

Top 400-600 Calorie 3rd Meal Recipes

Savory Mustard Pork Tenderloin

484 Calories, 40 Minutes

Prep Time
10 mins

Cook Time
30 mins

Total Time
40 mins

Servings: 2 Servings

Ingredients

- 1 tbsp olive oil
- 10 ounces pork tenderloin, cut into 1/2 inch pieces
- 3 cups finely chopped Swiss chard, stems removed
- 2 cups low-sodium chicken broth
- 1/2 cup white quinoa
- 1/2 cup chopped yellow onion
- 2 tbsp whole-grain mustard
- 2 tbsp apple cider vinegar
- 1 tbsp tomato paste
- 1 tsp light brown sugar
- 1 tsp Worcestershire sauce

Instructions

1. Heat olive oil in a sauce pot over medium-high heat. Add pork and brown on all sides, about 5 minutes.
2. Add Swiss chard, chicken broth, quinoa, onion, mustard, vinegar, tomato paste, brown sugar, and Worcestershire sauce to the pot and bring up to a simmer. Reduce heat to medium-low, cover pot, and let cook for 20 minutes, or until quinoa is tender.

Notes

10 ounces of boneless, skinless chicken thighs or chicken breasts can be substituted for the pork.



Top 400-600 Calorie 3rd Meal Recipes

Classic Spaghetti and Turkey Meatballs

600 Calories, 30 Minutes

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins



Servings: 4 Servings

Ingredients

- 1 batch Classic Tomato Sauce
- 12 ounces extra-lean ground turkey
- 3 tbsp Italian-seasoned breadcrumbs
- 2 tbsp grated Parmesan cheese
- 1 large egg
- 1/2 tsp dried oregano
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 4 ounces whole-wheat spaghetti

Instructions

1. Prepare Classic Tomato Sauce according to the recipe directions.
2. In a mixing bowl, combine ground turkey, breadcrumbs, Parmesan cheese, egg, oregano, garlic, and pepper. Divide the mixture evenly and form into 6 meatballs.
3. Add meatballs to the prepared tomato sauce, cover, and bring up to a simmer. Reduce to medium heat and let cook for 20 minutes, until meatballs are cooked through.
4. Meanwhile, cook spaghetti according to the package directions. Drain well before serving, and top with the meatballs and sauce.

Notes

To make this recipe gluten-free, use gluten-free bread crumbs and serve over zucchini noodles (1 medium zucchini per serving). Zucchini noodles also reduce the recipe by 150 calories!

Top 400-600 Calorie 3rd Meal Recipes

Salmon Lettuce Wraps

160 Calories, 10 Minutes

Prep Time
10 mins

Total Time
10 mins

Servings: 2 servings



Ingredients

- 1/2 cup canned wild pink salmon, drained
- 1/4 cup chopped celery
- 4 halves sun-dried tomatoes, chopped
- 1 tbsp extra-virgin olive oil
- 1 tbsp chopped fresh basil
- 2 tsp fresh lemon juice
- 1/4 tsp Garlic Powder
- 2 large lettuce leaves

Instructions

1. In a mixing bowl, use a fork to gently fold together salmon, celery, sundried tomatoes, olive oil, basil, lemon juice, and garlic powder.
2. Divide mixture evenly between the 2 large leaves of lettuce.

Notes

This recipe can also be enjoyed as a full meal for one when served with 1/2 cup of cooked quinoa.

