

# 500 recipes for dinners & supper parties.

Hamlyn - 7



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## 31 Dinner Recipes Under 500 Calories

When shopping for simmer sauce, look for one with 400 mg of sodium or less and check the ingredient list for cream or fish sauce if you want to keep this vegan.

## 30 Days of Easy 500

When shopping for simmer sauce, look for one with 400 mg of sodium or less and check the ingredient list for cream or fish sauce if you want to keep this vegan. These 500-calorie meals will keep you satisfied all month long.

## 30 500

A few wedges of warm pita finish off the meal perfectly. A quick drop-biscuit topping made with white whole-wheat flour adds 2g fiber per serving and cuts the sodium in half compared to using refrigerated biscuit dough. Store-bought chicken meatballs keep the low-effort theme going all the way to the table.

## 500 Calorie Dinner Recipes That Are Filling

Shoot for 250 to 300 calories at , 300 to 350 calories at and two 50- to 100-calorie in between meals or simply follow along with one of our that maps everything out for you.

## 500 Calorie Dinner Recipes That Are Filling

More than just the flavor, this satisfying dish will leave you feeling full throughout the evening. These quick and easy dinners under 500 calories promise you explosions of flavor, courtesy of some strong, herbaceous notes and the freshest of ingredients.

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