400 – 600 Calorie Meal Ideas

Plan to eat sensible meals (400-600 calories) during your Isagenix® program that are low in fat and high in fibre (see suggestions below). If you need to ease hunger pangs between meals, try two to three of our Snack Ideas below throughout the day.

For a sensible meal, pick one item from each column below:

PROTEIN	STARCHES	FAT	VEGETABLE	OTHER
1 egg or 4 egg whites	1 cup organic slow-cooked oatmeal	1 tbsp. flax oil	2-3 cups peppers, tomatoes, onions	1 organic apple
140 gm chicken breast	1 cup steamed organic brown rice	1 tbsp. extra virgin olive oil	2-3 cups mixed greens	1 1/2 cups melon
140 gm salmon or other fish	1 cup whole-grain pasta	Reduced-fat salad dressing	2-3 cups steamed vegetables	1 cup herbal tea with 1-2 tsp. honey
140 gm chicken or turkey burger	1 baked yam	Reduced-fat feta cheese	2-3 cups salad greens	1 cup berries
2 cups tofu or meat alternative	1 cup baked, low-fat yam fries	2 tbsp pesto	2-3 cups assorted vegetables	1 organic pear
1 1/2 cups beans or lentils	1 cup wild or basmati rice	1/2 avocado	2-3 cups tomatoes	1 cup herbal iced tea with 1-2 tsp. honey
4 slices turkey meat	2 slices whole wheat bread	12 almonds (unsalted, raw)	2-3 cups spinach	1 tsp. Dijon mustard and 1 tbsp. lemon

SNACK IDEAS	
1 apple	Celery stalks
1 SlimCakes®	4 cashews or walnuts *(unsalted, raw)*
1 hard-boiled egg	6 almonds *(unsalted, raw)*

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