Top 400-600 Calorie 3rd Meal Recipes

Veggie Burger Bowl

406 Calories, 30 Minutes

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Servings: 4 Servings

Ingredients

- 1 cup reduced-sodium black beans, drained and rinsed
- 3/4 cup cooked brown rice
- 1/2 cup chopped cooked beets
- 3 tbsp rolled oats
- 3 tbsp minced onion
- 1 large egg white
- 2 1/2 tsp smoked paprika
- 1/4 tsp each salt and black pepper
- 1 tbsp olive oil
- 4 cups salad greens
- 1/2 cup cherry tomato halves
- 1/2 cup chopped cucumber
- 1/2 cup shredded carrots

Instructions

1. In a mixing bowl, mash black beans. Add rice, beets, oats, onion, egg white, smoked paprika, salt, and pepper to the beans and fold until all is combined. Form into 2 patties.
2. Heat olive oil in a skillet over medium heat. Add patties to the skillet, cover, and let cook for 5 minutes on each side.
3. Divide salad greens between two serving dishes and top with an equal amount of the tomatoes, cucumber, and carrots. Serve veggie burger over salad. Drizzle with a low-calorie dressing or vinegar, if desired.

Notes

Combine 1/4 cup nonfat plain Greek yogurt with 2 tablespoons of pesto sauce for a quick dressing for 2.



Top 400-600 Calorie 3rd Meal Recipes

Vegetarian Chili

452 Calories, 30 Minutes

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Servings: 4 Servings

Ingredients

- 1 (15.5-ounce) can red kidney beans, drained and rinsed
- 1 (14.5-ounce) can fire-roasted diced tomatoes
- 1 (8-ounce) can tomato sauce
- 1 cup low-sodium vegetable broth
- 1 cup chopped carrots
- 1 cup frozen chopped peppers and onions
- 1/2 cup frozen corn kernels
- 2 tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 tsp light brown sugar
- 1 tsp dried oregano
- 1/4 tsp each salt and black pepper
- 4 cups cooked brown rice

Instructions

1. Place all ingredients, except brown rice, into a sauce pot over medium-high heat, stirring to combine.
2. Bring mixture up to a simmer, cover, and reduce heat to medium-low.
3. Let cook for 25 minutes, stirring occasionally. Serve over or alongside cooked brown rice.

Notes

For a spicier chili, add ½ teaspoon crushed red pepper flakes in the first step.

"This was so simple to prepare, but it sure didn't taste simple!"



Top 400-600 Calorie 3rd Meal Recipes

Tropical Cod With Asparagus

384 Calories, 30 Minutes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Servings: 2 Servings

Ingredients

- Olive Oil Spray
- 2 (6-ounce) fresh wild cod fillets, about 1-inch thick, skin off
- 20 spears fresh asparagus, stalks trimmed
- 1/8 tsp each salt and black pepper
- 1/2 cup chopped ripe mango
- 1/2 cup chopped cucumber
- 8 cherry tomatoes, halved
- 1 tbsp extra-virgin olive oil
- 1 tbsp lime juice
- 2 tsp minced jalapeño
- 1 tsp minced mint or parsley
- 1 cup cooked farro

Instructions

1. Preheat oven to 400°F. Line a sheet pan with aluminum foil and lightly spray with olive oil spray.
2. Place cod and asparagus on the prepared sheet pan, lightly mist with olive oil spray, and season with the salt and pepper.
3. Bake for 20 minutes, or until cod is cooked through and flakes easily with a fork.
4. Meanwhile, in a mixing bowl, toss together mango, cucumber, cherry tomatoes, olive oil, lime juice, jalapeño, and mint to create a mango salsa.
5. Serve the baked cod and asparagus alongside the mango salsa with a side of cooked farro.

Notes

Frozen mango can be used in place of fresh—just thaw prior to using. Peaches are also a good alternative.



Top 400-600 Calorie 3rd Meal Recipes

Shrimp and Cauliflower Fried Rice

376 Calories, 40 Minutes

Prep Time
10 mins

Cook Time
30 mins

Total Time
40 mins

Servings: 2 Servings

Ingredients

- 1 tbsp olive oil
- 16 large raw shrimp, peeled and deveined
- 1 1/2 tbsp tablespoons sesame oil
- 1 (12-ounce) package frozen riced cauliflower
- 3/4 cup low-sodium vegetable broth
- 1 cup diced carrot
- 1/2 cup frozen peas
- 2 tsp minced fresh ginger
- 2 tsp minced garlic
- 4 scallions, chopped
- 1 tbsp reduced-sodium tamari soy sauce

Instructions

1. Heat olive oil in a large skillet over medium-high heat. Add shrimp and cook, stirring occasionally, for 1 1/2 minutes. Remove from skillet and set aside.
2. Add sesame oil, riced cauliflower, vegetable broth, carrots, peas, ginger, and garlic to the skillet and stir fry for 6 minutes, or until carrots are tender.
3. Return the shrimp to the skillet and add scallions and tamari sauce. Stir fry 1 additional minute before serving.

