



Balance Your Plate Meals for One



Our single serve meals are portioned to be delicious and nutritious. We are committed to helping consumers select proper portions and meet US Dietary Guidelines with useful tools like our Balance Your Plate menu plans.

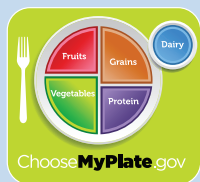


#1 Daily Meal Plan

Use this meal plan as a reference to help you meet the Dietary Guidelines.

Daily Nutrition Summary

1,970 total calories



Food Groups	MyPlate Goals
<input checked="" type="checkbox"/> Grains	6 ounces
<input checked="" type="checkbox"/> Vegetables	2½ cups
<input checked="" type="checkbox"/> Fruits	2 cups
<input checked="" type="checkbox"/> Dairy	3 cups
<input checked="" type="checkbox"/> Protein	5½ ounces

✓ = meets or exceeds MyPlate goals

	Amount Per Day	% DV*
Total Fat:	60 g	92%
Saturated Fat:	13 g	65%
Trans Fat:	0 g	
Cholesterol:	230 mg	77%
Sodium:	2,300 mg	96%
Protein:	78 g	
Total Carb:	294 g	98%
Dietary Fiber:	25 g	100%
Vitamin A:	9,468 IU	190%
Vitamin C:	130 mg	220%
Calcium:	1,543 mg	150%
Iron:	12 mg	70%

*Percent Daily Value (DV) are based on a 2,000 calorie diet.

Breakfast

- 1 egg, scrambled
- 1 whole wheat English muffin with 2 Tbsp 100% fruit spread
(1,500 calorie diet: replace 1 whole wheat English muffin with ½ English muffin and replace 2 Tbsp 100% fruit spread with 1 Tbsp spread)
- ½ medium grapefruit
- 1 cup café latte made with ½ cup fat-free milk

Lunch

- 1 LEAN POCKETS® Made with Whole Grain – Hickory Smoked Ham & Reduced Fat Cheddar
- Tomato spinach soup made with:
 - ½ cup low sodium tomato soup
 - ½ cup fat-free milk
 - ½ cup chopped spinach
- ½ cup grapes
- 1 cup 100% cran-apple juice
(1,800 calorie diet: replace 1 cup juice with ½ cup juice; 1,500 calorie diet: replace 1 cup juice with ½ cup juice)

Dinner

- 1 STOUFFER'S® Beef Pot Roast meal (8.875 oz)
- Side salad made with:
 - 2 cups mixed greens
 - ¼ cup chopped tomatoes & cucumbers
 - 2 Tbsp olive oil & vinegar dressing
- 2 oz whole wheat dinner roll with 2 tsp soft margarine
- 1 cup fat-free milk

Snack

- 6 oz nonfat fruit yogurt with 1 oz sliced almonds
(1,800 calorie diet: replace 1 oz almonds with ½ oz almonds; 1,500 calorie diet: replace 6 oz nonfat fruit yogurt & 1 oz sliced almonds with 4 oz nonfat, light yogurt & ½ oz almonds)

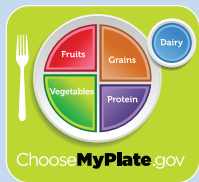


#2 Daily Meal Plan

Use this meal plan as a reference to help you meet the Dietary Guidelines.

Daily Nutrition Summary

1,900 total calories



Food Groups	MyPlate Goals
✓ Grains	6 ounces
✓ Vegetables	2½ cups
✓ Fruits	2 cups
✓ Dairy	3 cups
✓ Protein	5½ ounces

✓ = meets or exceeds MyPlate goals

	Amount Per Day	% DV*
Total Fat:	65 g	100%
Saturated Fat:	20 g	100%
Trans Fat:	0 g	
Cholesterol:	150 mg	50%
Sodium:	2,360 mg	98%
Protein:	95 g	
Total Carb:	250 g	83%
Dietary Fiber:	26 g	104%
Vitamin A:	16,312 IU	330%
Vitamin C:	143 mg	240%
Calcium:	1,400 mg	140%
Iron:	10 mg	60%

*Percent Daily Value (DV) are based on a 2,000 calorie diet.

