



## Real Good Foods Goes BIG with The Launch of First Ever Low Carb, High Protein Grande Enchiladas

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New frozen entrée features a tortilla made of chicken and cheese

GLENDAL, Calif., April 26, 2021 /PRNewswire/ -- [Real Good Foods, Co.](https://www.RealGoodFoods.com) has some news, and it is *big!* The popular frozen food brand looking to modernize the frozen food aisle by making delicious comfort foods more nutritious, is excited to announce the launch of Grande Enchiladas. These enchiladas are the first ever low carb, high protein enchilada to hit the frozen food aisle. Instead of using processed flours loaded with carbs, Real Good Foods uses all-natural, antibiotic free chicken breast as the tortilla shells. This creates a balanced macro-nutrient profile; only 2g of net carbs, 20g of protein and 100% grain free.

"Our original enchiladas were one of our most popular offerings, but we knew we could offer a bigger, more satisfying entrée option while still providing the low carb, high protein meal our consumers have come to expect," said Bryan Freeman, Chairman of Real Good Foods. "We hope this new size serves as another delicious options for our consumers on their health journey."

Real Good Foods Grande Enchiladas are available in two varieties: Chicken Enchiladas with Tomatillo sauce and Cheese Enchiladas in a red sauce. The Grande Enchiladas can be found in stores at Costco, Publix, Safeway, and online at [RealGoodFoods.com](https://www.RealGoodFoods.com).

For more information about Real Good Foods and its products, visit [www.RealGoodFoods.com](https://www.RealGoodFoods.com).

### About Real Good Foods Co.

Founded in 2017, Real Good Foods believes there is a better way to feed our future. Its mission is to make nutritious foods—low in carbs, high in protein, never added sugar and from real ingredients—more accessible to everyone, improve human health, and in turn improve the lives of millions of people. Real Good Foods always make foods from **REAL food ingredients**, never added sugars and with balanced macro nutrients – so you can feel good before, and more importantly, after you eat our foods. For more information, visit [RealGoodFoods.com](https://www.RealGoodFoods.com) and follow on social @RealGoodFoods.

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