

Frozen Meals

- Frozen meals are quick and easy when you don't want to cook.
- But many frozen meals have a lot of **salt (sodium)**, which is not good for your kidneys.
Too much salt can make your body hold extra water and raise your blood pressure.
- The good news is you can still find options that are **lower in salt** and better for your kidneys.

Next time you shop, try these **3 simple tips** to choose a kidney-friendly frozen meal:

Try choosing less
than 700 mg

+

About 30 – 60 g
CARBS

+

Try choosing less than
700 mg **POTASSIUM**

You can find frozen meals that fit these tips. Some great frozen meal brands are: **Healthy Choice, Amy's, Lean Cuisine, EVOL, Smart Ones, Sweet Earth, and Birds Eye Voila!**

Healthy Choice Frozen Meals			
Power Bowls: Buddha Bowl 	Calories: 320 Carbs: 43 g Protein: 13 g Sodium: 570 mg Potassium: 590 mg	Power Bowls: Chicken Feta & Farro 	Calories: 310 Carbs: 34 g Protein: 23 g Sodium: 600 mg Potassium: 310 mg
Power Bowls: Green Goddess 	Calories: 330 Carbs: 37 g Protein: 18 g Sodium: 510 mg Potassium: 680 mg	Power Bowls: Shiitake Chicken 	Calories: 310 Carbs: 31 g Protein: 21 g Sodium: 600 mg Potassium: 420 mg
Power Bowls: Cauliflower Curry 	Calories: 290 Carbs: 50 g Protein: 14 g Sodium: 400 mg Potassium: 510 mg	Power Bowls: Korean-Inspired Beef 	Calories: 300 Carbs: 37 g Protein: 16 g Sodium: 600 mg Potassium: 430 mg
Power Bowls: Falafel & Tahini 	Calories: 360 Carbs: 49 g Protein: 11 g Sodium: 600 mg Potassium: 540 mg	Power Bowls: Cuban-Style Pork 	Calories: 340 Carbs: 52 g Protein: 16 g Sodium: 600 mg Potassium: 400 mg
Power Bowls: Be'f & Vegetable Stir Fry 	Calories: 290 Carbs: 41 g Protein: 16 g Sodium: 460 mg Potassium: 370 mg	Power Bowls: Chipotle Chick'n 	Calories: 280 Carbs: 39 g Protein: 19 g Sodium: 510 mg Potassium: 470 mg

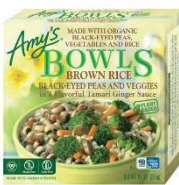
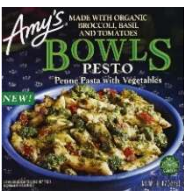
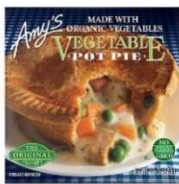
Healthy Choice Frozen Meals

Simply Steamers: Beef & Broccoli 	Calories: 270 Carbs: 39 g Protein: 16 g Sodium: 520 mg Potassium: 450 mg	Simply Steamers: Mediterranean-Style Lentil Bowl 	Calories: 250 Carbs: 39 g Protein: 13 g Sodium: 600 mg Potassium: 500 mg
Simply Steamers: Grilled Basil Chicken 	Calories: 230 Carbs: 25 g Protein: 19 g Sodium: 490 mg Potassium: 600 mg	Simply Steamers: Kung Pao Chicken 	Calories: 270 Fat: 6 g Carbs: 34 g Protein: 21 g Sodium: 460 mg Potassium: 670 mg
Simply Steamers: Chicken Fried Rice 	Calories: 300 Carbs: 40 g Protein: 21 g Sodium: 560 mg Potassium: 360 mg	Simply Steamers: Creamy Spinach & Tomato Linguini 	Calories: 230 Carbs: 35 g Protein: 10 g Sodium: 550 mg Potassium: 250 mg
Simply Steamers: Unwrapped Burrito Bowl 	Calories: 270 Carbs: 50 g Protein: 9 g Sodium: 350 mg Potassium: 320 mg	Simply Steamers: Sweet & Spicy Asian-Style Noodle Bowl 	Calories: 240 Carbs: 35 g Protein: 11 g Sodium: 490 mg Potassium: 270 mg
Café Steamers: Pineapple Chicken 	Calories: 290 Carbs: 45 g Protein: 16 g Sodium: 470 mg Potassium: 600 mg	Café Steamers: Grilled Chicken Pesto with Vegetables 	Calories: 290 Carbs: 36 g Protein: 20 g Sodium: 590 mg Potassium: 570 mg
Café Steamers: Sweet Sesame Chicken 	Calories: 300 Carbs: 43 g Protein: 16 g Sodium: 460 mg Potassium: 490 mg	Café Steamers: Chicken Margarita with Balsamic 	Calories: 270 Carbs: 36 g Protein: 17 g Sodium: 360 mg Potassium: 470 mg
Café Steamers: Cajun-Style Chicken & Shrimp 	Calories: 220 Carbs: 35 g Protein: 15 g Sodium: 600 mg Potassium: 650 mg	Café Steamers: General Tso's Spicy Chicken 	Calories: 290 Carbs: 47 g Protein: 16 g Sodium: 580 mg Potassium: 550 mg

