



## tuscan herb & vegetable cups

Home cookin' cups—on the go! A quick and easy solution when you need something to help fill you up! Made with natural and wholesome ingredients, these cups can help keep you satisfied while providing a portion-controlled dish. This flavorful cup has it all: the goodness of whole wheat couscous with a mix of vegetables and seasonings. The Tuscan Herb & Vegetable Heat & Eat Cup makes a great mini meal, a perfect side, or a delicious accompaniment with some protein, fruit, or vegetables.

### product highlights

- Made with whole grains
- Just 4 **PointsPlus**® value per container!
- 2 cups per package
- All you need to do is add water, heat & eat — and enjoy!

### nutrition facts

Serving Size: 1 Cup (50g)	Cholesterol: 0mg
Servings Per Package: 1	Sodium: 310mg
Calories: 170	Total Carbohydrate: 34g
Calories from Fat: 10	Dietary Fiber: 5g
Total Fat: 1g	Sugars: 4g
Saturated Fat: 0g	Protein: 8g



**INGREDIENTS:** UNENRICHED WHOLE WHEAT SEMOLINA, RED BEAN, TOMATO POWDER, LENTILS, NATURAL FLAVOR (YEAST EXTRACT, SAFFLOWER OIL, NATURAL FLAVOR), DRIED SWEET CORN, RED BELL PEPPERS, ONION POWDER, GREEN BEANS, PEAS, SPINACH FLAKES, PARSLEY FLAKES, NATURAL OLIVE OIL FLAVOR (CANOLA OIL, OLIVE OIL, NATURAL FLAVORS), GARLIC POWDER, HERB BLEND (OREGANO, BASIL, SAGE, ROSEMARY, ITALIAN PARSLEY), TURMERIC (FOR COLOR), CAYENNE PEPPER.

**CONTAINS WHEAT. MANUFACTURED IN A FACILITY THAT USES PEANUT, TREE NUTS, MILK, SOY AND EGGS.**

heat & eat cups



# mexican-style red bean with brown rice

A quick and easy solution when you need something to help fill you up! Made with natural ingredients you know and love, this Heat & Eat Cup is a convenient way to stay on track. With a flavorful blend of red beans, brown rice, spices and 13 grams of protein in every cup, it is sure to please your taste buds and help keep you satisfied. **Mexican-Style Red Bean with Brown Rice** makes a great mini meal, a perfect side dish, or a delicious accompaniment with some fruit or vegetables. All you need to do is add water, heat, and eat – and enjoy!

## nutrition facts

Serving Size: 1 Cup (50g)	Cholesterol: 0mg
Servings Per Package: 2	Sodium: 480mg
Calories: 180	Total Carbohydrate: 28g
Calories from Fat: 15	Dietary Fiber: 7g
Total Fat: 1.5g	Sugars: 10g
Saturated Fat: 0g	Protein: 13g
Trans Fat: 0g	



**INGREDIENTS:** RED BEANS, PARBOILED LONG GRAIN BROWN RICE, VEGETABLE PROTEIN (PEAS), NATURAL FLAVOR (YEAST EXTRACT, SAFFLOWER OIL, NATURAL FLAVOR), DRIED ONION, DRIED RED BELL PEPPERS, SALT, TOMATO POWDER, CUMIN, CORN POWDER, GARLIC POWDER, POWDERED CELERY, PARSLEY, CAYENNE PEPPER, HERB BLEND (BASIL, MARJORAM, SAGE, THYME, ROSEMARY, AND TARRAGON), BLACK PEPPER.

**MANUFACTURED IN A FACILITY THAT USES PEANUTS, WHEAT, TREE NUTS, MILK, SOY AND EGGS.**

heat & eat cups

# weightwatchers

## garden veggie omelette

Here's a quick and easy solution when you need something to help fill you up. Made with real eggs and vegetables, this Heat & Eat cup is a convenient way to get your day started off right. With a flavorful blend of red and green bell peppers, onions, and chives, and 36% of the daily value of protein in every cup, it is sure to please your taste buds. **Garden Veggie Omelette** brightens your breakfast options, makes a great mini meal, or is a delicious accompaniment with some fruit or vegetables. All you need to do is add water, heat, and eat — and enjoy!

