



# A guide to 350-550 Calorie Meals

7 DELICIOUS  
RECIPES INCLUDED

Thanks for downloading the -  
300-500 Calorie Meal Guide

In this e-book I will provide different meals with approximately 300-500 Calories per portion. Included will be:

What are calories  
Guide to calculate daily calorie requirement  
Ingredients list  
Recipe & the source  
Example nutrition plan

I hope you find it useful in adding variation to your meal times and that it helps you to stay within your daily/weekly calories.

Enjoy cooking.

Thanks again for downloading,

*Laura Alison*

3Healts Founder



# CALORIES



Now, I know what you're thinking -

Counting calories is a pain in the backside.

However, knowing how to calculate your BMR is useful whatever your fitness goal.

If you want to lose weight or gain muscle, you need to understand your BMR.

If keen to have more energy, or maintain your body composition, knowing your BMR will help.

## **But what is your BMR?**

BMR stands for basal metabolic rate.

It refers to the calories (energy) your body expends by simply existing. So the base calories to consume daily.

More than existing is your Total Daily Energy Expenditure (TDEE). This accounts for your job and lifestyle calories.

# CALORIES

## How to Calculate your BMR?

<https://www.calculator.net/calorie-calculator.html>

**For Men:**  $BMR = 66 + (13.7 \times \text{weight in kg}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

**For Women:**  $BMR = 655 + (9.6 \times \text{weight in kg}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Example - a 27 year old, 55kg, 5'5 females BMR

$655 + (9.6 \times 55) + (1.8 \times 165) - (4.7 \times 27) = 1353 \text{ kcals}$

This is your baseline calories needed to carry out light day to day actives - such as walking, sitting, eating and so on.

To calculate your TDEE, you need to x your BMR by one of the following -

- > Little/no exercise:  $BMR \times 1.2$
- > Light exercise:  $BMR \times 1.375$
- > Moderate exercise (3-5 days/wk):  $BMR \times 1.55$
- > Very active (6-7 days/wk):  $BMR \times 1.725$
- > Extra active (very active & physical job):  $BMR \times 1.9$

Example client -  $1353 \text{ kcal} \times 1.375 = 1860$

# CALORIES

## Calories come from 3 main food groups:

Protein - 4 calories per gram

Carbohydrate - 4 calories per gram

Fat - 9 calories per gram

Another interesting source for those that enjoy a wee tipple....

Alcohol 7 calories per gram

As protein and fat are slower to digest they keep you feeling satiated for longer. This is also true for veg and fruit due to their fibre content

## Once you know your daily calories

- Lose fat/weight: eat less than your TDEE weekly total. Mixed exercise/activity.
- Maintain body size: eat calories that equal your daily requirement. Mixed exercise/activity.
- Gain weight: eat more than your daily requirements. Lift weights with minimal cardio.
- Gain muscle: eat more than your daily requirement, lift weights small amount of cardio.

# Meal: One layer lasagne

Serves 6 - Each serving provides 436 kcal, 45g protein, 20g carbohydrates (of which 16g sugars), 18g fat (of which 9.5g saturates), 6g fibre & 6g salt.

## Ingredients

- 800g/1lb 12oz 5% fat beef mince
- 1 tbsp light olive oil
- 2 large onions, finely chopped
- 4 garlic cloves, grated
- 2 carrots, finely chopped
- 2 celery sticks, finely chopped
- 1 tbsp caraway seeds
- 3 tbsp tomato purée
- 700ml/1¼ pint fresh beef stock
- 400g tin chopped tomatoes
- 1 beef stock cube
- 1 tbsp dried oregano
- 2 sprigs rosemary, leaves picked and finely chopped
- 200g/7oz button mushrooms, halved
- 2 large courgettes, thinly sliced on an angle
- 2 beef tomatoes, sliced into 12
- 250g/9oz ricotta
- 1 ball mozzarella, grated (125g/4½oz)
- 10g/½oz grated Parmesan
- sea salt and freshly ground black pepper

# Meal: One layer lasagne

[https://www.bbc.co.uk/food/recipes/one-layer\\_lasagne\\_53097](https://www.bbc.co.uk/food/recipes/one-layer_lasagne_53097)

## Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Spread the mince out onto a baking tray lined with baking paper. Bake on the top shelf for 40 mins, break it up every 10 minutes. It should be a deep-brown and even colour. Remove and set aside. Keep the oven on.
3. Heat the oil in a large non-stick pan on a medium heat. Cook the onions for 10 mins or until soft, add a splash of water if they start to stick.
4. Add the garlic and cook for 1 min. Stir in the carrots and celery and cook for 5 mins then add the caraway seeds, stirring for 30 seconds. Stir through the tomato purée and cook for 1 min.
5. Add the mince, stock, tinned tomatoes, stock cube, herbs and mushrooms. Bring to the boil, then lower the heat to a simmer and cook for 25–30 mins, or until the sauce has thickened to a rich ragu.
6. Pour the ragu into an ovenproof dish, about 23x33cm/9x13in and 5cm/2in deep. Layer the courgettes then tomatoes on top, season each layer. Season the ricotta with salt and pepper and dot evenly over the tomatoes.
7. Scatter over the mozzarella and Parmesan and bake for 35 mins, or until the topping is golden.