Healthy Choice Frozen Meals

Café Steamers: Creamy Chicken & Noodles 	Calories: 260 Fat: 7 g Carbs: 31 g Protein: 17 g Sodium: 480 mg Potassium: 610 mg	Café Steamers: Creamy Chicken & Mushroom 	Calories: 240 Fat: 5 g Carbs: 32 g Protein: 15 g Sodium: 600 mg Potassium: 550 mg
Café Steamers: Sweet & Spicy Orange Zest Chicken 	Calories: 280 Carbs: 41 g Protein: 18 g Sodium: 380 mg Potassium: 660 mg	Classics: Lemon Pepper Fish 	Calories: 280 Carbs: 48 g Protein: 14 g Sodium: 510 mg Potassium: 520 mg
Classics: Golden Roasted Turkey Breast 	Calories: 220 Carbs: 29 g Protein: 17 g Sodium: 500 mg Potassium: 600 mg	Classics: Country Fried Chicken 	Calories: 330 Carbs: 47 g Protein: 12 g Sodium: 500 mg Potassium: 570 mg

Amy's Frozen Meals

Pesto Tortellini 	Calories: 530 Carbs: 63 g Protein: 19 g Sodium: 670 mg Potassium: 370 mg	Thai Vegetables & Rice 	Calories: 410 Carbs: 36 g Protein: 10 g Sodium: 700 mg Potassium: 420 mg
Mushroom Risotto 	Calories: 230 Carbs: 35 g Protein: 7 g Sodium: 590 mg Potassium: 130 mg	Brown Rice Black-Eyed Peas & Veggies 	Calories: 290 Carbs: 40 g Protein: 9 g Sodium: 590 mg Potassium: 560 mg
Indian Vegetable Korma 	Calories: 330 Carbs: 46 g Protein: 9 g Sodium: 680 mg Potassium: 610 mg	Greek Inspired Red Rice & Veggies 	Calories: 500 Carbs: 50 g Protein: 9 g Sodium: 450 mg Potassium: 680 mg
Pesto 	Calories: 370 Carbs: 46 g Protein: 13 g Sodium: 460 mg Potassium: 480 mg	Vegetable Pot Pie 	Calories: 440 Carbs: 46 g Protein: 11 g Sodium: 650 mg Potassium: 350 mg

Lean Cuisine Frozen Meals

Apple Cranberry Chicken 	Calories: 320 Carbs: 56 g Protein: 14 g Sodium: 550 mg Potassium: 450 mg	Maple Bourbon Chicken 	Calories: 350 Carbs: 50 g Protein: 17 g Sodium: 700 mg Potassium: 640 mg
Butternut Squash Ravioli 	Calories: 290 Carbs: 49 g Protein: 10 g Sodium: 650 mg Potassium: 240 mg	Chicken Club Panini 	Calories: 340 Carbs: 45 g Protein: 24 g Sodium: 670 mg Potassium: 500 mg
Garlic Sesame Noodles with Beef 	Calories: 270 Carbs: 32 g Protein: 22 g Sodium: 650 mg Potassium: 440 mg	Sweet & Spicy Korean-Style Beef 	Calories: 330 Carbs: 48 g Protein: 17 g Sodium: 600 mg Potassium: 350 mg
Tortilla Crusted Fish 	Calories: 320 Carbs: 46 g Protein: 16 g Sodium: 440 mg Potassium: 570 mg	Sesame Chicken 	Calories: 330 Carbs: 51 g Protein: 12 g Sodium: 650 mg Potassium: 250 mg
Santa Fe-Style Rice & Beans 	Calories: 310 Carbs: 55 g Protein: 12 g Sodium: 570 mg Potassium: 530 mg	Swedish Meatballs 	Calories: 300 Carbs: 44 g Protein: 18 g Sodium: 630 mg Potassium: 440 mg
Chicken Enchilada Suiza 	Calories: 300 Carbs: 53 g Protein: 12 g Sodium: 600 mg Potassium: 370 mg	Glazed Turkey Tenderloins 	Calories: 300 Carbs: 47 g Protein: 14 g Sodium: 530 mg Potassium: 510 mg

