500-600 Calorie Meals

Breakfast

1. Yogurt Parfait
   - 6-oz plain, 0% greek yogurt
   - 3/4 cup low fat granola
   - ¼ cup raisins or 1 banana

2. Peanut butter sandwich/ toast
   - 2 slices Dave’s Killer Bread (100-110 calories/ slice)
   - 2 Tbsp peanut butter (1 golf ball)
   - 1 string cheese
   - 1 apple

3. Breakfast burrito
   - 1 whole wheat tortilla
   - 2 eggs
   - 1 cup spinach
   - ¼ cup shredded cheese (or 1 slice)
   - ½ fresh avocado

4. Cereal with milk & nuts
   - 2 cups Honey Nut Cheerios
   - 1 cup low-fat milk
   - ¼ cup mixed nuts
   - 1 apple or 1 cup berries

5. Mexicali Eggs
   - 2 large eggs
   - 2 cups cup baby spinach
   - 2 tablespoons salsa
   - 2 slices whole wheat bread (100-120 calories each)
   - Apple or 30 grapes

   (Cook eggs with spinach & salsa, spread onto bread to make a sandwich or eat separately. Enjoy fruit on the side.)

6. Oatmeal with Fruit & nuts
   - ¾ cup dry whole rolled oats (not instant or quick cooking)
   - ¼ cup raisins or craisins (or ½ cup fresh berries)
   - 2 Tbsp whole almonds
   - 1 Tbsp ground flax seed
   - 1 cup milk

   (Combine all ingredients together in a microwave safe bowl and cook for 2 ½- 3 ½ mins on high until desired texture. Or combine all ingredients together in a bowl or Tupperware container to-go. Allow them to sit in the refrigerator overnight to “cook.” Remove in the morning and enjoy cold or heat for 1- 1 ½ minutes in a microwave until heated through.)
Smoothies

1. **Peanut Butter & Strawberry Smoothie**
   - 1 scoop Whey Protein (20 grams protein)
   - 1 cup low-fat milk
   - 2 cups frozen strawberries
   - 1 Tbsp peanut butter
   - ½ cup plain yogurt

2. **Avocado Smoothie**
   - ½ Avocado, ripe, medium
   - 1 Tbsp honey
   - ½ cup Chocolate Milk
   - ½ cup plain yogurt (or add extra ½ cup milk)
   - 1 cup Ice Cubes
   - ¼ cup BiPro Whey Protein (20 grams protein per scoop), natural unflavored

3. **Mango Smoothie**
   - 2 cups Mango, fresh or frozen
   - 1 cup Skim Milk
   - ½ cup Ice Cubes
   - 1 cup Light Vanilla Yogurt
   - ¼ cup BiPro Whey Protein, natural unflavored

4. **Strawberry Flax Smoothie**
   - 1 ½ cups Strawberries (fresh or frozen)
   - ¾ cup Lowfat Vanilla Yogurt
   - ¼ cup Orange Juice
   - 2 Tbsp Flaxseed Meal
   - ¼ cup BiPro, Unflavored, Whey Protein Isolate