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WeightWatchers®

Smart Ones®

Sirloin Beef & Asian Style Vegetables

Enjoy a delectable fusion of sirloin beef, sugar snap peas, mushrooms, bell pepper, bean sprouts and water chestnuts in a zesty teriyaki sauce. So delicious, so satisfying...and another little way you can be good *today*. Smart Ones®. Taste so good, you want to be good™.

TO OPEN PUSH IN PULL OUT

Also try decadent
Smart Ones® Desserts!

www.EatYourBest.com

Nutrition Facts

Serving Size 1 Package (255g)
Servings Per Container 1

Amount Per Serving	
Calories 160 Calories from Fat 35	
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 2g	**9%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 35mg	**12%**
Sodium 680mg	**28%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 3g	**12%**
Sugars 5g	
Protein 17g	

Vitamin A 4% • Vitamin C 15%
Calcium 4% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

PROOF OF PURCHASE
9.0 OZ. SIRLOIN BEEF & ASIAN STYLE VEGETABLES
0 25800 02901 3

WeightWatchers® **The Truth About Carbs: their role in long-term healthy weight loss.**

While losing weight is good for your health, HOW you lose weight is just as important. Many carb sources — including vegetables, fruits, whole grains, and milk products — provide essential ingredients that are vital to good nutrition. Healthy, sustainable long-term weight loss requires a balance of carbohydrates, protein and fat.

Eating fewer calories — whether it's carbs, protein, or fat — leads to weight loss. Finding out how to pick carbs in a way that's right for you may make the difference between long-term weight-loss success and just following another fad.

To learn more about Weight Watchers, please call 1-800-651-6000 or visit WeightWatchers.com.

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3 POINTS VALUE® Per Serving

See side panel for microwave and conventional oven cooking preparation.

IMPORTANT: KEEP FROZEN • DO NOT REFREEZE

WeightWatchers® Smart Ones® Sirloin Beef & Asian Style Vegetables

Truth About Carbs SEE BACK FOR MORE DETAILS

5075846-002

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE

KEEP FROZEN • SERVING SUGGESTION

COOK THOROUGHLY

NET WT. 9.0 OZ. (255 g)

3 POINTS VALUE® 13g Total Carbs 160 Calories 4g of Fat

WeightWatchers® Smart Ones® Sirloin Beef & Asian Style Vegetables in a zesty teriyaki sauce

Truth About Carbs SEE BACK FOR MORE DETAILS

QUALITY PLEDGE: If you have any questions or comments, please call us at 1-800-762-0228, Monday - Friday, or write to **Heinz North America**, Consumer Affairs, P.O. Box 57, Pittsburgh, PA 15230. Please have the package identification panel with the stamped-in code available when you call, or include when you write.

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PRODUCT IDENTIFICATION PANEL

Sirloin Beef & Asian Style Vegetables

INGREDIENTS: SEASONED COOKED BEEF SIRLOIN FILETS WATER AND BINDER PRODUCT (BEEF, WATER, AND LESS THAN 2% DEXTROSE, MODIFIED CORNSTARCH, SALT, SODIUM PHOSPHATES, SEASONING [AUTOLYZED YEAST EXTRACT, CORN MALTODEXTRIN, TAPIOCA DEXTRIN, SUNFLOWER OIL, FLAVOR, POTASSIUM PHOSPHATE, CONTAINS LESS THAN 2% BARLEY MALT FLOUR, GRILL FLAVOR (FROM PARTIALLY HYDROGENATED COTTONSEED AND SOYBEAN OIL), SMOKE FLAVOR, TAPIOCA STARCH], HYDROLYZED SOY PROTEIN, CARAMEL COLOR, BEEF FLAVOR, [BEEF BROTH, MONOSODIUM PHOSPHATE, FLAVOR, BEEF TALLOW], FLAVOR, AUTOLYZED YEAST EXTRACT), WATER, SUGAR SNAP PEAS, MUSHROOMS, RED BELL PEPPERS, ONIONS, BEAN SPROUTS, WATER CHESTNUTS, CONTAINS 2% OR LESS OF: SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, ALCOHOL, VINEGAR, LACTIC ACID), TERIYAKI SAUCE (SOY SAUCE [WATER, WHEAT, SOYBEANS, SALT], WINE* [CONTAINS SULFITES], SUGAR, WATER, VINEGAR, SALT, SPICES, ONION POWDER, SUCRONIC ACID), GARLIC POWDER, MODIFIED CORNSTARCH, CHILI GARLIC SAUCE (CHILI PEPPER, GARLIC, WATER, SALT, SUGAR, RICE VINEGAR, ACETIC ACID, MODIFIED CORNSTARCH, MOLASSES [MAY CONTAIN SULFITES], GREEN ONIONS, CONCENTRATED MUSHROOM JUICE, SUNFLOWER OIL), GINGER, SAUTÉED GARLIC (GARLIC, SOYBEAN OIL), CHICKEN FAT, LIME JUICE CONCENTRATE, SESAME SEED OIL, XANTHAN GUM, CHICKEN BROTH POWDER (CHICKEN BROTH, SALT, FLAVORING), DEXTROSE, CHICKEN FLAVOR (AUTOLYZED YEAST EXTRACT, CHICKEN BROTH, WATER, SALT, FLAVOR), SUCRALOSE (WATER, SUCRALOSE, CITRIC ACID, SODIUM CITRATE), CONTAINS SOYBEANS, WHEAT.

*This product contains wine, which contains sulfites.

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WeightWatchers® Smart Ones® Sirloin Beef & Asian Style Vegetables

Truth About Carbs SEE BACK FOR MORE DETAILS

FOR BEST QUALITY AND FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS:

- DO NOT PREPARE IN TOASTER OVEN
- DO NOT REUSE TRAY
- KEEP FROZEN UNTIL READY TO USE
- COOK THOROUGHLY BEFORE EATING
- USE CAUTION AS PRODUCT AND PACKAGING WILL BE HOT

MICROWAVE OVEN:

The following cook preparation was developed using a 1000 watt microwave oven. Due to variations in all ovens, adjustment to cooking time may be required.

1. Remove tray from outer carton; pull back corner of film over vegetables to vent.
2. Cook on **HIGH** for **4** minutes.
3. Pull back film and stir. Replace film.
4. Cook on **HIGH** for **1** minute. Let stand in microwave **1-2** minutes.
5. Stir vegetables into meat and sauce. Enjoy.

CONVENTIONAL OVEN:

Due to variations in all ovens, adjustment to cooking time may be required.

1. **Preheat oven to 350˚F. Do not exceed 350˚F.**
2. Remove tray from outer carton; pull back corner of film over vegetables to vent.
3. Place tray on baking sheet on middle oven rack.
4. Cook for **35** minutes.
5. When removing from oven, keep tray on baking sheet. Let stand **1-2** minutes.
6. Stir vegetables into meat and sauce. Enjoy.