



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 cal

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

2 cups spring salad mix 15 cal

1 tbs balsamic vinaigrette 50 cal

8 oz water, green tea, or unsweetened tea

Lunch 2

Greek salad - 196 cal

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

2 tsp oil and vinegar dressing 36 cal

8 oz water, green tea, or unsweetened tea

Lunch 3

Soup and salad - 213 cal

1 cup minestrone or vegetable soup 90 cal

1 cup garden salad with garbanzo beans 123 cal

8 oz water, green tea, or unsweetened tea

Lunch 4

Quinoa with grilled vegetables - 189 cal

½ cup quinoa 90 cal

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

1 tbs parmesan cheese 35 cal

8 oz water, green tea, or unsweetened tea

Lunch 5

Pizza with vegetables - 198 cal

1 very small slice pizza with vegetables 198 cal

8 oz water, green tea, or unsweetened tea

Lunch 6

Veggie burger - 204 cal

1 veggie burger, or grilled vegetables 130 cal

1 small whole wheat pita 74 cal

8 oz water, green tea, or unsweetened tea



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Lunch 7

Turkey or roast beef sandwich - 202 cal

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

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

½ whole wheat hero 85 cal

1 slice tomato 4 cal

1 tsp mustard 5 cal

8 oz water, green tea, or unsweetened tea

Lunch 8

Grilled shrimp or calamari over spinach salad - 209 cal

3 cups baby spinach 15 cal

4 large grilled shrimp 22 cal

¼ cup red onion 17 cal

½ avocado 140 cal

2 tsp raspberry vinaigrette 15 cal

8 oz water, green tea, or unsweetened tea