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- Breakfast** 3 oz whole grain bagel with 2 Tbsp peanut butter
 1 cup melon cubes
(1,800 calorie diet: replace 1 cup melon cubes with ½ cup melon; 1,500 calorie diet: replace 1 cup melon cubes with ½ cup melon)
 1 cup low-fat milk
(1,500 calorie diet: replace 1 cup low-fat milk with 1 cup fat-free milk)
-
- Lunch** 1 HOT POCKETS® Philly Steak & Cheese
 1 cup 2% Greek yogurt with:
 • ½ cup sliced strawberries
 • ½ oz sliced almonds
(1,800 calorie diet: omit almonds; 1,500 calorie diet: replace 1 cup 2% Greek yogurt with ½ cup Greek yogurt and omit almonds)
 1½ cups sweet tea*
-
- Dinner** 1 STOUFFER'S® Baked Chicken & Mashed Potatoes meal (8.875-oz)
 1 cup green beans with ½ tsp olive oil
 ½ cup applesauce
 1 cup low-fat milk
-
- Snack** 1 cup baby carrots & sugar snap peas with 2 Tbsp creamy spinach dip
(1,500 calorie diet: replace 1 cup baby carrots & sugar snap peas with ½ cup carrots & peas and replace 2 Tbsp creamy spinach dip with 1 Tbsp dip)
 1 oz whole wheat, reduced sodium crackers
(1,500 calorie diet: omit crackers)

* As an alternative, swap the sweet tea for 12 ounces of water and enjoy 2 additional cups of fruit (for example, 1 cup grapes + 1 cup sliced apples)



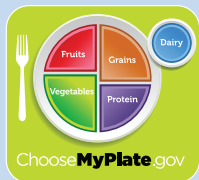
#3 Daily Meal Plan

Use this meal plan as a reference to help you meet the Dietary Guidelines.

Daily Nutrition Summary

1,950

total calories



Food Groups	MyPlate Goals
<input checked="" type="checkbox"/> Grains	6 ounces
<input checked="" type="checkbox"/> Vegetables	2½ cups
<input checked="" type="checkbox"/> Fruits	2 cups
<input checked="" type="checkbox"/> Dairy	3 cups
<input checked="" type="checkbox"/> Protein	5½ ounces

✓ = meets or exceeds MyPlate goals

	Amount Per Day	% DV*
Total Fat:	63 g	97%
Saturated Fat:	18 g	90%
Trans Fat:	0 g	
Cholesterol:	55 mg	18%
Sodium:	2,270 mg	95%
Protein:	87 g	
Total Carb:	279 g	93%
Dietary Fiber:	31 g	124%
Vitamin A:	17,170 IU	260%
Vitamin C:	128 mg	250%
Calcium:	1,186 mg	150%
Iron:	9 mg	140%

*Percent Daily Value (DV) are based on a 2,000 calorie diet.

Breakfast 1 cup frosted shredded wheat cereal with:

- 1 cup fat-free milk
- 1 medium banana

(1,500 calorie diet: replace 1 cup cereal with ½ cup cereal & 1 banana with ½ banana)

Lunch Tuna salad sandwich made with:

- 2 slices whole wheat bread
- 2 oz tuna
- 2 Tsp mayonnaise
- 1 oz reduced fat Swiss cheese

Spinach salad made with:

- 2 cups baby spinach
- ¼ cup mandarin oranges
- ½ oz chopped walnuts *(1,500 calorie diet: omit walnuts)*
- 2 Tbsp olive oil & red wine vinegar

NESTLÉ PURE LIFE® bottled water

Dinner 1 STOUFFER'S® Roast Turkey, Stuffing & Mashed Potatoes meal (9.625-oz)

1 cup steamed broccoli

1 cup fat-free milk

1 slice LIBBY'S® Pumpkin Pie with ½ cup fat-free whipped topping

(1,800 calorie diet: replace 1 slice pie & ½ cup whipped topping with ½ slice pie & ¼ cup topping; 1,500 calorie diet: replace 1 slice pie & ½ cup whipped topping with ½ slice pie & ¼ cup topping)

Snack 1 medium apple

1 chewy granola bar

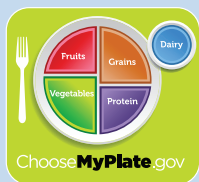


#4 Daily Meal Plan

Use this meal plan as a reference to help you meet the Dietary Guidelines.

Daily Nutrition Summary

1,920 total calories



Food Groups	MyPlate Goals
<input checked="" type="checkbox"/> Grains	6 ounces
<input checked="" type="checkbox"/> Vegetables	2½ cups
<input checked="" type="checkbox"/> Fruits	2 cups
<input checked="" type="checkbox"/> Dairy	3 cups
<input checked="" type="checkbox"/> Protein	5½ ounces

✓ = meets or exceeds MyPlate goals

	Amount Per Day	% DV*
Total Fat:	57 g	88%
Saturated Fat:	18 g	90%
Trans Fat:	0 g	
Cholesterol:	165 mg	55%
Sodium:	2,320 mg	97%
Protein:	90 g	
Total Carb:	273 g	91%
Dietary Fiber:	24 g	96%
Vitamin A:	25,524 IU	510%
Vitamin C:	111 mg	190%
Calcium:	1,519 mg	150%
Iron:	9.8 mg	50%

*Percent Daily Value (DV) are based on a 2,000 calorie diet.

