

TEAM INSPIRATION MEAL RECIPES POST

People always ask me for ideas for their meal on shake days.



Carrie Romito Mink Use this as a guide for portion amounts for your proteins. Veggies. Good carbs and fats. The shake is already balanced with nutrition. You want to prepare balanced meals too. I never knew healthy food tasted so good. And if you are eating the right meals and snacks often enough you will not be hungry.

THE MAIN COURSE

For your 400- to 600-calorie meal on Shake Days, whether for lunch or dinner, make it balanced. That means being nutrient-dense and containing the right balance of protein, carbohydrate, fat, and fiber. Follow these suggestions below to make your crafting a healthy (and meal-easy and delicious).

Portion Size: 3 Tbsp
GOOD FATS

- Coconut oil
- Olive oil
- Avocado
- Other cooking oil

Portion Size: 1/2 cup of hand
VEGETABLES

- Raw veggies
- Cooked veggies
- Mung bean sprouts
- Fresh fruit

Portion Size: 1/2 cup of hand
PROTEIN

- Poultry
- Beef/pork/ham
- Fish
- Eggs
- Low-fat dairy

Portion Size: 1/2 cup of hand
COMPLEX CARBS

- Grains
- Quinoa
- Brown rice
- Sweet potatoes or yams
- Cornish Dager-Free, whole grain
- Legumes

Portion Size: 1/2 cup of hand
VEGETABLES

Portion Size: 1/2 cup of hand
COMPLEX CARBS

400-600 Calorie Meal Ideas

Plan to eat similar 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 (25-35 g protein)	COMPLEX CARBOHYDRATES (1-1.5 g carbs)	HEALTHY FATS (1-1.5 g fat)	VEGETABLES (1-1.5 cups)	OTHER (1-1.5 g carbs)
Free Range Chicken Breast (3 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 (3 oz)	Organic Brown, Wild or Basmati Rice (1 cup cooked)	Walnut Oil (1 Tbsp)	Mixed Salad Greens (2-3 cups)	Milk or Yogurt (1/2 cup)
Gluten-Free Chicken or Turkey Burger (3 oz)	Quinoa (1 cup cooked)	Organic Almond Butter (1 Tbsp)	Peppers, Tomatoes & Onions (2-3 cups)	Organic Berries (1 cup)
Wild Boar (3 oz)	Gluten-Free Pasta or Whole Grain (1 cup cooked)	Avocado (1/2)	Steamed Mixed Vegetables (2-3 cups)	or Energy Shot (1)
Turkey or Meat Alternative (1/2 cup)	Egg 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 (1 egg and 1 yolk)	Baked Yams or Sweet Potato (1 cup cooked)	Raw Almonds or Walnuts (1/2)	Asparagus (8 spears)	Herbal Tea with 1/2 Tsp Honey, Nut or Seed (1 Tbsp)
Free Range Wild Turkey Meat or Beef (3 oz)	Beans or Lentils (1 cup cooked)	Reduced-Fat Feta Cheese (2 Tbsp)	Green Beans (1 cup)	or Lean Bar (1/2)

*Calorie and macronutrient ranges reflect differences in serving size and variety of item selected. For greater accuracy, check serving sizes at the lower end of the range.

MEAL IDEAS



Carrie Romito Mink 1 cup fresh raw organic spinach
5 oz grilled organic chicken
1/2 sweet potato
1/2 small avocado
1/8 cup cranberries



Carrie Romito Mink 5 oz. Grilled chicken (protein)
Kale salad from Costco (No dressing needed)
Has cranberries. Pumpkin seeds and sunflower seeds. (Veggie, fruit and good fat)
Butternut squash on the side (good starch)
So delicious!!

Nicole Giallonardo Morley I love a one egg omelet w spinach and grape tomatoes and feta cheese and some red peppers to munch on while it is cooking!

Carrie Romito Mink You can even add two or three egg whites to up the protein and the calories and Enjoy! It's your only meal so you want to make sure you have enough.



Carrie Romito Mink Lunch today:

5 oz Salmon with salt pepper and lemon (protein)

1 cup Cooked Broccoli (veg)

1/4 cup brown rice (good starch)



Heather Langdon Made a kale and spinach salad with tomatoes and peppers with grilled chicken. And kale chips for dessert!



Denise Nyce Cancia

5 oz chicken

1/2 cup roasted cauliflower (I tossed it in a bag with a little olive oil and minced garlic. Put it on a pan and sprinkled with lemon and sea salt. Baked at 400 for 25 minutes.)