Notes

For an extra zesty flavor, squeeze the juice of 1/2 lemon over top before serving.

"I can cook this in less than 10 minutes. Love to change it up by using boneless chicken breast or thinly sliced steak."



Top 400-600 Calorie 3rd Meal Recipes

Spicy Salmon With Zucchini

408 Calories, 30 Minutes

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Servings: 2 Servings

Ingredients

- Olive Oil Spray
- 2 (5-ounce) fresh wild salmon fillets, about 1 1/4-inches thick, skin off
- 1/4 tsp each salt and black pepper, divided
- 4 (1/4-inch thick) lemon slices
- 2 cups zucchini, cut in half lengthwise and into 1/2-inch pieces
- 1/4 small red onion, thinly sliced
- 2/3 cup cherry tomatoes
- 1 small jalapeño pepper, seeded and thinly sliced
- 1 tbsp olive oil
- 1/2 tsp ground coriander
- 1/4 tsp dried oregano
- 1 cup cooked whole-grain brown rice

Instructions

1. Preheat oven to 400°F. Line a sheet pan with aluminum foil and lightly spray with olive oil spray.
2. Place salmon on the prepared sheet pan and lightly season with pinches of the salt and pepper. Place 2 lemon slices over top each seasoned fillet.
3. In a mixing bowl, toss together zucchini, red onion, cherry tomatoes, jalapeño, olive oil, coriander, oregano, and the remaining salt and pepper.
4. Arrange zucchini mixture on the sheet pan beside the salmon.
5. Bake for 20 minutes, or until salmon is cooked through and flakes easily with a fork. Serve alongside cooked brown rice.

Notes

Want an added flavor kick? Spread 1 teaspoon honey mustard over each piece of salmon before baking.



Top 400-600 Calorie 3rd Meal Recipes

Hearty Chicken and Butternut Squash

520 Calories, 22 Minutes

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins



Servings: 2 Servings

Ingredients

- 1 tbsp olive oil
- 2 (6-ounce) boneless, skinless chicken breasts, cut into 1-inch pieces
- 2 cups peeled and (1/4-inch) cubed butternut squash
- 2/3 cup low-sodium chicken broth
- 1/2 cup fresh green beans, trimmed
- 1/2 cup walnut halves
- 8 cherry tomatoes
- 1 tsp dried thyme
- 1 tsp minced garlic
- 1/4 tsp each salt and black pepper

Instructions

1. Heat olive oil in a skillet over medium-high heat. Add butternut squash and sauté for 5 minutes, stirring occasionally.
2. Add chicken to the skillet and cook for 1 ½ minutes per side, or until golden brown.
3. Stir in spinach, brown "Ready Rice", cilantro, and pepper. Cover skillet and let cook 5 additional minutes before serving.
4. Add chicken broth, green beans, walnuts, cherry tomatoes, thyme, garlic, salt, and pepper to the skillet and toss to combine. Cover skillet, and let cook for 4 minutes, or until green beans are tender and chicken is cooked throughout.

Notes

Sweet potatoes can be used in place of the butternut squash, if desired.

