



# Lunch Menus for 1600 Calories Per Day

These menus give you healthy lunch options that are all approximately 350 calories

## Lunch 1

### **Grilled chicken, salmon or turkey burger over salad - 353 cals**

5 oz grilled/broiled chicken breast, salmon or turkey burger 250 cals

4 cups spring salad mix 30 cals

¾ cup broccoli 23 cals

1 tbs balsamic vinaigrette 50 cals

8 oz water, green tea, or unsweetened tea

## Lunch 2

### **Greek salad - 341 cals**

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

1 stuffed grape leaf 41 cals

1 tbs oil and vinegar dressing 60 cals

8 oz water, green tea, or unsweetened tea

## Lunch 3

### **Soup and salad - 351 cals**

1½ cup minestrone or vegetable soup 135 cals

1¾ cup garden salad with garbanzo beans 216 cals

8 oz water, green tea, or unsweetened tea

## Lunch 4

### **Quinoa with grilled vegetables - 343 cals**

1 cup quinoa 180 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 360 cals**

1 medium slice pizza with vegetables 300 cals

½ oz (9 chips) baked tortilla chips 60 cals

8 oz water, green tea, or unsweetened tea



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### Lunch 6

#### **Veggie burger - 350 cals**

- 1 veggie burger, or grilled vegetables 130 cals
- 1 slice low fat swiss cheese 50 cals
- 1 large whole wheat pita 170 cals
- 8 oz water, green tea, or unsweetened tea

### Lunch 7

#### **Turkey or roast beef sandwich - 341 cals**

- 3 slices (3 oz) turkey breast or 2 slice roast beef 90 cals
- 2 slice (2 oz) low fat cheese 96 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 - 350 cals**

- 4 cups baby spinach 20 cals
- 7 large grilled shrimp 39 cals
- 1 cup red onion 67 cals
- $\frac{1}{2}$  avocado 140 cals
- 1 whole red pepper 50 cals
- 1  $\frac{1}{2}$  tbsp raspberry vinaigrette 34 cals
- 8 oz water, green tea, or unsweetened tea