



## Lunch Menus for 1400 Calories Per Day

These menus give you healthy lunch options that are all approximately 300 calories

### Lunch 1

#### **Grilled chicken, salmon or turkey burger over salad - 280 cal**

4 oz grilled/broiled chicken breast, salmon or turkey burger 200 cal

4 cups spring salad mix 30 cal

1 tbs balsamic vinaigrette 50 cal

8 oz water, green tea, or unsweetened tea

### Lunch 2

#### **Greek salad - 300 cal**

1 medium Greek salad with lettuce, onions, cucumbers, tomatoes, olives, feta, peppers 240 cal

1 tbsp oil and vinegar dressing 60 cal

8 oz water, green tea, or unsweetened tea

### Lunch 3

#### **Soup and salad - 289 cal**

1½ cup minestrone or vegetable soup 135 cal

1¼ cup garden salad with garbanzo beans 154 cal

8 oz water, green tea, or unsweetened tea

### Lunch 4

#### **Quinoa with grilled vegetables - 298 cal**

¾ cup quinoa 135 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 - 300 cal**

1 medium slice pizza with vegetables 300 cal

8 oz water, green tea, or unsweetened tea

### Lunch 6

#### **Veggie burger - 300 cal**

1 veggie burger, or grilled vegetables 130 cal

1 large whole wheat pita 170 cal

8 oz water, green tea, or unsweetened tea



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### Lunch 7

#### **Turkey or roast beef sandwich - 293 cal**

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

1 slice (1 oz) low fat cheese 48 cal

$\frac{3}{4}$  whole wheat hero 128 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 - 292 cal**

4 cups baby spinach 20 cal

7 large grilled shrimp 39 cal

$\frac{1}{2}$  cup red onion 34 cal

$\frac{1}{2}$  avocado 140 cal

$\frac{1}{2}$  red pepper 25 cal

1  $\frac{1}{2}$  tbs raspberry vinaigrette 34 cal

8 oz water, green tea, or unsweetened tea