





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