

ISAGENIX Lunch Meal Ideas

(These meals are all within the 400-600 calorie range)

Sandwiches/Wraps/Burgers – Meal combinations:



Turkey Burger Meal

- Turkey burger on a whole wheat round, with organic ketchup, organic low sodium dill pickles, and organic mustard
- HUGE salad with 1 c. arugula, 1 c. baby spinach, and 1 c. mache lettuce with lots of black pepper, cilantro, and Asian low fat dressing
- 1 1/2 c. mixed cantaloupe and watermelon!

Calorie total: **446**



Salmon Burger Meal

- Salmon burger with goat cheese, green onions and lots of yummy spices on flax seed and whole grain sandwich thin
- Roasted red red pepper hummus with celery sticks



Chicken Burger Meal

- Sweet caramelized onion Chicken burger w/ red bell peppers and gouda cheese on whole wheat round
- Salad mix w/Asian dressing
- 3 oven roasted fingerling potatoes
- Fresh strawberries for desert.

Calorie total: **495**



Turkey Sandwich Meal #1 Combo

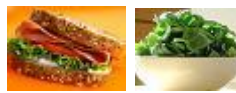
- Two sandwich thins (flax seed and whole grain) with reduced sodium organic turkey breast and lite organic provolone, 1/2 tbsp low-fat mayo
- Ready Pac Bistro Chef Salad

Total calories: **540**



Turkey Sandwich Meal #2 Combo

- Turkey sandwich on Organic Sprouted whole wheat bread with 4 pc. organic nitrate-free turkey and 1/4 avocado (DOUSED with TONS of black pepper!!!)
- Spinach salad with MORE black pepper, Asian Low Fat Dressing, and a sprinkle of toasted sesame seeds



Turkey Sandwich Meal #3 Combo

- Organic turkey sandwich (3 pieces) with avocado
- Spinach tossed salad with chopped celery, onion, green pepper, and tomatoes. Dressing was a light honey mustard dressing



Walnut Pear Vinaigrette Salad and sandwich

- Bed of greens, topped with fat-free feta, walnuts, chicken and champagne pear vinaigrette
- Half a turkey pesto sandwich on low carb bread.

Total calories: **560**



Chicken Fruit Nut Salad and dessert

- Chicken salad organic chicken, blueberry halves, chopped pecans (8 total), chopped dill pickles, Cajun seasoning, organic low-fat plain and vanilla yogurt, topped on a bed of baby spinach and 1/2 diced tomato, and finished with 2tbs. champagne pear vinaigrette dressing from Trader Joe's.
- For dessert, that yummy recipe of apples and yams sprinkled with cinnamon and nutmeg and baked in the oven. (you can microwave as well)

Total calories: **438**

Sandwiches/Wraps/Burgers – sandwiches only:



Turkey Sandwich

- Turkey, 1/2 small mashed avocado, and red onion on 2 pcs whole wheat bread.

Chicken Gordita or Tortilla

- 1 whole wheat gordita with - 4 oz. cooked chicken, 2 c. raw broccoli slaw, 1 c. spinach, cilantro, and 2 tbsp. low fat Asian dressing

Mediterranean Chicken Wrap

- Shredded chicken breast, low fat italian dressing, Whole Wheat Wrap, hummus, romaine lettuce leaves and sliced tomatoes.
- For dessert: sliced strawberries and fresh blueberries lightly coated with organic honey

Salads



Walnut Pear Vinaigrette Salad

- Bed of greens, topped with fat-free feta, walnuts, chicken and champagne pear vinaigrette

Thai Grilled Chicken Salad (Panera Bread)

- Thai Grilled Chicken Salad (grilled red peppers, edamame, romaine hearts, Thai light dressing, chicken) and a whole grain baguette.