EVOL Frozen Meals

Hawaiian Style Grilled Chicken 	Calories: 310 Carbs: 59 g Protein: 13 g Sodium: 580 mg Potassium: 430 mg	Butternut Squash & Sage Ravioli 	Calories: 310 Carbs: 50 g Protein: 11 g Sodium: 650 mg Potassium: 160 mg
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Fire Grilled Steak 	Calories: 450 Carbs: 44 g Protein: 18 g Sodium: 570 mg Potassium: 580 mg	Teriyaki Chicken 	Calories: 260 Carbs: 45 g Protein: 14 g Sodium: 600 mg Potassium: 330 mg
Smart Ones Frozen Meals			
Sesame Noodles with Veggies 	Calories: 270 Carbs: 51 g Protein: 9 g Sodium: 400 mg	Chicken Oriental 	Calories: 260 Carbs: 46 g Protein: 12 g Sodium: 660 mg
Crustless Chicken Pot Pie 	Calories: 190 Carbs: 20 g Protein: 18 g Sodium: 560 mg	Santa Fe Rice & Beans 	Calories: 300 Carbs: 53 g Protein: 10 g Sodium: 670 mg
Teriyaki Chicken & Veggies 	Calories: 260 Carbs: 44 g Protein: 13 g Sodium: 610 mg	Orange Sesame Chicken 	Calories: 270 Carbs: 51 g Protein: 13 g Sodium: 500 mg
Sweet Earth Frozen Meals			
Cauliflower Mac 	Calories: 290 Carbs: 45 g Protein: 9 g Sodium: 460 mg Potassium: 530 mg	Pad Thai 	Calories: 350 Carbs: 55 g Protein: 9 g Sodium: 570 mg Potassium: 340 mg
Chik'n Fajita 	Calories: 260 Carbs: 28 g Protein: 18 g Sodium: 530 mg Potassium: 590 mg	Pasta Puttanesca 	Calories: 350 Carbs: 35 g Protein: 13 g Sodium: 390 mg Potassium: 660 mg
Curry Tiger 	Calories: 360 Carbs: 40 g Protein: 19 g Sodium: 360 mg Potassium: 580 mg	Veggie Lo Mein 	Calories: 370 Carbs: 40 g Protein: 17 g Sodium: 550 mg Potassium: 390 mg
Korean Japchae 	Calories: 290 Carbs: 45 g Protein: 9 g Sodium: 690 mg Potassium: 350 mg	Southwest Veggie Breakfast 	Calories: 320 Carbs: 31 g Protein: 17 g Sodium: 550 mg Potassium: 390 mg

Huevos Rancheros Breakfast 	Calories: 340 Carbs: 33 g Protein: 18 g Sodium: 480 mg Potassium: 410 mg	Protein Lover's Breakfast 	Calories: 280 Carbs: 21 g Protein: 20 g Sodium: 570 mg Potassium: 570 mg
Birds Eye Voila! Frozen Meals			
Garlic Chicken 	Calories: 210 Carbs: 29 g Protein: 9 g Sodium: 620 mg Potassium: 430 mg	Beef Lo Mein 	Calories: 240 Carbs: 38 g Protein: 14 g Sodium: 610 mg Potassium: 250 mg
Sweet & Sour Chicken 	Calories: 270 Carbs: 48 g Protein: 12 g Sodium: 490 mg Potassium: 540 mg	Chicken Parmesan 	Calories: 320 Carbs: 42 g Protein: 13 g Sodium: 590 mg Potassium: 560 mg
Chicken Florentine 	Calories: 220 Carbs: 28 g Protein: 13 g Sodium: 420 mg Potassium: 450 mg	Cheesy Ranch Chicken 	Calories: 210 Carbs: 30 g Protein: 12 g Sodium: 650 mg Potassium: 410 mg
Garlic Shrimp 	Calories: 220 Carbs: 31 g Protein: 8 g Sodium: 620 mg Potassium: 420 mg	Meatless Garlic Chick'n 	Calories: 210 Carbs: 28 g Protein: 10 g Sodium: 520 mg Potassium: 320 mg
Shrimp Scampi 	Calories: 230 Carbs: 36 g Protein: 11 g Sodium: 650 mg Potassium: 270 mg	Fajita Chicken 	Calories: 220 Carbs: 37 g Protein: 11 g Sodium: 470 mg Potassium: 340 mg
Chicken Fried Rice 	Calories: 260 Carbs: 45 g Protein: 11 g Sodium: 530 mg Potassium: 430 mg	Cheese Ravioli 	Calories: 250 Carbs: 39 g Protein: 9 g Sodium: 590 mg Potassium: 550 mg



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.