Top 400-600 Calorie 3rd Meal Recipes

Light Chicken Parm Dinner

420 Calories, 25 Minutes

Prep Time	Cook Time	Total Time
15 mins	10 mins	25 mins

Servings: 2 Servings

Ingredients

- 1/4 cup Classic Tomato Sauce
- 2 (6-ounce) boneless, skinless chicken breasts
- 1 tbsp plus 1 tsp olive oil, divided
- 2 tbsp grated Parmesan cheese
- 1/2 tsp Italian seasoning
- 3 cups eggplant, cut into 1/4 inch thick "fries"
- 1/2 tsp dried oregano
- 1/4 tsp each salt and black pepper
- 3 cups broccoli florets, cut into 1/2-inch thick pieces
- Olive Oil Spray
- 1/4 cup shredded part-skim mozzarella cheese

Instructions

1. Prepare Classic Tomato Sauce according to recipe directions.
2. Preheat oven to 375°F. Line a sheet pan with aluminum foil.
3. Place chicken on prepared sheet pan and brush each piece with ½ teaspoon olive oil before topping with equal amount of the Parmesan cheese and Italian seasoning.
4. In a mixing bowl, toss together eggplant, 1 tablespoon olive oil, oregano, salt, and pepper, until evenly coated.
5. Arrange broccoli and coated eggplant fries in a single layer on the baking sheet beside the chicken. Lightly mist broccoli with olive oil spray. Bake for 20 minutes.
6. Top each chicken breast with 2 tablespoons tomato sauce and 2 tablespoons mozzarella cheese. Bake an additional 5 minutes, or until cheese is melted and chicken is cooked throughout.

Notes

Make your tomato sauce ahead of time and use it for a variety of meals throughout the week.



Top 400-600 Calorie 3rd Meal Recipes

IsaSalad

440 Calories, 15 Minutes

Prep Time
15 mins

Total Time
15 mins

Servings: 2 Servings



Ingredients

- 1 scoop Isagenix Greens™
- 1 scoop Creamy French Vanilla IsaLean® Shake
- 3/4 cup grapefruit peeled and seeded
- 1/4 cup olive oil
- 2 1/2 tbsp water
- 1 1/2 tbsp red wine vinegar
- 1/8 tsp black pepper
- 4 cups salad greens
- 4 ounces nitrate free oven-roasted turkey breast, chopped
- 2 hard-boiled eggs, peeled and quartered
- 12 cherry tomatoes, halved
- 1/2 avocado peeled and chopped
- 2 packages Barbecue Whey Thins

Instructions

1. To create the IsaDressing: Add Greens™, IsaLean™ Shake, grapefruit, olive oil, water, vinegar, and pepper to a single-serve blender and blend on high speed for 10 seconds. Set aside.
2. Divide salad greens, turkey, egg, tomatoes, avocado, and Whey Thins™ evenly between two serving bowls. Top each salad with 3 tablespoons of the salad dressing before serving.

Notes

Tip: Refrigerate the remaining dressing in an airtight container for up to 1 week.

Top 400-600 Calorie 3rd Meal Recipes

Asian Beef Stir Fry With Rice Noodles

600 Calories, 20 Minutes

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins

Servings: 2 Servings



Ingredients

- 2 ounces dried rice noodles
- 1 tablespoon olive oil
- 12 ounces sirloin steak, cut into thin 2-inch strips
- 1/2 cup snow peas, trimmed
- 1/2 cup carrots, cut into 1/4-inch sticks
- 3/4 cup water
- 2 tbsp all-fruit orange marmalade
- 2 tbsp reduced-sodium tamari soy sauce
- 1 1/2 tsp minced fresh ginger
- 3/4 tsp sesame seeds
- 1/4 tsp crushed red pepper flakes

Instructions

1. Cook rice noodles according to package instructions. Set aside.
2. Heat olive oil in a skillet over medium-high heat. Add sirloin steak and let cook 2 minutes, flipping once.
3. Add snow peas and carrots to the steak and stir fry for 4 minutes.
4. Add rice noodles, water, orange marmalade, tamari sauce, ginger, sesame seeds, and crushed red pepper flakes to the stir fry and let cook an additional 4 minutes, stirring constantly, just until snow peas are tender.

Notes

Tip: Shrimp or chicken can be substituted for the sirloin.

