



## **Max Effect 500 Calorie Dinners**

### **Salmon & Asparagus dinner Example (507 calories)**

0.5 (198 g) salmon 412 calories

10 stalks of asparagus 50 calories (Olive oil and pepper)

1 serving of strawberries 45 calories

Choose one of each category

#### **Protein Sources & Calories**

0.5 fillet of Salmon 412

1 Chicken Breast 260

1 serving of shrimp 270

1 cup lentils 230

1 cup chickpeas 200

#### **Non-Starchy vegetables.** (Eat all that you want)

- Asparagus
- Bean sprouts
- Brussels sprouts
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Mushrooms

- Onions
- Peppers
- Salad greens
- Spinach
- Tomato
- Turnips
- Zucchini

**Fruit** (eat one serving with Dinner)

- Strawberries
- Peaches
- Blackberries
- Lemons
- Limes
- Apples
- Oranges
- Avocados
- Grapefruit
- Honeydew lemon