

Going Bowling

Best Bites (✓✓) and **Honorable Mentions** (✓) have no white potatoes, and any grains are 100% or mostly whole. We disqualified bowls with more than 5 grams of added sugars (marked with an *) or more than 3 grams of saturated fat. Best Bites contain no more than 450 milligrams of sodium. Honorable Mentions can have up to 600 mg. Bowls are ranked from least to most sodium, then least to most sat fat, then most to least protein, then least to most calories.

	Calories	Saturated Fat (g)	Protein (g)	Sodium (mg)
Bowls with whole grains or no grains				
✓✓ Amy's Light in Sodium Brown Rice & Vegetables	320	2	10	220
✓✓ Kashi Black Bean Mango	310	1	9	250
✓✓ Kashi Sweet Potato Quinoa	270	1	9	280
Luvo Thai-style Green Curry Chicken	280	4.5	15	290
Luvo Tomato Basil Pasta with Chicken Meatballs	340	4	17	300
Kashi Mayan Harvest Bake*	330	1.5	10	320
✓✓ Luvo Hawaiian Un-fried Rice	280	1.5	8	320
✓✓ Amy's Light & Lean Quinoa & Black Beans	240	0	10	330
✓✓ Luvo Orange Mango Chicken	250	1	13	350
✓✓ Healthy Choice Simply Unwrapped Burrito	270	1	9	350
✓✓ Luvo Quinoa & Veggie Enchilada Verde	330	1.5	10	350
✓✓ Luvo So Cal Kale & Bean	300	0.5	10	360
✓✓ Evol Balance	460	3	13	390
✓✓ Healthy Choice Power Cauliflower Curry	290	0.5	14	400
✓✓ Kashi Creamy Cashew Noodle	360	2.5	15	400
Luvo Creamy Cauliflower Mac & Cheese	350	4	11	400
✓✓ Red's Riced Cauliflower Chicken Cilantro & Lime	180	1	15	410
Healthy Choice Power Mango Edamame*	370	1.5	10	430
✓✓ Lean Cuisine Korean Style Rice & Vegetables	370	1	12	450
✓✓ Fat Rabbit Lemon Feta Frenzy	230	1	10	450
Amy's Greek Inspired Red Rice & Veggies	500	5	9	450
Healthy Choice Power Be'f & Vegetable Stir Fry*	290	1	16	460
✓ Luvo Mie Goreng	270	0	12	480
✓ Fat Rabbit Green Riot Verde	240	1	12	480
✓ Healthy Choice Simply Grilled Basil Chicken	230	1	19	490
✓ Luvo Ginger Miso	310	1	13	490
✓ Healthy Choice Simply Meatball Marinara	280	2.5	18	490
Fat Rabbit Smoky Molé Madness	270	3.5	11	490
✓ Green Giant Protein Southwest Style	260	0	12	500
✓ CedarLane Paleo Lemon Thyme Chicken	200	0.5	18	500
✓ Healthy Choice Power Chipotle Chick'n	280	1	19	510
✓ Healthy Choice Café Steamers Mexican-Style Street Corn	240	2	18	510
✓ Healthy Choice Power Green Goddess	330	2	18	510
✓ Healthy Choice Café Steamers Tortellini Primavera Parmesan	260	2.5	10	510
Fat Rabbit Orange Cauliflower Renegade*	260	1	11	530
Fat Rabbit Harvest Hooligan*	270	1	10	530
Healthy Choice Power White Bean & Feta*	470	2.5	16	530
✓ Green Giant Protein California Style	290	1.5	14	540
✓ Sweet Earth Kyoto Stir Fry	300	1.5	12	550
✓ Sweet Earth Butter Chik'n	240	2	16	550
✓ CedarLane Paleo Adobo Chicken	190	2.5	20	550
✓ Healthy Choice Simply Beef & Red Chili Sauce	270	2.5	17	550
✓ Healthy Choice Simply Chicken Tikka Masala	190	1	17	560
Healthy Choice Grain Free Power Spicy Beef Teriyaki*	180	1.5	18	560
✓ Healthy Choice Power Buddha Bowl	320	2	13	570
Green Giant Protein Asian Style*	280	1	14	580
Healthy Choice Simply Chicken Fried Rice*	320	1.5	23	580
✓ Amy's Mexican Inspired Veggies & Black Beans	270	1.5	9	580
✓ Green Giant Protein Italian Style	240	2	13	580
✓ Sweet Earth Filipino Adobo Chik'n	170	0.5	12	590
✓ CedarLane Protein Chicken Fajita	300	1	19	590
✓ Red's Riced Cauliflower Chickpea Paella	230	1	5	590
✓ Amy's Brown Rice & Vegetables	320	1.5	10	590
✓ Amy's Black-Eyed Peas and Veggies	290	1.5	9	590
✓ CedarLane Protein Chicken Shawarma	310	2	22	590
✓ Healthy Choice Simply Mediterranean-Style Lentil	250	0.5	13	600
✓ CedarLane Vegetarian Falafel	280	1	11	600
✓ Healthy Choice Simply Chana Masala	250	1	9	600
✓ Healthy Choice Power Falafel & Tahini	360	1.5	11	600
✓ Healthy Choice Power—with beef, chicken, or pork ¹	320	2	21	600
✓ Healthy Choice Grain Free Power—except Spicy Beef Teriyaki ¹	220	2	20	600
✓ Healthy Choice Simply Grilled Chicken & Broccoli Alfredo	190	2.5	28	600
✓ Healthy Choice Simply Grilled Chicken Pesto & Vegetables	200	2.5	28	600
CedarLane Protein Chicken Souvlaki	300	3	22	620
Lean Cuisine Unwrapped Chicken Burrito	340	3.5	24	620
Lean Cuisine Spice Market Chicken & Cauliflower	220	1	20	650
Birds Eye Fiesta Chicken	210	1	17	660
Amy's Harvest Casserole	360	1.5	17	660
Birds Eye Garlic Chicken	290	2.5	21	720
Lean Cuisine Balsamic Glazed Chicken*	370	2	25	890
Bowls with refined grains or white potatoes				
Kashi Chimichurri Quinoa	240	1	10	330
Gardein Chick'n Fajita	250	0	15	360
SmartMade Lemon Garlic Chicken Fettuccine	200	1	20	600
CedarLane Protein 3 Layer Chicken Enchilada	300	4.5	19	650
Life Cuisine Ricotta & Spinach Meatless Meatballs Pasta	280	4	14	730
Life Cuisine Vermont White Cheddar Mac & Broccoli	420	9	20	790
Lean Cuisine Mango Chicken with Coconut Rice*	360	4	21	800

✓✓ Best Bite. ✓ Honorable Mention. * Contains more than 5 grams of added sugars. ¹Average of the entire line or the varieties listed.

Daily protein target: 85 grams. **Daily Values** (for a 2,000-calorie diet): **Saturated fat:** 20 grams. **Sodium:** 2,300 milligrams. **Added sugars:** 50 grams.

Sources: company information and Label Insight. The use of information from this article for commercial purposes is strictly prohibited without written permission from CSPI.