"Everyone enjoyed this recipe, even the kids! I simply doubled everything to cook for the whole family."

Top 400-600 Calorie 3rd Meal Recipes

Thai Chicken and Rice Bowl

406 Calories, 25 Minutes

Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

Servings: 2 Servings



Ingredients

- 1 tbsp olive oil
- 2 6 ounce boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 cup chopped yellow onion
- 3/4 cup low-sodium chicken broth
- 2/3 cup frozen peas
- 1/4 cup lite coconut milk
- 2 tbsp lime juice
- 2 1/2 tsp curry powder
- 2 cups frozen chopped spinach
- 1 cup brown "Ready Rice"
- 1/4 cup chopped fresh cilantro
- 1/4 tsp black pepper

Instructions

1. Heat olive oil in a skillet over medium-high heat. Add chicken and onions and sauté for 5 minutes.
2. Add chicken broth, peas, coconut milk, lime juice, and curry powder to the skillet and, stirring occasionally, let cook 5 minutes.
3. Stir in spinach, brown "Ready Rice", cilantro, and pepper. Cover skillet and let cook 5 additional minutes before serving.

Notes

Tip: While any cooked brown rice can be used, for the best texture in this recipe, use "Ready Rice" sold precooked in pouches in the rice aisle.

Top 400-600 Calorie 3rd Meal Recipes

Turkey Enchilada Bakes

396 Calories, 45 Minutes

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins

Servings: 4 Servings

Ingredients

- Olive Oil Spray
- 1 tbsp olive oil
- 1 pound lean ground turkey
- 1/2 cup chopped yellow onion
- 1/4 green bell pepper, chopped
- 1 (8-ounce) can tomato sauce
- 1/4 cup frozen corn kernels
- 2 tbsp chopped fresh cilantro
- 1 tsp ground cumin
- 4 (5-inch) soft corn tortillas, cut into quarters
- 1/2 cup reduced-fat shredded cheddar cheese

Instructions

1. Preheat oven to 350°F. Spray 4 (8-ounce) ramekins or small baking dishes with olive oil spray.
2. Heat olive oil in a sauce pot over medium-high heat. Add ground turkey and brown, crumbling as it cooks, for 7 minutes. Add onion and bell pepper to the skillet and sauté for 3 minutes.
3. Stir in tomato sauce, corn, cilantro, and cumin. Bring up to a simmer and remove from heat.
4. Build 4 individual casseroles by layering two cuts of the tortillas on the bottom of each prepared ramekin. Top tortillas with 1/3 cup of the turkey mixture. Top the turkey mixture with 1 tablespoon cheddar cheese.
5. Repeat the last step to create a second layer in each ramekin as you use the remaining tortillas, turkey mixture, and cheese. Bake for 30 minutes or until bubbly and hot.

Notes

If you do not have small baking dishes or ramekins on hand, this recipe can also be made in a 9-inch by 5-inch loaf pan.



Top 400-600 Calorie 3rd Meal Recipes

Kale & Sausage Bone Broth Soup

Ingredients

- 1 tbsp olive oil
- 12 oz thinly sliced sausage
- 1 yellow onion diced
- 2 large carrots chopped
- 2 stalks celery chopped
- 2 15 oz cans cannellini beans
- 4 cups water
- 3 packets Isagenix Collagen Bone Broth
- 2-3 cups kale chopped
- Parsley to garnish (optional)

Instructions

1. Heat olive oil over medium heat in a large soup pot.
2. Add sausage and cook for about 8-10 minutes or until browned.
3. Add onions, carrots, and celery; cook for about 8 minutes or until vegetables are tender.
4. Mix in kale and cook for about 1-2 minutes or until kale starts to wilt.
5. Stir in beans, water, and collagen bone broth packets; bring to a boil.
6. Lower heat to a simmer and cook uncovered for 15 minutes.
7. Remove from heat, and divide soup among bowls.
8. Top with parsley (optional).

