

Frozen Dinners: Is There a Good Choice???

There are a few choices between Smart Ones and Lean Cuisine that are a good choice for a modified carbohydrate diet. The general recommendation is that frozen entrée choices should stay under 20 net carbs per meal.

Weight Watchers - Smart Ones:

Breakfast Entrée Choices:

- Cheesy Scramble with Hash browns (18 net carbs and 15 gm protein)
- Ham and Cheese Scramble (13 net carbs and 16 gm protein)

Smart Ones Lunch/Dinner Entrees:

- Chicken Slider (17 net carbs and 9 gm protein)
- Mini Cheeseburger (17 net carbs and 10 gm protein)
- Spicy Chicken Slider (17 net carbs and 8 gm protein)
- Asian Style Beef and Broccoli (13 net carbs and 15 gm protein)
- Creamy Basil Chicken with Broccoli (14 net carbs and 18 gm protein)
- Crustless Chicken Pot Pie (18 net carbs and 18 gm protein)
- Home Style Beef Pot Roast (15 net carbs and 18 gm protein)
- Meatloaf (with mashed potatoes) (19 net carbs and 21 gm protein)
- Roast Beef (with mashed potatoes) (16 net carbs and 16 gm protein)
- Roasted Chicken with Herb Gravy (16 net carbs and 16 gm protein)
- Slow Roasted Turkey Breast (16 net carbs and 17 gm protein)
- Tomato Basil Chicken with Spinach (10 net carbs and 18 gm protein)

Smartmade Lunch/Dinner Entrees:

- Chicken Fried Cauliflower Rice Bowl (12 net carbs and 18 gm protein)
- Chicken with Spinach Fettuccine (17 net carbs and 22 gm protein)
- Lemon Garlic Chicken Fettuccine (20 net carbs and 20 gm protein)
- White Wine Chicken and Couscous (20 net carbs and 16 gm protein)

Lean Cuisine:

- Buffalo Style Chicken (19 net carbs and 16 gm protein)
- Herb Roasted Chicken (15 net carbs and 16 gm protein)
- Garlic Chicken Spring Rolls (19 net carbs and 7 gm protein)
- Roasted Turkey and Vegetables (14 net carbs and 16 gm protein)

Jimmy Dean:

- Bacon Breakfast Bowl (17 net carbs and 28 gm protein)
- Chorizo Breakfast Bowl (17 net carbs and 18 gm protein)
- Ham and Cheese Breakfast Bowl (18 net carbs and 21 gm protein)
- Loaded Potato Breakfast Bowl (18 net carbs and 23 gm protein)
- Meat Lovers Breakfast Bowl (14 net carbs and 24 gm protein)
- Ranchero Steak and Egg (18 net carbs and 21 gm protein)
- Sausage Breakfast Bowl (16 net carbs and 21 gm protein)

Healthy Choice Meals:

Breakfast Power Bowls:

- Unwrapped Burrito Scramble (17 net carbs and 13 gm protein)
- Turkey Sausage and Egg White Scramble (14 net carbs and 15 gm protein)
- Roasted Red Pepper and Egg White Shakshuka (16 net carbs and 10 gm protein)
- Pesto and Egg White Scramble (16 net carbs and 12 gm protein)

Lunch/Dinner Power Bowls:

- Basil Pesto Chicken with Cauliflower Rice (10 net carbs and 20 gm protein)
- Chicken Marinara with Cauliflower Rice (5 net carbs and 19 gm protein)
- Spicy Beef Teriyaki with Cauliflower Rice (10 net carbs and 18 gm protein)
- Spicy Black Bean and Chicken with Cauliflower Rice (12 net carbs and 20 gm protein)

Baked Entrées:

- Roasted Chicken and Potatoes (20 net carbs and 16 gm protein)
- Slow Roasted Turkey Bake (15 net carbs and 14 gm protein)

Steaming Entrées:

- Beef Chimichurri (19 net carbs and 16 gm protein)
- Chicken Tikka Masala (13 net carbs and 17 gm protein)
- Chicken and Vegetable Stir Fry (11 net carbs and 23 gm protein)
- Grilled Basil Chicken (20 net carbs and 19 gm protein)
- Grilled Chicken and Broccoli Alfredo (4 net carbs and 28 gm protein)
- Grilled Chicken Marsala (17 net carbs and 17 gm protein)
- Grilled Chicken Pesto and Vegetables (6 net carbs and 28 gm protein)
- Beef Merlot (16 net carbs and 17 gm protein)

Atkins Frozen Dinners:**Breakfast Choices:**

- Bacon Scramble (5 net carbs and 26 gm protein)
- Farmhouse-Style Sausage Scramble (5 net carbs and 22 gm protein)
- Ham and Cheese Omelet (4 net carbs and 16 gm protein)

Entrée Choices:

