

400-600 Calorie Menu Ideas

Plan to eat sensible meals (400-600 Calories) during your Isagenix Program by choosing low-fat, high-fiber whole foods. Each meal should contain protein, carbohydrates, fats, fruits, and vegetables (see suggestions below). If you need to ease hunger pangs between meals, try two to three of our *Snack Ideas* below throughout the day.

Protein	Starches	Fat	Vegetable	Optional
1 egg or 4 egg whites	1 cup of organic slow-cooked oatmeal	1 tbsp. of flax oil	2 cups peppers, tomatoes, onions	1 organic apple
5 oz. chicken breast	1 cup of steamed organic brown rice	1-2 tbsp. of olive oil	3 cups of mixed greens	1½ cup melon
5 oz. of salmon or other fish	1 cup of whole-grain pasta	1-2 tbsp. of ground nuts	3 cups of steamed vegetables	1 cup herbal tea with 1-2 tsp. of honey
5 oz. chicken or turkey burger	1 baked yam or 1 cup baked, low-fat, yam fries	Reduced fat salad dressing, reduced-fat feta cheese	2 cups of Greek or Caesar salad	1 cup of berries
2 cups tofu or meat alternative	1 cup wild or organic brown rice	2 tbsp. nuts of choice	3 cups assorted vegetables	1 organic pear
1½ cups of beans or lentils	1 cup basmati rice	1-2 tbsp. of coconut milk	Canned tomatoes, assorted vegetables	1 cup of herbal iced tea with 1-2 tsp. of honey
4 slices turkey meat	2 slices whole wheat bread	¼ cup of almonds (unsalted, raw)	2 cups spinach salad	1 tsp. Dijon mustard and 1 tbsp. lemon

Snack Ideas

1 IsaLean Bar	4 walnuts (unsalted, raw)
1 Slim Cake	4 cashews (unsalted, raw)
1-2 hard boiled eggs	6 almonds (unsalted, raw)