# Meal: Quick chicken stew

Serves 4 - Each serving provides 415 kcal, 48g protein, 26.5g carbohydrates (of which 7.5g sugars), 11g fat (of which 2g saturates), 8g fibre & 0.5g salt.

## Ingredients

- 1 tbsp light olive oil
- 1 onion, roughly chopped
- 2 garlic cloves, finely chopped
- 8 chicken thighs, boneless, skin removed, cut into bite-sized pieces
- 700ml/1¼ pint chicken stock
- 2 level tbsp plain flour
- 1 level tbsp wholegrain mustard
- 1 star anise (optional)
- 1 cinnamon stick
- 2 celery sticks, sliced
- 2 large carrots, peeled and cut into 1.5cm/½in cubes
- 300g/10½oz small new potatoes, scrubbed and halved
- 200g/7oz frozen soya beans (edamame), defrosted
- 2 tbsp finely chopped fresh tarragon
- salt and freshly ground black pepper

# Meal: Quick chicken stew

[https://www.bbc.co.uk/food/recipes/quick\\_chicken\\_and\\_92543](https://www.bbc.co.uk/food/recipes/quick_chicken_and_92543)



## Method

1. Heat the oil in a wide frying pan over a medium heat. Add the onion, garlic and chicken and stir-fry for 2–3 minutes.
2. Meanwhile, pour the stock into a saucepan and bring to the boil.
3. Stir the flour into the chicken and gradually add the hot stock. Stir in the mustard, star anise, cinnamon, celery, carrots and potatoes. Bring to the boil, cover and reduce the heat to medium. Cook for 15–20 minutes.
4. Uncover, increase the heat, and cook for 5 minutes, or until the chicken is cooked through and the vegetables are tender.
5. Stir in the soya beans and cook for 2–3 minutes. Season well and stir in the tarragon. Serve immediately in four warm bowls

# Meal: Chickpea, spinach and egg curry

Serves 2 - Each serving provides 441 kcal, 26g protein, 92g carbohydrates (of which 8.5g sugars), 20g fat (of which 3.5g saturates), 15g fibre and 0.6g salt.

## Ingredients

- 2 large free-range eggs
- 1 tbsp light olive oil
- 2 tsp cumin seeds
- 1 tsp black mustard seeds
- 2 tbsp medium curry powder, plus extra for sprinkling
- 1 tsp garlic granules
- 1 tsp ground ginger
- 400g tin chopped tomatoes
- 400g tin chickpeas, drained and rinsed
- 1 tbsp lemon juice
- 100ml/3½fl oz boiling water
- 180g/6oz baby leaf spinach
- salt and freshly ground black pepper
- 2 tbsp chopped fresh coriander, to garnish

# Meal: Chickpea, spinach and egg curry

[https://www.bbc.co.uk/food/recipes/chickpea\\_spinach\\_and\\_egg\\_50755](https://www.bbc.co.uk/food/recipes/chickpea_spinach_and_egg_50755)



## Method

1. Bring a small saucepan of water to the boil and cook the eggs for 6–8 minutes, or until done to your liking. When cool enough to handle, shell, halve and set aside.
2. Meanwhile, heat the oil in a wide frying pan over a low heat. Add the cumin, black mustard seeds, curry powder, garlic granules and ground ginger and stir-fry for 1 minute.
3. Add the tomatoes, chickpeas, lemon juice and boiling water and season with salt and pepper. Cook over a high heat for 6–8 minutes, or until reduced and thickened, stirring often. Add the spinach and cook until wilted.
4. Divide the curry between two shallow bowls, top each with two egg halves and sprinkle over some curry powder. Scatter with coriander and serve immediately.

# Meal: Roast chicken & potato wedges

Serves 2 - Each serving provides 378 kcal, 23g protein, 39.5g carbohydrates (of which 4g sugars), 14.6g fat (of which 3.9g saturates), 009g salt.

<https://www.goodto.com/recipes/roast-lemon-chicken-with-potato-wedges>

## Ingredients

- 2 medium potatoes, unpeeled, sliced into wedges
- 2 chicken legs, skin on
- Good handful of parsley sprigs
- 1 lemon, cut into 4 wedges
- ¼ small Savoy cabbage, shredded
- Oil, for roasting

## Method

- Preheat the oven to 190°C/375°F/Gas 5. Heat 1 tablespoon oil in a roasting tin in the oven. Cook potato wedges. First boil then cook for 5 minutes.
- Drain potatoes, keep the cooking water for cabbage. Dry off potatoes, then add to the roasting tin with the hot oil.
- Rub a little oil over the chicken legs and season. Place on a few sprigs of parsley in a roasting tin. Add the wedges of lemon.
- Roast the chicken and potatoes for 30 minutes, then turn the potatoes and roast for another 20 minutes.
- Meanwhile, chop cabbage finely. Bring potato cooking water to boil and cook cabbage for 2 mins. Drain well, cool in running water, drain again. Add to roasting chicken, stir it in to soak up juices and heat through for 5 minutes.
- Serve chicken on cabbage with the potato wedges. Sprinkle with parsley.