Total calories: **580**

Spinach Chicken Salad

- Spinach salad with grilled chicken and lots of chopped veggies and light honey mustard dressing

Chicken Fruit Nut Salad

- Chicken salad organic chicken, blueberry halves, chopped pecans (8 total), chopped dill pickles, Cajun seasoning, organic low-fat plain and vanilla yogurt, topped on a bed of baby spinach and 1/2 diced tomato, and finished with 2tbs. champagne pear vinaigrette dressing from Trader Joe's.

Asian Salad

- Salad greens blend, cucumber, cilantro, red peppers, cabbage, shredded carrots (just a few), grilled chicken, Asian dressing.

Total Calories: 452

Spinach Tuna Salad

- Spinach, 3 oz tuna, 1 hard boiled egg, beets, steamed asparagus, feta cheese, tomatoes and some chopped parsley. Fresh ground pepper, a little olive oil and a good amount of fresh lemon juice.

Omelets/Eggbeaters/Blueberries



Mix it all up, end it with Blueberries!

- 3/4 c. egg beaters, with 1-1/2 c. green and red peppers, 1-1/2 c. canned organic diced tomatoes, feta cheese, LOTS of black pepper, and 1/4 c. ground turkey!
- Blueberries at the end.

Beater Twist with Brown Rice

- Egg beaters mixed with dry onions, garlic, tomatoes, pepper and feta cheese and put into a microwaveable bowl and cooked until done. Then dumped it on top of organic brown rice.
- Raspberries on the side.

Add in even MORE!

- Sautéed onion, mushroom, garlic, zucchini, broccoli, tomato and reduced fat feta cheese, then add your 3/4c. of egg beaters or egg whites. Top with salsa if desired or even fat free plain Greek yogurt (texture and flavor exactly like sour cream) You can use your allowance of olive oil to sauté or just use cooking spray.

Miscellaneous Meal Ideas



Ground turkey, bread, salad

- Sautéed ground turkey and mushrooms
- 1 piece of toasted sprouted grain bread
- mixed baby greens with light buttermilk dressing

Ground turkey, salad, blueberries

- Sautéed ground turkey with mushrooms
- arugula salad with light buttermilk ranch dressing
- 1 cup blueberries

Chicken, rice, and veggies - blueberries

- Grilled chicken breast, brown rice, broccoli, Chinese pea pods and garlic
- A couple of handfuls of fresh blueberries

Ground turkey, broccoli slaw, bread, tea

- Sautéed ground turkey and mushrooms
- broccoli slaw with lots of pepper and chili sauce
- 1 piece of toasted sprouted grain bread
- cup of decaf green tea

Ground turkey, broccoli slaw, rice

- Turkey and mushrooms cooked in some olive oil. Also, broccoli slaw sautéed with some water and lots of pepper, 1/2 cup rice, and a couple of dashes of sriracha hot chili sauce.

Chicken, broccoli, rice, pear

- Chicken, with broccoli, onions, and tomato over brown rice.
- Pear for desert.

Yams and Apples

- One small yam and apple cut up into chunks sprinkled with cinnamon and ground cloves and microwaved until done.

Eat Out at Applebees (sodium is high on this, so drink lots of water, or substitute the broccoli for a side salad, cuz the broccoli is REALLY salty!)

- Asiago peppercorn steak, steamed broccoli and red potatoes-total calories 390!

Easy Bean Rice mix

- 1.5 cups white beans microwaved with feta and poured over 1 cup organic brown rice that was seasoned with garlic powder and pepper.
- Asparagus on the side.
- Blueberries

Apple with a twist

- Slice the apple up which ever way you prefer then sprinkle cinnamon and ground cloves

Chicken stir-fry

- Brown rice, chicken breast cooked with zucchini and onions and red peppers in olive oil
- 1/2 banana mixed with 1 cup blueberries on the side

Roasted veggies, chicken, yam, tea

- Roasted zucchini and yellow squash coated in olive oil and Mrs. Dash grilling blends "original steak blend" seasoning (I KNOW it's intended for meat, but it tasted great on the veggies!!!)
- Grilled chicken coated lightly with Asian toasted sesame dressing and black pepper
- Small yam done in the microwave and drizzled with 1 tsp honey
- Herbal tea with 1 tsp honey to top it all off!

