

## FROZEN FOOD OPTIONS

Choose one of the below frozen meals at the grocery store to replace your lunch or dinner OR find your own using the nutrient guidelines for your LEVEL. Any frozen meal that fits your LEVEL guidelines will work

	STANDARD	GLUTEN FREE	VEGETARIAN	VEGAN OPTIONS
<p><b>LEVEL I</b></p> <p><b>GUIDELINES</b> 275-330 calories <b>Standard Options</b> &gt;18 g protein &lt;40g carb <b>Gluten Free Options</b> &gt;18g protein &lt;40g carbs <b>Vegetarian Options</b> &gt;14g protein &lt;45g carbs <b>Vegan Options</b> &gt;10g protein &lt;45g carbs</p>	<p><b>FIT KITCHEN</b></p> <p>ROTISSAIRE SEASONED TURKEY</p> <p>330 calories 37g carb 25g protein</p>	<p><b>LUVU</b></p> <p>CHICKEN CHILI VERDE</p> <p>300 calories 27g carbs 25g protein</p>	<p><b>EVOL</b></p> <p>BUTTERNUT SQUASH AND SAGE RAVOLI</p> <p>310 calories 44g carbs 14g protein</p>	<p><b>LUVU</b></p> <p>MIGHTY MASALA AND GREENS</p> <p>300 calories 41g carbs 11g protein</p>
	<p><b>FIT KITCHEN</b></p> <p>BOURBON STEAK</p> <p>410 calories 27g protein 48g carbs</p>	<p><b>EVOL</b></p> <p>FIRE GRILLED STEAK</p> <p>400 calories 20g protein 50g carbohydrate</p>	<p><b>AMY's</b></p> <p>BREAKFAST SCRAMBLE</p> <p>360 calories 20g protein 27g carbs</p>	<p><b>LUVU</b></p> <p>HAWAIIAN UNFRIED RICE</p> <p>360 calories 52g carb 10g protein</p>
	<p><b>FIT KITCHEN</b></p> <p>SWEET AND SMOKY BBQ</p> <p>490 calories 56g carb 30g protein</p>	<p><b>AMY's</b></p> <p>CHINESE NOODLS AND VEGGIES</p> <p>480 calories 59g carb 14g protein <i>add</i> ¼ cup fat free cottage cheese</p>	<p><b>AMY's</b></p> <p>2 BLACK BEAN VEGGIE BURGERS</p> <p>280 calories 12g protein 38g carbs <i>add</i> ½ whole grain hamburger roll <i>and</i> 1 oz. low-fat cheese</p>	<p><b>AMY's</b></p> <p>CHINESE NOODLS AND VEGGIES</p> <p>480 calories 59g carb 14g protein</p>
	<p><b>EVOL</b></p> <p>CHIPOLTE CHICKEN BURITO</p> <p>570 calories 27g protein 79 g carbs</p>	<p><b>AMY's</b></p> <p>CHINESE NOODLES AND VEGGIES</p> <p>480 calories 59g carb 14g protein <i>and</i> 2 rice cakes <i>and</i> 1 oz. low-fat cheese</p>	<p><b>AMY's</b></p> <p>BREAKFAST SCRAMBLE</p> <p>360 calories 20 protein 27g carbs <i>and</i> 2 small tortillas <i>and</i> 1 oz. low- fat cheese</p>	<p><b>AMY's</b></p> <p>CHINESE NOODLES AND VEGGIES</p> <p>480 calories 59g carb 14g protein <i>and</i> 2 rice cakes <i>and</i> 2 Tbsp. powdered peanut butter mixed with water</p>
<p><b>LEVEL II</b></p> <p><b>GUIDELINES</b> 360-425 calories <b>Standard Options</b> &gt;20 g protein &lt;50g carb <b>Gluten Free Options</b> &gt;20g protein &lt;50g carbs <b>Vegetarian Options</b> &gt;14g protein &lt;50g carbs <b>Vegan Options</b> &gt;10g protein &lt;55g carbs</p>				
<p><b>LEVEL III</b></p> <p><b>GUIDELINES</b> 475-525 calories <b>Standard Options</b> &gt;30 g protein &lt;60g carb <b>Gluten Free Options</b> &gt;21g protein &lt;60g carbs <b>Vegetarian Options</b> &gt;21g protein &lt;60g carbs <b>Vegan Options</b> &gt;14g protein &lt;60g carbs</p>				
<p><b>LEVEL IV and V</b></p> <p><b>GUIDELINES</b> 570-675 calories <b>Standard Options</b> &gt;30 g protein &lt;60g carb <b>Gluten Free Options</b> &gt;21g protein &lt;60g carbs <b>Vegetarian Options</b> &gt;21g protein &lt;60g carbs <b>Vegan Options</b> &gt;14g protein &lt;60g carbs</p>				