# Meal: Sweet chilli prawn stir-fry recipe

Serves 2 - Each serving provides 440 kcal, 40.8g protein, 47.2g carbohydrates (of which 25g sugars), 9.6g fat (of which 1.6g saturates), 05g salt.

<https://www.goodto.com/recipes/sweet-chilli-prawn-stir-fry>

## Ingredients

- Salt and freshly ground black pepper
- 2 carrots, peeled and cut into ribbons
- 60g (2oz) red cabbage, finely shredded
- 125g (4oz) or 2 blocks medium egg noodles
- 1tbsp toasted sesame oil
- 400g pack frozen raw king prawns, defrosted and drained
- 6 spring onions, trimmed and chopped
- 4tbsp Thai sweet chilli sauce

## Method

- Bring 600ml water to the boil in a wok or large pan. Add a pinch of salt, carrot ribbons & cabbage. Cook for 2 mins, to blanch. Drain the vegetables over a colander into a pan to reserve the water. Set aside the vegetables.
- Boil the reserved water. Add the noodles, cook for 4 mins, to soften, then drain and rinse in cold water.
- Meanwhile, heat the sesame oil in the wok, add the prawns and cook for about 3 mins, until they turn pink all over. Add the white part of the spring onions, the carrot and cabbage, the noodles and the sweet chilli sauce. Stir-fry for a few minutes to warm it all through. Serve in bowls, sprinkled with chopped spring onion tops.

# Meal: Rainbow Salad with goats cheese

Serves 2 - Each serving provides 520 kcal, 18g protein. 40g carbohydrates (of which 21g sugars), 30g fat (of which 14g saturates), 11g fibre.

The Vegetarian Athlete's Cookbook - Anita Bean

## Ingredients

- 1tbsp olive oil
- 1-2 garlic cloves crushed
- 1 red pepper sliced
- 1/2 red onion sliced
- 1/4 butternut squash peeled and chopped small
- 1 carrot cut into small batons
- 1 sweet potato peeled and cubed small
- Salad leaves
- 6 cheery tomatoes
- 1/2 avocado
- 125g goats cheese

## Method

- Preheat oven to 200/ fan 180/ gas mark 6.
- Toss pepper, onion, butternut squash, carrot, sweet potato in the garlic and olive oil. Place on a roasting tray and bake for 30 minutes until veg is tender.
- Arrange leaves, tomatoes and avocado on two plates. Place the veg on top and crumble goats cheese on top.

# Meal: Dhal with almonds & coriander

Serves 2 - Each serving provides 537 kcal, 26g protein. 53g carbohydrates (of which 14g sugars), 21g fat (of which 2g saturates), 14g fibre.

The Vegetarian Athlete's Cookbook - Anita Bean

## Ingredients

- 1tbsp olive oil
- 1 garlic cloves crushed
- 1 onion chopped
- 1/2 tsp ground cumin
- 1tsp ground coriander
- 125g red lentils
- 400ml vegetable stock
- 2 carrots diced
- 125g frozen peas
- 1 tbsp lemon juice
- salt to taste
- A small bunch of coriander chopped
- 50g almonds roughly chopped and roasted

## Method

- Heat the oil in a deep pan and sauté the onions for apx 5 mins. add garlic and spices and cook for a further 1 minute.
- Add the lentils, stock and carrots. Bring to the boil. Cover and simmer for apx 20 minutes.
- Add peas to the pan 5 minutes before cooking complete.
- Stir in lemon juice and salt to taste.
- Finally scatter fresh coriander and roasted almonds.

Option to serve with warm chapattis ( calories not included)

# NUTRITION PLAN

Here is an example of an apx 1500-1600 kcal plan

<b>Time:</b>	<b>Food:</b>	<b>Calories:</b>
8am	1 Fried egg on whole grain toast with butter.	240
11am	1 medium banana	105
1.30pm	1/2 medium baked potato with tuna mayo & side salad	470
3.30pm	1 sliced apple with tsp of peanut butter	180
7pm	Lentil bolognese with corgetti	540
Drinks	White coffee x 3 Fresh orange juice 100ml x1 Water 2ltr	10 50 0
<b>Total Daily Calories:</b>		<b>1595</b>

Hey so which one did you find the tastiest?

For me it was the roast chicken and potato wedges, yummy!

Food is crucial to health and body shape. So I hope some of these recipes inspired you.

Last wee tip: Eat a rainbow of veg/salad and mix them up with different protein sources. Winning combination every time.

Enjoy cooking.

If you need further support. Email me at -  
[la@3healthspt.com](mailto:la@3healthspt.com)

Thanks again for downloading,

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3Healths Founder

