

400-600 Calorie Meal Guide

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

Protein	Complex Carbs	Healthy Fats	Vegetables	Other
Free Range Chicken Breast 140g	Organic Oatmeal 1 Cup cooked	Olive or flax seed oil 1Tbsp	Dark Greens, Broccoli Kale, Spinach 2-3 Cups	Organic Apple or Pear 1
Salmon or other wild fish 140g	Organic Brown,Wild or Basmati rice 1 cup cooked	Cottage Cheese 1/2 Cup	Mixed Salad Greens 2-3 Cups	Melon or Papaya Fresh 1 1/2 cups
Gluten free chicken or Turkey burger 140g	Quinoa 1 cup cooked	Organic Almond Butter 1 Tbsp	Capsicums, tomatos & onions 2-3 cups	Organic berries 1 Cup
Steak 140g	Gluten Free or whole grain Pasta 1 cup cooked	Avocado 1/2.	Steamed mix Veg 2-3 cups	Isadelight Plus 1
Tofu or Meat alternative 1 1/2 Cups	Corn Tortillas 1 or 2 small	Seeds unsalted, Pumpkin Sunflower or sesame 1 Tbsp	Sliced Tomatos 2 Cups	Fresh Herbs, basil rosemary,parsley
Free Range egg/Egg whites 1 egg 5 whites	Sweet Potato 1 cup cooked	Raw Almonds or Walnuts 12	Asparagus 6 spears	Herbal tea with 1-2Tsp honey 1 Cup
Free range White Turkey meat, sodium/nitrate free 4 Slices	Beans or Lentils 1 cup cooked	reduced fat fetta cheese 2 tbsp	Green Beans 1 Cup	IsaLean Bar 1-Feb

Other handy hints.....

Foods and Drinks to ENJOY	Foods and Drinks to AVOID
Anything Isagenix	Alcohol
Apples	Artificial Colorings
Asparagus	Artificial Flavourings
Avocado	Artificial Sweeteners
Bananas (in moderation)	Black teas
Berries (blueberries,cranberries strawberries, raspberries blackberries)	Bread (except wholemeal)
Broccoli	Chips and crackers
Carrots	Cold cuts (nitrates)
Cauliflower	Coffee
Chicken - Organic	Cooking oils (safflower, sunflower corn,canola, peanut,vegetable)
Citrus - Lemon,lime oranges (in moderation)	Deep-fried foods
Cooking oils (organic coconut, olive and sesame)	Enriched foods
Cucumbers	Enriched Pasta
Dark leafy greens (spinach, chard,kale)	Excessive Salt
Eggs (freerange)	Fast food
Extracts for shake flavours	Flour
ALL natural and organic	
Fish	
Greek yoghurt - Organic plain	
Green beans	
Herbs - thyme,basil oregano,sage,mint etc	
Herbal Teas	
Lentils/beans	
Lettuce (all varieties)	
Long grain brown rice	
Mushrooms	
Onions - Leeks, green sweet,yellow etc	
Peas	
Potatoes (in moderation)	
Quinoa	
Radish	
Raw almonds, pecans, walnuts, cashews, pepitas	
sunflower seeds ALL raw	
Sea salt and pepper	
Sea Vegetables (kelp, kombu, hijiki & nori	
Sprouted bread or 100% whole wheat bread	
sprouts	
squash	
tomatoes	
Vinegar -apple cider, balsamic	
Zucchini	
	Fruit Juice
	Grapes
	high fat cheese
	Instant, packaged goods
	Margarine
	Pastas (except wholemeal)
	Pork products (including ham & bacon)
	Preservatives
	Processed food
	Refined carbohydrates
	Shortening
	Soda pop
	Soy proteins
	Sugar (including brown, powdered & confectioner's)
	White rice