

400 – 600 Calorie Meal Ideas

Plan to eat sensible meals that are high in protein and fiber, and contain a healthy balance of complex carbohydrates and healthy fats. See table below for suggestions and serving size recommendations. Combine 1 choice from each of the categories below so that the calories in your meal add up to between 400 and 600.

|  PROTEIN (20–35 g protein) |  COMPLEX CARBOHYDRATES (~45 g carb) |  HEALTHY FATS (~10 g fat) |  VEGETABLES (unlimited) |  OTHER (~25 g carb) |
|---|--|--|--|--|
| Free-Range Chicken Breast (5 oz.) | Organic Old Fashioned Oatmeal (1 cup cooked) | Olive or Flax Oil (1 tbsp) | Dark Greens, Broccoli, Kale, Spinach (2–3 cups) | Organic Apple or Pear (1) |
| Salmon Or Other Wild Fish (5 oz.) | Organic Brown, Wild or Basmati Rice (1 cup cooked) | IsaCrunch (2 tbsp) | Mixed Salad Greens (2–3 cups) | Melon or Papaya Fresh (1 1/2 cups) |
| Gluten-Free Chicken or Turkey Burger (5 oz.) | Quinoa (1 cup cooked) | Organic Almond Butter (1 tbsp) | Peppers, Tomatoes & Onions (2–3 cups) | Organic Berries (1 cup) |
| Wild Bison (5 oz.) | Gluten-Free or Whole-Grain Pasta (1 cup cooked) | Avocado (1/2) | Steamed Mixed Vegetables (2–3 cups) | e+ Energy Shot (1) |
| Tofu or Meat Alternative (1 1/2 cups) | Corn Tortillas (1 or 2 small) | Seeds Unsalted, Pumpkin, Sunflower or Sesame (1 tbsp) | Sliced Tomato (2 cups) | Fresh Herbs, Basil, Rosemary, Cilantro or Parsley |
| Free-Range Egg/Egg Whites (1 egg and 5 whites) | Baked Yam or Sweet Potato (1 cup cooked) | Raw Almonds or Walnuts (12) | Asparagus (6 spears) | Herbal Tea with 1-2 Teaspoons Honey, Hot or Iced (1 cup) |
| Free-Range White Turkey (4 slices) | Beans or Lentils (1 cup cooked) | Reduced-Fat Feta Cheese (2 tbsp) | Green Beans (1 cup) | IsaLean Bar (1/2) |

* Calorie and macronutrient ranges reflect differences in serving size and variety of item selected

* For greater weight loss, choose serving sizes at the lower end of the range