Breakfast 1 LEAN POCKETS® brand Breakfast – Sausage, Egg & Low Fat Cheese
 6 oz low-fat fruit yogurt
(1,800 calorie diet: replace 6 oz low-fat fruit yogurt with 4 oz nonfat yogurt; 1,500 calorie diet: replace 6 oz low-fat fruit yogurt with 4 oz nonfat yogurt)
 1 cup orange juice

Lunch Chicken salad sandwich made with:
 • 2 slices multigrain bread
 • 2 oz canned chicken, drained
 • 2 tsp mayonnaise
 • 2 slices tomato & lettuce leaf
(1,500 calorie diet: replace sandwich with ½ sandwich: 1 slice bread, 1 oz chicken, 1 tsp mayonnaise)
 1 medium pear
 1 cup low-fat milk
(1,800 calorie diet: replace 1 cup low-fat milk with 1 cup fat-free milk; 1,500 calorie diet: replace 1 cup low-fat milk with 1 cup fat-free milk)

Dinner 1 LEAN CUISINE® Swedish Meatballs meal (9.125-oz)
 ¾ cup cooked carrots with 1 tsp soft margarine
 Side salad made with:
 • 2 cups salad greens
 • ½ cup chopped tomatoes & cucumber
 • 2 Tbsp honey Dijon salad dressing
 Glass of water

Snack ½ oz unsalted peanuts
 ½ cup grapes
 ½ cup apple juice
(1,800 calorie diet: replace juice with water; 1,500 calorie diet: replace juice with water)



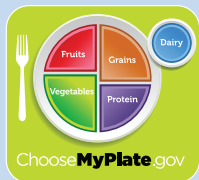
#5 Daily Meal Plan

Use this meal plan as a reference to help you meet the Dietary Guidelines.

Daily Nutrition Summary

1,950

total calories



Food Groups	MyPlate Goals
✓ Grains	6 ounces
✓ Vegetables	2½ cups
✓ Fruits	2 cups
✓ Dairy	3 cups
✓ Protein	5½ ounces

✓ = meets or exceeds MyPlate goals

	Amount Per Day	% DV*
Total Fat:	56 g	86%
Saturated Fat:	20 g	100%
Trans Fat:	0 g	
Cholesterol:	175 mg	58%
Sodium:	2,240 mg	93%
Protein:	102 g	
Total Carb:	271 g	90%
Dietary Fiber:	26 g	104%
Vitamin A:	16,223 IU	320%
Vitamin C:	87 mg	140%
Calcium:	1,220 mg	120%
Iron:	17 mg	100%

*Percent Daily Value (DV) are based on a 2,000 calorie diet.

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- Breakfast** 1 cup raisin bran cereal with:
- 1 cup low-fat milk
(1,800 calorie diet: replace 1 cup low-fat milk with 1 cup fat-free milk; 1,500 calorie diet: replace 1 cup low-fat milk with 1 cup fat-free milk)
 - 1 medium banana
(1,500 calorie diet: replace banana with ½ banana)
-
- Lunch** 1 LEAN CUISINE® Sesame Chicken meal (9-oz)
1 cup 2% Greek yogurt with ½ cup blackberries
(1,500 calorie diet: replace 1 cup 2% Greek yogurt with ½ cup nonfat Greek yogurt)
NESTLÉ PURE LIFE® bottled water
-
- Dinner** Beef stir fry made with:
- ½ cup broccoli
 - ½ cup carrots
 - 1 cup onions & mushrooms
 - 3 oz beef top sirloin *(1,500 calorie diet: replace 3 oz beef with 2 oz beef)*
 - 2 tsp canola oil *(1,500 calorie diet: replace 2 tsp oil with 1 tsp oil)*
 - 2 tsp less sodium soy sauce
- ½ cup brown rice
1 cup low-fat milk
(1,800 calorie diet: replace 1 cup low-fat milk with 1 cup fat-free milk; 1,500 calorie diet: replace 1 cup low-fat milk with 1 cup fat-free milk)
-
- Snack** 1 LEAN POCKETS® brand Pepperoni Pizza
1 cup apple juice
(1,800 calorie diet: replace juice with water; 1,500 calorie diet: replace juice with water)



#6 Daily Meal Plan

Use this meal plan as a reference to help you meet the Dietary Guidelines.

Daily Nutrition Summary

1,980

total calories



Food Groups	MyPlate Goals
<input checked="" type="checkbox"/> Grains	6 ounces
<input checked="" type="checkbox"/> Vegetables	2½ cups
<input checked="" type="checkbox"/> Fruits	2 cups
<input checked="" type="checkbox"/> Dairy	3 cups
<input checked="" type="checkbox"/> Protein	5½ ounces

✓ = meets or exceeds MyPlate goals

	Amount Per Day	% DV*
Total Fat:	64 g	98%
Saturated Fat:	19 g	95%
Trans Fat:	0 g	
Cholesterol:	245 mg	82%
Sodium:	2,130 mg	89%
Protein:	68 g	
Total Carb:	266 g	89%
Dietary Fiber:	29 g	116%
Vitamin A:	4,230 IU	80%
Vitamin C:	211 mg	350%
Calcium:	1,235 mg	120%
Iron:	12.8 mg	70%

*Percent Daily Value (DV) are based on a 2,000 calorie diet.

