

Freezer Meals Guide

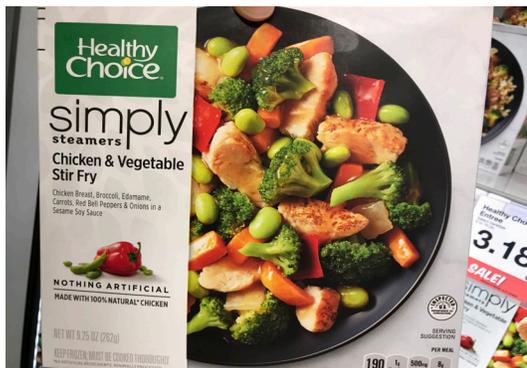
FOR BARIATRIC SURGERY PATIENTS

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When looking for quick meals in the freezer section of the grocery store, look for options that show meats and vegetables without rice, pasta and potatoes.

Below is a list of freezer meals found in my local grocery store. You may have more options, or less, but I hope this gets your wheels turning!

PRO TIP The nutrition label should show more protein than carbohydrates while ideally keeping the fat grams under 9 grams.



FREEZER MEAL OPTIONS

Chicken & Vegetable Stir Fry

Healthy Choice® Simply Steamers

Not all flavors of the Simply Steamers will be a good fit. This particular flavor has 23 grams of protein, 15 grams of carbohydrates and 4 grams of fat.



Steak Portabella

Lean Cuisine®

This frozen meal has been around for a while and a personal favorite of mine back when I was needing to grab a lunch for work!

One meal has 18 grams protein, 10 grams carbohydrate and 5 grams of fat.



Creamy Basil Chicken with Broccoli

Smart Ones®

Very few smart ones will have more protein than carbs but this flavor is one the does! 19 grams of protein, 15 grams of carbohydrate and 3.5 grams fat.



Chicken Fried Cauliflower Rice Bowl

SmartMade®

This is one meal I would recommend added some additional cooked chicken to. While the protein is higher than the carbs, this meal does have pineapple and peas bringing the carbs to 16 grams and the protein at 18 grams. Adding protein and turning this into two meals can reduce carbs per day! The fat content is just 2 1/2 grams.

PRO TIP Add additional pre-cooked chicken to increase the protein and make your frozen meal into another meal. .



WARNING: Look out for tricky marketing calling it a "low carb bowl!"

Not recommended: Lifestyle Bowls by Life Cuisine®

My grocery store had several flavors of Low Carb Lifestyle bowls but these pack a huge punch with fat calories. This flavor (Buffalo Style Chicken and Cauliflower bowl) contains 26 grams of fat, 23 grams of protein and 18 grams of carb for a total of 400 calories.

Be careful when something says low carb on the front!