1/2 cup kale and quinoa

1/4 cup fresh Hawaiian pineapple (not pictured)



Carrie Romito Mink Meal Today..... 5 oz. Tuna, tiny tiny bit of greek yogurt for wetness, (protein), 1 slice ezekial bread (starch) 2 slices tomato (fruit), 1/2 cup greens and 1/4 cup peppers and 1/4 cup cucumber with salt and pepper and little lemon.



Brian Leigh Cook separately a London Broil, 6 cups of broccoli, and 3 cups of brown rice.

Chop the steak into cubes after its cooled.

In Tupperware, place a handful of steak cubes (about 3oz), a cup of broccoli, and 1/2 cup of rice. It's about 500 calories of food and you just made enough for six meals. Total cost: \$15-18.



Denise Nyce Cancia My fave! Roasted Brussels sprouts! Prepared the same as the roasted cauliflower! I tossed it in a bag with a little olive oil and minced garlic. Put it on a pan and sprinkled with lemon and sea salt. Baked at 400 for 25 minutes.



Carrie Romito Mink Today I had
5 oz turkey sausage (protein)
1/4 cup brown rice (good starch)
1 cup peppers and onion (veg)
Cooked in 1 TBS walnut oil. (Good fat)



Kathy Orlow Bradley grilled chicken
1 scoop organic hummus
1/4 tsp feta
tomato & yellow pepper
kale, arugula & spinach
1/2 apple
balsamic vinegar



Kristen Maguire Schaffer I went with a piece of salmon over mixed greens with cucumber and a vinaigrette.



Dina Daubenberger One of my favorites is a salad of romaine or mixed baby greens with cherry tomatoes topped with a piece of salmon. I like to bake the salmon with a drizzle of olive oil and a drizzle of low sodium soy sauce or ponzu sauce. It comes out amazing. The left over sauce from the baked salmon serves as your dressing.



Carrie Romito Mink Today's meal for me was:
5 oz. Grilled chicken
1/2 cup black beans mixed with brown rice
1 cup raw peppers and cut up cucumbers.



Carrie Romito Mink Lunch Today was: 5 oz. scallops just sauteed in walnut oil and salt/pepper, 1 cup cut up cucumbers and red peppers, 1/4 cup quinoa



Carrie Romito Mink Lunch Yesterday was 5 oz. tuna (protein) with 1 teaspoon light mayo (fat-not a good one), 5 Whole Wheat Crackers from Wholefoods (good starch), 1 cup raw cauliflower (veg)



Robin D'Annunzio Monteleone Lunch today was 2 cups romaine hearts, 4 oz chicken salad (light mayo), diced cucumber, in a whole wheat wrap and a banana.



Carrie Romito Mink So on the weekends we tend to do less home cooking. One of my favorite places is **Harvest** for the beet salad (no dressing needed) and a cup of the turkey chili (no sour cream needed). Although I don't measure it i know I am getting protein (turkey) good starch (beans and beets) greens (veggie) and probably a bad fat mixed in but YUM! Most of their dishes are 500 calories or less.

I also like **HoneyGrow!** Create your own salad with protein, sweet potato and greens.



Heather Langdon I just made a Kale, spinach & romaine salad with leftover grilled chicken, bell peppers, sliced almonds, cucumbers, tomatoes, feta cheese & a drizzle of olive oil & balsamic vinegar. YUM!



Laura Cavaliere Donnelly My lunch today was grilled chicken shredded with spinach and organic salsa and some brown rice. It was GOOD!!!



Tiff Van DenBroeke Along with Harvest, Seasons 52 in KOP have great healthy options as well!



Justin Lauer Had organic mixed greens, a hard boiled egg, half an avocado, 2 ounces grilled chicken, some goat cheese, almonds, and balsamic.... Mmm



Carrie Romito Mink Also--go to everyonestartshere.com and click on products and then meal ideas OR google "Isagenix 400-600 Calorie Meals" OR Check the "Isameals" facebook page.



Laura Cavaliere Donnelly I'm so proud of my daughter Kelly! She just cooked us dinner, and it was a healthy yummy one! She made us organic eggs, spinach, turkey sausage, and organic salsa. It was so good, and a nice surprise!



Heather Langdon Organic kale, lentils, quinoa, tomatoes, chicken, artichoke hearts, and chicken broth. It's my take on Panera Bread's broth bowl with WAY less sodium & way better





Carrie Romito Mink What to eat for your meal on a shake day podcast
<http://p.feedblitz.com/r3.asp?!=104252312&f=963232&c=4928173>

Planning Your Alternate Meal on Shake Days

ISAGENIXPODCAST.COM



Carrie Romito Mink Love my dinner tonight. Turbot fish from whole foods with lemon and Kale sautéed in a TBS walnut oil, sea salt and pepper (yum-tastes like popcorn)



Erika Hafetz <https://www.hungryroot.com/> "noodles" made from vegetables...all natural, gluten free, under 500 cal each. not positive if the sauces it comes with are completely isa friendly, but definitely a cool concept.