- | | |
|------------------|---|
| Breakfast | Spinach and mushroom omelet made with: <ul style="list-style-type: none"> • 1 egg • ½ cup chopped spinach & mushrooms • 2 Tbsp shredded Monterey jack cheese • 1 tsp canola oil 1 slice whole wheat toast with 1 Tbsp 100% fruit spread
1 cup pineapple chunks
1 cup café latte made with ½ cup fat-free milk |
| Lunch | 1 LEAN POCKETS® Made with Whole Grain – Grilled Chicken & Broccoli with Aged Cheddar
1 cup coleslaw (1,500 calorie diet: replace 1 cup coleslaw with ½ cup coleslaw)
1 clementine
1 cup fat-free milk |
| Dinner | 1 STOUFFER'S® Stuffed Green Peppers meal (10-oz) with 2 Tbsp shredded mozzarella cheese
1 medium baked potato topped with 1 Tbsp sour cream
1 slice of garlic Texas toast (1,500 calorie diet: replace 1 slice of toast with ½ slice of toast)
5 fl oz red wine (1,500 calorie diet: replace wine with water) |
| Snack | 1 oz honey-roasted almonds
(1,800 calorie diet: replace 1 oz almonds with ½ oz almonds;
1,500 calorie diet: replace 1 oz almonds with ½ oz almonds)
¼ cup dried apricots
½ cup grape juice
(1,800 calorie diet: replace juice with water;
1,500 calorie diet: replace juice with water) |

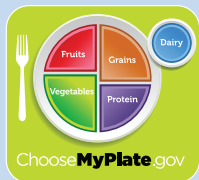


#7 Daily Meal Plan

Use this meal plan as a reference to help you meet the Dietary Guidelines.

Daily Nutrition Summary

1,980 total calories



Food Groups	MyPlate Goals
✓ Grains	6 ounces
✓ Vegetables	2½ cups
✓ Fruits	2 cups
✓ Dairy	3 cups
✓ Protein	5½ ounces

✓ = meets or exceeds MyPlate goals

	Amount Per Day	% DV*
Total Fat:	67 g	103%
Saturated Fat:	17 g	85%
Trans Fat:	0 g	
Cholesterol:	275 mg	92%
Sodium:	2,340 mg	98%
Protein:	68 g	
Total Carb:	291 g	97%
Dietary Fiber:	27 g	108%
Vitamin A:	9,647 IU	210%
Vitamin C:	125 mg	210%
Calcium:	1,077 mg	120%
Iron:	13.5 mg	90%

*Percent Daily Value (DV) are based on a 2,000 calorie diet.

-
- Breakfast**
- ½ cup instant maple oatmeal made with:
 - ½ cup fat-free milk
 - 1 Tbsp chopped pecans (*1,500 calorie diet: omit pecans*)
 - 1 medium banana
 - 1 egg, hard-cooked
 - 1 cup café latte made with ½ cup fat-free milk
-
- Lunch**
- 1 LEAN POCKETS® Pretzel Bread Sandwiches – Grilled Chicken Jalapeno Cheddar
 - 1 oz baked tortilla chips (*1,500 calorie diet: omit chips*)
 - ¼ cup salsa
 - ½ cup bell pepper strips
 - 1½ cups sweet tea*
 - (*1,800 calorie diet: replace sweet tea with unsweetened tea;*
 - 1,500 calorie diet: replace sweet tea with unsweetened tea*)
-
- Dinner**
- 1 serving STOUFFER'S® Lasagna Italiano (19.125-oz)
 - Side salad made with:
 - 2 cups mixed greens
 - ¼ cup no salt added, canned garbanzo beans
 - ¼ cup chopped tomatoes
 - 2 Tbsp olive oil & balsamic vinegar
 - 1 slice Italian bread
 - NESTLÉ PURE LIFE® bottled water
-
- Snack**
- 1 medium apple with 2 Tbsp peanut butter
 - (*1,500 calorie diet: replace 2 Tbsp peanut butter with 1 Tbsp peanut butter*)
 - ½ cup low-fat chocolate milk**
 - (*1,500 calorie diet: replace low-fat chocolate milk with fat-free chocolate milk*)

* As an alternative, swap the sweet tea for 12 ounces of water and enjoy 2 additional cups of fruit (for example, 1 cup grapes + 1 cup sliced apples)

** Consider using NESQUIK® brand chocolate milk for the same nutritional value.