

Weight Watchers® Fresh Meals Fact Sheet

<p>About Weight Watchers Fresh Meals:</p>	<p>Weight Watchers has partnered with Greencore USA, global leaders in developing fresh prepared meals, to introduce a line of 13 Fresh Meals. Specially prepared with fresh vegetables, high quality ingredients and the finest herbs and spices, these deliciously sensible meals are the <i>first</i> mainstream, portion-controlled, chilled ready meals available at retail in the United States.</p>
<p>Varieties:</p>        	<ul style="list-style-type: none"> • Vegetable Lasagna <ul style="list-style-type: none"> → Layers of pasta filled with seasoned ricotta and tomato sauce with fresh carrots, zucchini and mushrooms topped with mozzarella cheese → Excellent source of calcium → Serving size: 8oz → 210 calories, 11 grams of protein → PointsPlus™ value: 5 • Meatloaf with Mashed Potato <ul style="list-style-type: none"> → Beef meatloaf, with garlic mashed potatoes and a savory beef gravy → Serving size: 8oz → 240 calories, 2 grams of fiber, 15 grams of protein → PointsPlus™ value: 6 • Turkey Meatballs and Penne <ul style="list-style-type: none"> → Turkey meatballs seasoned with onion, garlic and spices, over penne pasta with a zesty marinara sauce → Serving size: 8oz → 250 calories, 3 grams of fiber, 11 grams of protein → PointsPlus™ value: 7 • Beef Lasagna <ul style="list-style-type: none"> → Thin layers of pasta filled with seasoned ricotta smothered in a meat sauce and topped with mozzarella cheese → Excellent source of calcium → Serving size: 8oz → 250 calories, 18 grams of protein → PointsPlus™ value: 6 • 3 Cheese Macaroni <ul style="list-style-type: none"> → Elbow pasta cooked to perfection tossed in a creamy cheddar, asiago, romano cheese sauce → Excellent source of calcium → Serving size: 8oz → 250 calories, 11 grams of protein → PointsPlus™ value: 6 • Roast Turkey & Stuffing <ul style="list-style-type: none"> → Roast turkey served with a cranberry stuffing topped with a seasoned turkey gravy → Serving size: 8oz → 250 calories, 1 gram of fiber, 22 grams of protein → PointsPlus™ value: 6 • Baked Ziti <ul style="list-style-type: none"> → Penne pasta tossed with a zesty marinara and seasoned ricotta sauce topped with mozzarella cheese → Excellent source of calcium → Serving size: 8oz → 220 calories, 11 grams of protein → PointsPlus™ value: 5 • Mediterranean Chicken <ul style="list-style-type: none"> → White meat chicken tossed with a zesty marinara with fresh red and green peppers and fresh mushrooms over penne pasta → Serving size: 8oz → 250 calories, 12 grams of protein → PointsPlus™ value: 6



- **Santa Fe Rice & Beans**
→ Rice, beans and fresh peppers with a tangy sauce and topped with cheddar cheese
→ Serving size: 8oz
→ 220 calories, 1 gram of fiber, 7 grams of protein
→ **PointsPlus™** value: 8
- **3 Cheese Ravioli**
→ 3 cheese ravioli in a seasoned marinara sauce topped with mozzarella cheese
→ Serving Serve: 8oz
→ 310 Calories, 3 grams of fiber, 15 grams protein
→ **PointsPlus™** value: 6
- **Chicken & Mushroom Alfredo**
→ White meat chicken with fresh mushrooms in a creamy alfredo sauce, over fettuccini
→ Excellent Source of Calcium
→ Serving Serve: 8oz
→ 260 Calories, 18 grams protein
→ **PointsPlus™** value: 7
- **Chili con Carne with Beans**
→ Rich chili with meat and beans covered in cheddar cheese
→ Serving Serve: 8oz
→ 220 Calories, 7 grams of fiber, 13 grams protein
→ **PointsPlus™** value: 5
- **Chicken with BBQ Sauce**
→ White meat chicken in smoky BBQ sauce with southern-style mashed sweet potatoes
→ Serving Serve: 8oz
→ 250 Calories, 4 grams of fiber, 15 grams protein
→ **PointsPlus™** value: 6

Suggested Retail Price: \$2.99

Availability:

Weight Watchers Fresh Meals can be found in stores up and down the East coast. For more information, please visit www.weightwatchers.com/freshmeals

Partner:



Greencore USA is the American arm of Greencore Group PLC, based in Europe. Established in 1991 in Ireland, Greencore Group PLC manufactures fresh prepared meals, soups, deli salads and quiches, as well as sandwiches and green leaf salads. In addition, Greencore Group PLC is the world's leading supplier of fresh prepared sandwiches, producing over 4,000,000 a day. Greencore USA, based in Massachusetts, currently produces a range of fresh prepared meals under the Weight Watchers brand. For more information please visit <http://www.greencore.ie/>

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