“As a busy professional and active woman, I look to frozen entrées like Lean Cuisine® as a convenient way to stay nourished and energized during the day.

Pair a frozen entrée with fruit and veggie sides, then add low-fat dairy, a dairy alternative or water to **Balance Your Plate**. This simple, nutritious solution is one of my favorite tips for today’s busy woman seeking a balanced approach to delicious meals.”

— **Marie Spano, MS, RDN**
Nutrition researcher and leading sports nutrition expert

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**Meal Planning Tips**

1. **Check the Nutrition Facts label.** Reference the serving size and nutrient information to make informed choices and prepare balanced meals.

2. **Round out your meal with vegetables.** Stir in a variety of steamed vegetables to maximize nutrition and color in your entrée.

3. **Choose thoughtful portions.** Try pre-portioned entrées to keep calories in check and eliminate some of the guesswork in balanced eating.

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**Perfect Pairings for a Balanced Plate**

- **Lean Cuisine® Sesame Stir Fry with Chicken** + **Snap Peas & Diced Mango** + **San Pellegrino® Sparkling Mineral Water** = **A Balanced Plate!**

- **Lean Cuisine® Lasagna with Meat Sauce** + **Salad & Blueberries** + **Low-fat Milk** = **A Balanced Plate!**

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Balance Your Plate is an educational campaign that helps consumers build nutritious, delicious and convenient meals that meet the Dietary Guidelines for Americans.

Visit [nestleusa.com/balance](http://nestleusa.com/balance) for more tips and resources.