Total Calories: **500**

Sautéed Wonder

- Sautéed up some green peppers, cherry tomatoes (sliced), in 1/2 TBSP of olive oil, added 2 cups fresh spinach (until wilted), 1 egg, 1/8 cup feta cheese, lots of pepper and red pepper flakes. I poured this on top of two pieces of toasted sprouted grain bread

Sautéed Wonder

- 1 cup brown rice, 4 oz grilled chicken breast (chopped) 1 cup steamed broccoli, 1 Tbsp feta cheese, fresh squeezed lime juice overall.
- 1/2 cup blueberries to finish

Tostada

- 1/2 large whole wheat tortilla, 5 oz. grilled chicken, shredded lettuce, boiled beans and tomatoes topped with salsa. You can also add non-fat plain Greek yogurt.

Super Chili

- Chili fixed with 3/4 c. black bean/kidney bean mix (organic canned), 2.5 oz. 99% fat free ground turkey, 1/2 c. diced tomatoes (organic canned no salt), 1/2 c. cooked brown rice, 3/4 c. fat-free veg. broth (organic), and 1 Tbsp. chili seasoning.

Pasta Veggie Delight

- 1 cup wheat pasta-mixed with sautéed onions, zucchini, red bell pepper, garlic and tomato and 1 tbs. of olive oil to mix it together. Seasoned with freshly ground pepper.

Chicken, rice, veggie bowl

- Sautéed onion, mushrooms, spinach , tomatoes, flavored with some clear vegetable broth, brown rice, sautéed chicken breast

AMYS SUPER SALAD

Salad with 1/2 chicken (2.5 oz) and 1/2 kidney beans (3/4 cup), 2 cups romaine lettuce and 1 cup spinach, with olive oil, lemon juice, and pepper. Also, I will have 1 pc. of toasted bread to soak up olive oil. Yum!



JILLS GOURMET 3-COURSE

5oz roasted chicken breast, 1 cup fresh spinach, 2 tbs tomato vinaigrette, roasted butternut squash and apples with almonds. (total cal count 550)

QUICK AND EASY

Sliced raw red and green peppers (about 2 cups), and a sandwich with 2 slices whole wheat bread, organic nitrate free sliced turkey (4 slices), and 1/2 an avocado (smashed and mixed with lots of course pepper). 1 c. blueberries for dessert.



STIR-FRY

Lunch today...brown rice with chicken and julienned broccoli and broccoli flowerets! 1 1/2 cups melon (cantaloupe) for dessert!!!

- Used 1/2 tbsp olive oil to sauté chicken, and 1/2 tbsp of sesame oil to sauté broccoli
- Then, splashed a dash of low-sodium soy sauce, and LOTS of course black pepper.

BREAKFAST OMELET

Egg beater omelet (3/4 c.) which will include 1/4 cup reduced-fat feta cheese, peppers, tomatoes, and onion; 1 c. berries and 2 pieces of whole wheat toast. With a grand total of 440 calories!!

TWIST ON HOW TO EAT YOUR BERRIES

Raspberry (or other berry) smoothie: frozen raspberries and water blended together.

LIZ'S CHICKEN FILLER

5 oz baked chicken breast, 2 cups broccoli/cauliflower, 1 cup raspberries and 12 almonds and a small yam.



BIGGER THAN KELLY MEAL

1 1/2 c. black beans and 1 c. brown rice, and spinach salad (3 c. spinach) with olive oil and balsamic vinegar – 1 c. blueberries for dessert!

ANOTHER FILLING BREAKFAST

1 cup of oatmeal, 1 egg with 2 cups of sautéed peppers, 12 raw almonds, and 1 organic pear!