- Asian-Style Chicken Stir-Fry (7 net carbs and 22 gm protein)
- Beef Fiesta Taco Bowl (6 net carbs and 21 gm protein)
- Beef Merlot (6 net carbs and 20 gm protein)
- Beef Stew (8 net carbs and 18 gm protein)
- Beef Teriyaki Stir Fry (6 net carbs and 18 gm protein)
- Cheesy Chicken Risotto (6 net carbs and 26 gm protein)
- Chicken and Broccoli Alfredo (5 net carbs and 25 gm protein)
- Chicken Margherita (6 net carbs and 28 gm protein)
- Chicken Marsala (8 net carbs and 25 gm protein)
- Chili Con Carne (5 net carbs and 24 gm protein)
- Crustless Chicken Pot Pie (6 net carbs and 24 gm protein)
- Italian-Style Pasta Bake (8 net carbs and 32 gm protein)
- Meat Lasagna (11 net carbs and 34 gm protein)
- Meatloaf with Portobello Mushroom Gravy (8 net carbs and 24 gm protein)
- Mexican Style Chicken and Vegetables (6 net carbs and 31 gm protein)
- Mongolian Beef (7 net carbs and 16 gm protein)
- Orange Chicken (7 net carbs and 27 gm protein)
- Pork Verde (8 net carbs and 23 gm protein)
- Roast Turkey with Garlic Mashed Cauliflower (6 net carbs and 23 gm protein)
- Sesame Chicken Stir-Fry (9 net carbs and 29 gm protein)
- Shrimp Scampi (8 net carbs and 21 gm protein)
- Swedish Meatballs (11 net carbs and 32 gm protein)

Atkin's Pizza:

- Stone Fired Pepperoni Pizza (11 net carbs and 23 gm protein)
- Stone Fired Three Meat Pizza (11 net carbs and 26 gm protein)

Frozen Snacks:

- Parmesan Garlic Cauliflower Bites (4 net carbs and 11 gm protein)
- Bacon Cheddar Cauliflower Bites (2 net carbs and 12 gm protein)

Good Food Made Simple:

Breakfast Entrée's

- Egg White Patties (2 net carbs and 6 gm protein)
- Southwestern Veggie Breakfast Bowl (12 net carbs and 15 gm protein)
- Turkey Sausage Breakfast Bowl (12 net carbs and 18 gm protein)
- Uncured Bacon and Eggs Breakfast Bowl (11 net carbs and 21 gm protein)

Stouffer's:

Breakfast Entrée's:

- Bacon and Egg Scramble (18 net carbs and 23 gm protein)
- Sausage and Egg Scramble (18 net carbs and 25 gm protein)
- Southwest Style Scramble (17 net carbs and 23 gm protein)

Lunch/Dinner Entrée's:

- Baked Chicken Breast (16 net carbs and 24 gm protein)
- Meatloaf (20 net carbs and 22 gm protein)
- Stuffed Green Peppers (20 net carbs and 8 gm protein)

Real Good Foods:

Breakfast Sandwiches

- Sausage, Egg and Cheddar (2 net carbs and 18 gm protein)
- Bacon, Egg and Cheddar (2 net carbs and 16 gm protein)

Chicken Crust Pizza:

- Cheese Pizza (4 net carbs and 25 gm protein)
- Pepperoni Pizza (4 net carbs and 25 gm protein)
- Supreme Pizza (3 net carbs and 25 gm protein)

Cauliflower Crust Pizza's:

- Cheese Pizza (6 net carbs and 19 gm protein)
- Margherita Pizza (6 net carbs and 25 gm protein)
- Uncured Pepperoni Pizza (6 net carbs and 27 gm protein)
- Veggie Pizza (6 net carbs and 17 gm protein)

Entrees:

- **Italian:**
 - Chicken Alfredo (8 net carbs and 27 gm protein)
 - Chicken Parmesan (12 net carbs and 19 gm protein)
 - Spicy Italian Sausage (8 net carbs and 22 gm protein)
- **Enchilada's:**
 - Beef Enchilada (2 net carbs and 20 gm protein)
 - Cheese Enchilada (4 net carbs and 25 gm protein)
 - Chicken Enchilada (3 net carbs and 25 gm protein)
 - Pork Enchilada (2 net carbs and 20 gm protein)

Poppers:

- Chicken Poppers, Bacon Cheddar (2 net carbs and 22 gm protein)
- Chicken Poppers, Jalapeno Cheese (2 net carbs and 22 gm protein)
- Chicken Poppers, Pepperoni (2 net carbs and 22 gm protein)
- Chicken Poppers, Artichoke and Cheese (2 net carbs and 22 gm protein)

Stuffed Chicken:

- Stuffed Chicken, Broccoli and Cheese (3 net carbs and 26 gm protein)
- Stuffed Chicken, Cordon Bleu (2 net carbs and 29 gm protein)
- Stuffed Chicken, Spinach and Artichoke (4 net carbs and 25 gm protein)
- Stuffed Chicken, Poblano Pepper (2 net carbs and 28 gm protein)

- Bacon Wrapped Stuffed Chicken, Pepperjack (1 net carb and 32 gm protein)
- Bacon Wrapped Stuffed Chicken, Broccoli and Cheese (3 net carbs and 32 gm protein)
- Bacon Wrapped Stuffed Chicken, Southwest (1 net carb and 31 gm protein)