Hungryroot

Check out Hungryroot's farm fresh 7 minute meals. Specially packaged to stay fresh for 10 days, they're...

HUNGRYROOT.COM



Carrie Romito Mink <http://isagenixpodcast.com/kathy-coovers-wild-fish-recipes/>



Kathy Coover's Wild Fish Recipes

Chicken and rice got you down? Shake up your alternate meals with these wild fish recipes from Kathy Coover!...

ISAGENIXPODCAST.COM



Heather Langdon [http://isafyi.com/get-isabody-back-top-10-400-600.../...](http://isafyi.com/get-isabody-back-top-10-400-600.../)



Get Your 'IsaBody' Back With the Top 10 400-600 Calorie Recipes | IsaFYI.com

ISAFYI.COM



Carrie Romito Mink (use turkey sausage in it too)



RECIPE



16 oz liquid egg whites
1 cup lightly steamed broccoli florets
10 oz organic turkey bacon, cooked, diced
1/2 cup salsa, liquid drained
1 tsp garlic salt
1 tsp black pepper
1/4 cup shaved Parmesan cheese (optional)

Mix all ingredients into a large bowl
(WARNING: Looks disgusting!!! 🤢🤢🤢)
Lightly spray muffin tins
Scoop batter into tin, leaving space to rise while cooking
Bake for 20-25 mins at 350*



Carrie Romito Mink Lori Harder also does Isagenix. Here are the free recipes on her website. They look delicious! and healthy! <http://www.loriharder.com/recipes/>



Recipes | Lori Harder

LORIHARDER.COM



Carrie Romito Mink Clean Food Recipes
<https://s3.amazonaws.com/cleandfoodcrush/CFC-7Days-Of-Fun-Clean-Recipes.pdf>

Kristi Perry Milburn

Turkey Lettuce Wrap Tacos

For tacos:

1 T olive oil

1 tsp. minced garlic (I used minced garlic from a jar, but fresh garlic would be even better)

1-2 T diced green chiles (I used about half of a 4 oz. jar of diced green chiles, recipe called for fresh chiles which would be a bit hotter)

1 tsp. ground cumin

1/4 tsp. ground chipotle chile powder (recipe called for cayenne)

1 1/2 lbs. ground turkey

1/2 tsp. salt

1/2 cup thinly sliced green onions

1 large bunch cilantro, finely chopped (about 1 1/4 cups chopped cilantro. I used 1 cup in tacos and 1/4 cup in salsa. Use more or less cilantro to taste.)

2 T fresh lime juice

2 large heads romaine lettuce (or use iceberg, Boston lettuce, or butter lettuce)

Heat olive oil in heavy frying pan then add minced garlic and diced green chiles and saute about 1 minute. (I used a non-stick pan. If you use fresh garlic and chiles, I'd cook them a bit longer.) Add cumin and ground chipotle or cayenne and cook about 1 minute more. Then add turkey and salt and cook over medium-high heat, breaking apart with the back of the turner as it cooks. Cook about 5 minutes, or until turkey is starting to brown.

While turkey cooks, thinly slice green onions and set aside, then wash cilantro, spin dry or dry with paper towels, and finely chop cilantro. Cut off root end of lettuce, discard tough outer leaves, and wash lettuce and spin dry in salad spinner or dry with paper towels. When turkey is lightly browned, add sliced green onions and cook about 2 minutes. Turn off heat, then stir in 1 cup chopped cilantro and 2 T lime juice.

For salsa:

2 medium avocados, diced

1 1/2 cups finely chopped cherry tomatoes

1/4 cup finely chopped cilantro

2 T fresh lime juice

2 T olive oil (optional)

sea salt to taste

Peel and dice avocado, place in glass or plastic bowl and toss with lime juice. Stir in chopped tomato, chopped cilantro, and olive oil, season to taste with salt.

To assemble tacos:

Spoon 2-3 large spoonfuls of turkey mixture into each piece of lettuce. (I used the inner more folded pieces of lettuce and saved the flatter outer pieces for using in salad.) Top meat mixture with salsa. You could also eat this mixture inside whole wheat tortillas or pitas, or even corn tortillas. Enjoy!

