



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 cals

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

4 cups spring salad mix 30 cals

1 tbs balsamic vinaigrette 50 cals

8 oz water, green tea, or unsweetened tea

Lunch 2

Greek salad - 300 cals

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

1 tbsp oil and vinegar dressing 60 cals

8 oz water, green tea, or unsweetened tea

Lunch 3

Soup and salad - 289 cals

1½ cup minestrone or vegetable soup 135 cals

1¼ cup garden salad with garbanzo beans 154 cals

8 oz water, green tea, or unsweetened tea

Lunch 4

Quinoa with grilled vegetables - 298 cals

¾ cup quinoa 135 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 - 300 cals

1 medium slice pizza with vegetables 300 cals

8 oz water, green tea, or unsweetened tea

Lunch 6

Veggie burger - 300 cals

1 veggie burger, or grilled vegetables 130 cals

1 large whole wheat pita 170 cals

8 oz water, green tea, or unsweetened tea



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Lunch 7

Turkey or roast beef sandwich - 293 cals

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

1 slice (1 oz) low fat cheese 48 cals

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

4 cups baby spinach 20 cals

7 large grilled shrimp 39 cals

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

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

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

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

8 oz water, green tea, or unsweetened tea