



# Lunch Menus for 1000 Calories Per Day

These menus give you healthy lunch options that are all approximately 200 calories

## Lunch 1

### **Grilled chicken, salmon or turkey burger over salad - 215 cals**

3 oz grilled/broiled chicken breast, salmon or turkey burger 150 cals

2 cups spring salad mix 15 cals

1 tbs balsamic vinaigrette 50 cals

8 oz water, green tea, or unsweetened tea

## Lunch 2

### **Greek salad - 196 cals**

1 small Greek salad with lettuce, onions, cucumbers, tomatoes, olives, feta 160cals

2 tsp oil and vinegar dressing 36 cals

8 oz water, green tea, or unsweetened tea

## Lunch 3

### **Soup and salad - 213 cals**

1 cup minestrone or vegetable soup 90 cals

1 cup garden salad with garbanzo beans 123 cals

8 oz water, green tea, or unsweetened tea

## Lunch 4

### **Quinoa with grilled vegetables - 189 cals**

½ cup quinoa 90 cals

1 cup grilled vegetables, mushrooms, peppers, onions 64 cals

1 tbs parmesan cheese 35 cals

8 oz water, green tea, or unsweetened tea

## Lunch 5

### **Pizza with vegetables - 198 cals**

1 very small slice pizza with vegetables 198 cals

8 oz water, green tea, or unsweetened tea

## Lunch 6

### **Veggie burger - 204 cals**

1 veggie burger, or grilled vegetables 130 cals

1 small whole wheat pita 74 cals

8 oz water, green tea, or unsweetened tea



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### Lunch 7

#### **Turkey or roast beef sandwich - 202 cals**

2 slices (2 oz.) turkey breast or 1 slice roast beef 60 cals

1 slice (1 oz.) low fat cheese 48 cals

½ whole wheat hero 85 cals

1 slice tomato 4 cals

1 tsp mustard 5 cals

8 oz water, green tea, or unsweetened tea

### Lunch 8

#### **Grilled shrimp or calamari over spinach salad - 209 cals**

3 cups baby spinach 15 cals

4 large grilled shrimp 22 cals

¼ cup red onion 17 cals

½ avocado 140 cals

2 tsp raspberry vinaigrette 15 cals

8 oz water, green tea, or unsweetened tea