



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 cal

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

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

2 tsp oil and vinegar dressing 40 cal

8 oz water, green tea, or unsweetened tea

Lunch 3

Soup and salad - 258 cal

1½ cup minestrone or vegetable soup 135 cal

1 cup garden salad with garbanzo beans 123 cal

8 oz water, green tea, or unsweetened tea

Lunch 4

Quinoa with grilled vegetables - 253 cal

½ cup quinoa 90 cal

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

1 tbs parmesan cheese 35 cal

8 oz water, green tea, or unsweetened tea

Lunch 5

Pizza with vegetables - 240 cal

1 small slice pizza with vegetables 240 cal

8 oz water, green tea, or unsweetened tea

Lunch 6

Veggie burger - 242 cal

1 veggie burger, or grilled vegetables 130 cal

1 medium whole wheat pita 112 cal

8 oz water, green tea, or unsweetened tea



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Lunch 7

Turkey or roast beef sandwich (250 cal)

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

1 slice (1 oz) low fat cheese 48 cal

½ whole wheat hero 85 cal

3 slices tomato 12 cal

1 tbs mustard 15 cal

8 oz water, green tea, or unsweetened tea

Lunch 8

Grilled shrimp or calamari over spinach salad (245 cal)

3 cups baby spinach 15 cal

6 large grilled shrimp 33 cal

¼ cup red onion 17 cal

½ avocado 140 cal

½ red pepper 25 cal

2 tsp raspberry vinaigrette 15 cal

8 oz water, green tea, or unsweetened tea