

Taste With Benefits

(NAPSA)—Rush, rush, rush, a bag of chips for lunch, and before you know it you are down for the count. Busy schedules often sabotage our goals of eating well.

According to the recently published U.S. government dietary guidelines, a key to eating well, even with a busy schedule, is balancing physical activity with appropriate calorie intake. Unfortunately, it can be really difficult to stay within a 2,000 calorie a day diet and, let's face it, it's not really fun. But did you know you can get a quick, delicious, satisfying meal for less than 500 calories?

When you're trying to stay within a controlled calorie lunch but craving the comforts of Turkey Breast with Stuffing, Cheese Tortellini or Herb Roasted Chicken, you can have the satisfying homemade taste of more than 34 varieties of Marie Callender's for less than 500 calories.

There's no need to go over budget eating at restaurants and risking "calorie uncertainty" or spending time you don't have making homemade meals. This way, you can have a satisfying meal that can be made in minutes.



You can enjoy a hearty, satisfying meal that can be made in minutes and carries less than 500 calories.

Everyone wants to eat well whether they are dieting or splurging, and taste is paramount. These meals allow you to have the taste you crave without the guilt of extra calories. To top it all off, these frozen entrées virtually eliminate the time demands of cooking at home, making them the perfect option when you're on the run.

To view the wide array of varieties and for more information, visit www.mariecallendersmeals.com.