

# Convenience meals

Convenience meals are great if you are limited with time or unable to prepare a meal. There are ways to put together a healthy meal through convenient options available in the supermarkets. Use this guide to choose healthier convenience meal choices.

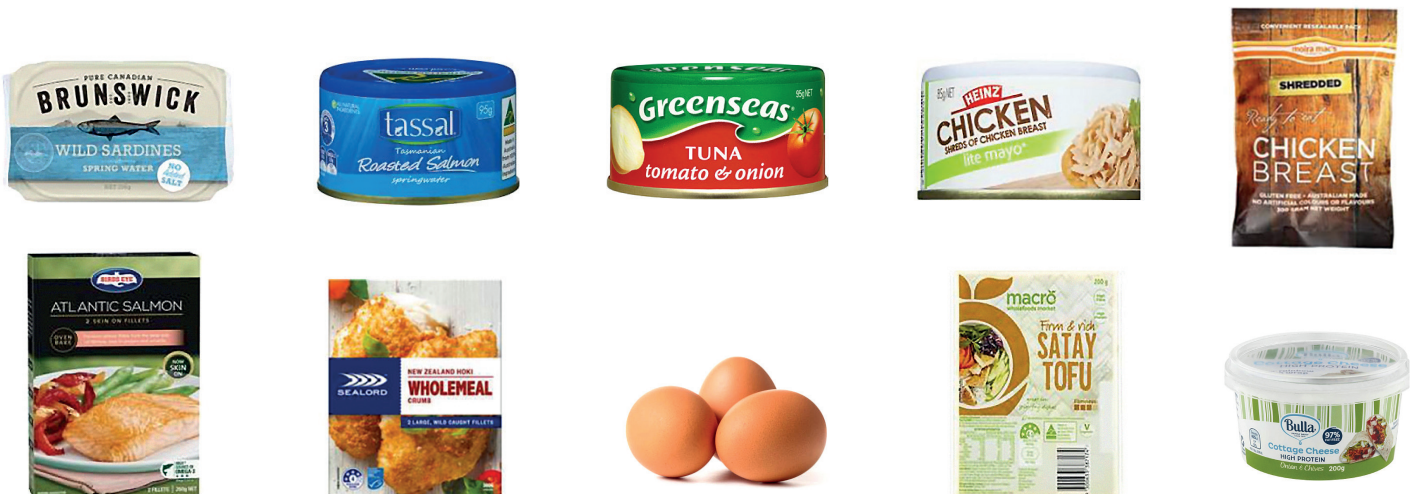
## Bulk up on vegetables

Aim for half of your plate to be vegetables. Easy options are prepared salad packs, pre-chopped vegetable packs, frozen or fresh vegetables.



## Choose a lean protein

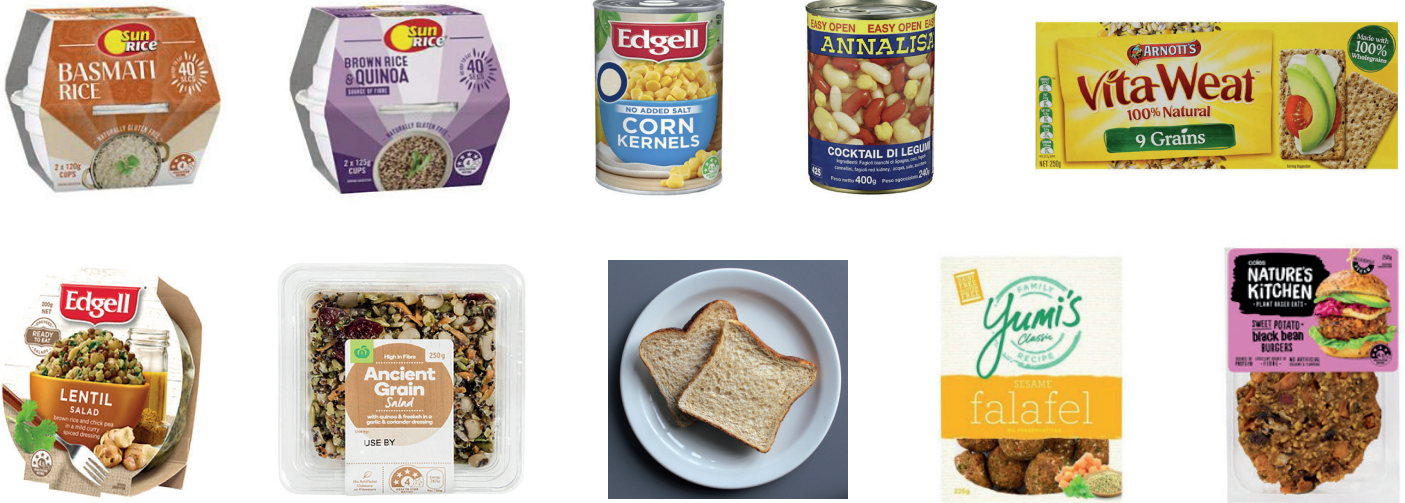
Aim for a quarter of your plate to be protein. Options can include refrigerated, canned and frozen choices. Here are some examples:



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## Add a carbohydrate

Aim for a quarter of your plate to be a low glycaemic index carbohydrate such as:



## How to choose healthy ready meal options

Use the below criteria to choose the healthiest options. Aim to choose meals that are:

- ✓ **1700kJ** or less per serve.
- ✓ **30–50g carbohydrate** per serve, preferably low-glycaemic index carbohydrate.
- ✓ **2g saturated fat** or less per 100g.
- ✓ **400mg sodium** or less per 100g.
- ✓ **At least half the meal vegetables.** If not, extra vegetables can be added, these can be fresh or frozen options.



Some meals will list the serves of vegetables on the front of the pack. Aim for at least 2.5 serves of vegetables per serve. If this is not listed or your meal has less, include a side salad or microwave steamed vegetables.

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## Ready made meal options

### From the shelf

#### Soups:

- **Amy's Kitchen:**  
Organic Soup Range
- **La Zuppa:**  
Soup and Rice Pouch Range
- **FodMapped For You:**  
Soup Range
- **Campbells:**  
Country Ladle and Chunky Ranger ranges

#### Meals:

- **John West:**  
Protein Plus meals
- **Sirena:**  
Ready to Eat range
- **Slendier:**  
Ready to Eat range
- **Woolworths:**  
Tuna and rice/pasta range
- **Edgell:**  
Nourish bowl range



### From the fridge

- Dani's soup range
- Fast Fuel meals
- Pitango



### From the freezer

- **Coles Perform:**  
Lean range
- **Dineamic**
- **Fitness Outcomes:**  
Low Carb range
- **Lean Cuisine**
- **Super Nature:**  
Super Pulses and Wellness Bowls ranges
- **Weight Watches**



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## Online meal ordering and meal kits



As these meals change regularly, we are unable to recommend specific options.

We suggest you use the label reading criteria to assess meals and meal kit recipes to choose the healthiest options available.

### Need more information?

Refer to additional Baker Institute resources:

- To help guide your selection of healthy ingredients, refer to the [Supermarket shopping guide](#).
- For detailed portion size suggestions, refer to the [Portion Plate guide](#).

### More information

 Call us on **(03) 8532 1800** or  visit [www.baker.edu.au](http://www.baker.edu.au)



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