



# Lunch Menus for 1200 Calories Per Day

These menus give you healthy lunch options that are all approximately 250 calories

## Lunch 1

### **Grilled chicken, salmon or turkey burger over salad - 241 cals**

3½ oz grilled/broiled chicken breast, salmon or turkey burger 175 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 - 240 cals**

1 medium Greek salad with lettuce, onions, cucumbers, tomatoes, olives, feta 200 cals

2 tsp oil and vinegar dressing 40 cals

8 oz water, green tea, or unsweetened tea

## Lunch 3

### **Soup and salad - 258 cals**

1½ cup minestrone or vegetable soup 135 cals

1 cup garden salad with garbanzo beans 123 cals

8 oz water, green tea, or unsweetened tea

## Lunch 4

### **Quinoa with grilled vegetables - 253 cals**

½ cup quinoa 90 cals

2 cups grilled vegetables, mushrooms, peppers, onions 128 cals

1 tbs parmesan cheese 35 cals

8 oz water, green tea, or unsweetened tea

## Lunch 5

### **Pizza with vegetables - 240 cals**

1 small slice pizza with vegetables 240 cals

8 oz water, green tea, or unsweetened tea

## Lunch 6

### **Veggie burger - 242 cals**

1 veggie burger, or grilled vegetables 130 cals

1 medium whole wheat pita 112 cals

8 oz water, green tea, or unsweetened tea



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### Lunch 7

#### **Turkey or roast beef sandwich (250 cals)**

3 slices (3 oz) turkey breast or 2 slices roast beef 90 cals

1 slice (1 oz) low fat cheese 48 cals

½ whole wheat hero 85 cals

3 slices tomato 12 cals

1 tbs mustard 15 cals

8 oz water, green tea, or unsweetened tea

### Lunch 8

#### **Grilled shrimp or calamari over spinach salad (245 cals)**

3 cups baby spinach 15 cals

6 large grilled shrimp 33 cals

¼ cup red onion 17 cals

½ avocado 140 cals

½ red pepper 25 cals

2 tsp raspberry vinaigrette 15 cals

8 oz water, green tea, or unsweetened tea