calories from Fat 25		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 0g	0%		
Cholesterol 50mg	17%		
Sodium 780mg	32%		
Total Carbohydrate 28g	9%		
Dietary Fiber 2g	7%		
Sugars 3g			
Protein 17g			
Vitamin A 6%	• Vitamin C 8%		
Calcium 2%	• Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: RICE, COOKED WHITE MEAT CHICKEN (White Meat Chicken, Water, Modified Food Starch, Salt, Sodium Phosphate, Flavorings), TOMATO, FARM-RAISED SHRIMP, PEAS, SCALLOPS, ONION, RED BELL PEPPERS, SEASONING (Autolyzed Yeast Extract, Onion Powder, Salt, Maltodextrin, Garlic Powder, Modified Corn Starch, Sugar, Spices, Citric Acid, Partially Hydrogenated Cottonseed and/or Soybean Oil, Colored With Natural Color {Annatto And Turmeric}, Saffron).

WEIGHT WATCHERS POINTS: 4

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CONVENIENCE MEALS

SHRIMP SANTA FE

Nutrition Facts	
Serving Size 1 3/4 cups unprepared (227g/8oz) Servings Per Container about 3	
Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 45mg	15%
Sodium 880mg	37%
Total Carbohydrate 19g	6%
Dietary Fiber 6g	23%
Sugars 4g	
Protein 10g	
Vitamin A 10% • Vitamin C 60%	
Calcium 8% • Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BROCCOLI, FARM-RAISED SHRIMP, SAUCE (Water, Soybean Oil, Cilantro, Romano Cheese {Part-Skim Cow's Milk, Cheese Culture, Salt, Enzymes}, Salt, Modified Corn Starch, Chopped Garlic, Natural Flavor, Sugar, Citric Acid, Spices, Onion and Garlic Powder, Xanthan Gum, Lecithin, Colored with Natural Color {Turmeric Powder}), PETITE GREEN BEANS, CORN, CARROTS, BLACK BEANS, RED BELL PEPPERS, ONIONS.

WEIGHT WATCHERS POINTS: 3

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CONVENIENCE MEALS

SHRIMP LO MEIN

Nutrition Facts	
Serving Size 1¼ cups unprepared (227g/8oz)	
Servings Per Container 3	
Amount Per Serving	
Calories 250	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 630mg	26%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 11g	
Vitamin A 0%	• Vitamin C 25%
Calcium 4%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: NOODLES (Enriched Flour {Wheat Flour, Niacin, Reduced Iron, Thiamine, Riboflavin, Folic Acid}, Water, Guar Gum, Xanthan Gum, Salt, Cottonseed and/or Soybean Oil, Potassium and Sodium Carbonate, Colored with Natural Color {Annatto and Turmeric}), SAUCE (Water, Soy Sauce {Water, Soybeans, Wheat, Salt}, Sugar, High Fructose Corn Syrup, Distilled Vinegar, Canola Oil, Modified Corn Starch, Ginger, Garlic, Sake {Water, Rice, Rice Koji, Salt}, Xanthan Gum, Spices), FARM-RAISED SHRIMP, GREEN SOYBEANS, SHIITAKE MUSHROOMS, RED BELL PEPPERS, WATER BAMBOO SHOOTS.

CONTAINS: Shrimp, Soybean, Wheat.

WEIGHT WATCHERS POINTS: 5

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CONVENIENCE MEALS

THAI-STYLE CURRY CHICKEN

Nutrition Facts

Serving Size 1½ cups unprepared
(227g/8oz)
Servings Per Container 3

Amount Per Serving

Calories 240 **Calories from Fat 70**

% Daily Value*

Total Fat 8g	12%
Saturated Fat 4g	20%
Cholesterol 25mg	9%
Sodium 330mg	14%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	9%
Sugars 4g	

Protein 12g

Vitamin A 8% • Vitamin C 15%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: RICE, SAUCE (Water, Coconut Milk {Coconut Milk, Guar Gum}, Heavy Cream, Soybean or Canola Oil, Brown Sugar, Fish Sauce {Anchovy, Water, Salt}, Shallot, Green Curry Paste {Green Chili, Lemon Grass, Garlic, Salt, Galangal, Shrimp Paste, Kaffir Lime Peel, Spices}, Modified Corn Starch, Garlic, Dehydrated Apple, Salt, Ginger, Xanthan Gum, Lecithin, Extractives of Basil), FULLY COOKED SEASONED CHICKEN WHITE MEAT STRIPS (Chicken White Meat, Water, Modified Corn Starch, Salt, Sodium Phosphate, Flavorings), PETITE GREEN BEANS, RED BELL PEPPERS, ZUCCHINI, CARROTS, WATER CHESTNUTS, GREEN PEAS.

WEIGHT WATCHERS POINTS: 5

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CONVENIENCE MEALS

PORTOBELLO RAVIOLI

Nutrition Facts	
Serving Size about 8 pieces with sauce unprepared (190g/6.7oz)	
Servings Per Container 3	
Amount Per Serving	
Calories 360	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 8g	38%
Cholesterol 65mg	22%
Sodium 640mg	27%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 14g	
Vitamin A 6%	Vitamin C 0%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: RAVIOLI (Enriched Durum Flour {Durum Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid}, Water, Portobello Mushrooms, Whole Milk Ricotta Cheese {Whey, Pasteurized Milk, Vinegar, Carrageenan}, Whole Egg, Parmesan Cheese {Pasteurized Milk, Cheese Cultures, Salt, Enzymes}, Cream Cheese Powder {Cream Cheese [Cream, Milk, Skim Milk, Dried Whey, Cheese Cultures, Salt, Enzymes], Dried Whey, Natural Flavor, Tocopherols}, Bread Crumbs {Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin, (Vitamin B2), Folic Acid], Sugar, Soybean Oil, Yeast}, Corn Starch-Modified, Mushroom Seasoning {Baked Mushrooms Including Juices, Salt, Potato Flour, Dry Whey, Unsalted Butter [Cream, Flavorings], Sugar, Autolyzed Yeast Extract, Flavorings, Disodium Inosinate, Disodium Guanylate}, Dried Egg Whites, Mushroom Granules, Salt, Garlic Puree {Garlic, High Fructose Corn Syrup}, Dehydrated Onion, Spice), SAUCE (Milk, Cream, Water, Parmesan Cheese {Part-Skim Milk, Cheese Cultures, Salt, Natural Enzymes, Cellulose Powder}, Basil, Canola/Olive Oil Blend, Garlic, Salt, Natural Flavor, Modified Corn Starch, Citric Acid, Dipotassium Phosphate, Black Pepper, Xanthan Gum, Natural Flavor).

WEIGHT WATCHERS POINTS: 8

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