### nutrition facts

Serving Size: 1 Container (38g)

Servings Per Package: 2

Calories: 150

Calories from Fat: 35

Total Fat: 4g

Saturated Fat: 1.5g

Trans Fat: 0g

Cholesterol: 170mg

Sodium: 270mg

Potassium: 280mg

Total Carbohydrate: 14g

Dietary Fiber: 4g

Sugars: 1g

Protein: 18g



**INGREDIENTS:** SCRAMBLED EGGS, (EGG WHITES, EGG YOKES, MALTODEXTRIN, POLYDEXTROSE, MODIFIED CORNSTARCH, XANTHAN GUM, CITRIC ACID (PRESERVATIVE), ANNATTO EXTRACT (COLOR)), GREEN AND RED BELL PEPPERS, ONIONS, GRANULATED GARLIC, SPICES, PAPRIKA COLOR, ONION POWDER, CHIVES.

**CONTAINS EGGS.**

heat & eat cups





## cheesy scrambled eggs

This tasty, cheesy, egg sensation is sure to help unscramble your breakfast options. This Weight Watchers® convenient heat & eat cup is made with real eggs and cheese, and can give you savory satisfaction on-the-go. With 16 grams of protein per serving, it can help keep you fuller, longer. Now, that's something to say "cheese" about!

### product highlights

- Made with real eggs
- 16 grams of protein in every serving
- Good source of fiber

### nutrition facts

Serving Size: 1 Container (35g)	Cholesterol: 145mg
Servings Per Package: 2	Sodium: 510mg
Calories: 140	Potassium: 250mg
Calories from Fat: 35	Total Carbohydrate: 13g
Total Fat: 4g	Dietary Fiber: 3g
Saturated Fat: 1.5g	Sugars: 1g
Trans Fat: 0g	Protein: 16g



**INGREDIENTS:** FREEZE-DRIED SCRAMBLED EGGS (EGG WHITES, EGG YOLKS, MALTODEXTRIN, POLYDEXTROSE, MODIFIED CORNSTARCH, XANTHAN GUM, CITRIC ACID, ANNATTO COLOR), CHEDDAR CHEESE BLEND ((MILK, CHEESE CULTURE, SALT ENZYMES), BUTTERMILK SOLIDS, BUTTER, WHEY, MALTODEXTRIN, SODIUM PHOSPHATE, CITRIC ACID), CHEDDAR CHEESE FLAVOR (MALTODEXTRIN, SALT, CITRIC ACID, ENZYME MODIFIED CHEDDAR CHEESE POWDER [CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES, CALCIUM CHLORIDE), NONFAT DRY MILK, DISODIUM PHOSPHATE], NATURAL FLAVORS, MODIFIED CORNSTARCH), SODIUM BICARBONATE, XANTHAN GUM.

**CONTAINS EGGS, MILK.**

heat & eat cups



# lemon white chicken & couscous

A quick and easy solution when you need something to help fill you up! Made with natural and wholesome ingredients, this cup can help keep you satisfied while providing a perfectly portion-controlled dish. This flavorful cup has it all: the goodness of couscous with a seasoned blend of real chicken and lemon. The **Lemon White Chicken & Couscous Heat & Eat Cup** makes a great mini meal, a perfect side, or a delicious accompaniment to some vegetables or a piece of fruit. Just add water, heat, eat and enjoy - you will not believe you made it in a cup!

## product highlights

- made with real chicken, pearl couscous and zesty lemon flavor
- a creamy blend of delicious seasonings and real chicken
- 10 grams of protein in every cup
- an easy & convenient on-the-go option

## nutrition facts

Serving Size: 1 Container (44g)	Cholesterol: 20mg
Servings Per Package: 2	Sodium: 320mg
Calories: 170	Total Carbohydrate: 28g
Calories from Fat: 20	Dietary Fiber: 2g
Total Fat: 2g	Sugars: 3g
Saturated Fat: 0g	Protein: 10g
Trans Fat: 0g	



**INGREDIENTS:** PEARL COUSCOUS (WHEAT FLOUR, ROSEMARY EXTRACT), FREEZE-DRIED CHICKEN, DEHYDRATED CARROTS, SEASONING (SALT, DEHYDRATED CHICKEN, MALTODEXTRIN, YEAST EXTRACT, HYDROLYZED WHEAT AND CORN GLUTEN, CHICKEN FAT, DRIED CHICKEN BROTH, DISODIUM PHOSPHATE, FLAVOR, EXTRACTIVES OF TURMERIC AND ANNATTO), MODIFIED CORNSTARCH, LEMON POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS, NATURAL FLAVORS), DRY CREAM (SWEET CREAM, SOY LECITHIN, TOCOPHEROLS AND ASCORBYL PALMITATE [TO PROTECT FLAVOR]), WHOLE MILK POWDER (SOY LECITHIN), GARLIC POWDER, DRIED PARSLEY..

**CONTAINS WHEAT, MILK, SOY.**

heat & eat cups