



Lunch Menus for 1800 Calories Per Day

These menus give you healthy lunch options that are all approximately 400 calories

Lunch 1

Grilled chicken, salmon or turkey burger over salad - 390 cals

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

4 cups spring salad mix 30 cals

2 cups broccoli 60 cals

1 tbs balsamic vinaigrette 50 cals

8 oz water, green tea, or unsweetened tea

Lunch 2

Greek salad - 401 cals

1 large Greek salad w lettuce, onions, cucumbers, tomatoes, olives, feta, peppers 320 cals

½ stuffed grape leaf 21 cals

1 tbs oil and vinegar dressing 60 cals

8 oz water, green tea, or unsweetened tea

Lunch 3

Soup and salad - 396 cals

2 cups minestrone or vegetable soup 180 cals

1¾ cup garden salad with garbanzo beans 216 cals

8 oz water, green tea, or unsweetened tea

Lunch 4

Quinoa with grilled vegetables - 407 cals

1 cup quinoa 180 cals

3 cups grilled vegetables, mushrooms, peppers, onions 192 cals

1 tbs parmesan cheese 35 cals

8 oz water, green tea, or unsweetened tea

Lunch 5

Pizza with vegetables - 390 cals

1 medium slice pizza with vegetables 300 cals

¾ oz (14 chips) baked tortilla chips 90 cals

8 oz water, green tea, or unsweetened tea



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Lunch 6

Veggie burger - 408 cals

- 1 veggie burger, or grilled vegetables 130 cals
- 1 slice low fat swiss cheese 50 cals
- 1 large whole wheat pita 170 cals
- ¼ cup black bean and corn salad 58 cals
- 8 oz water, green tea, or unsweetened tea

Lunch 7

Turkey or roast beef sandwich - 383 cals

- 3 slices (3 oz) turkey breast or 2 slice roast beef 90 cals
- 2 slice (2 oz) low fat cheese 96 cals
- 1 whole wheat hero 170 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 - 375 cals

- 4 cups baby spinach 20 cals
- 7 large grilled shrimp 39 cals
- 1 cup red onion 67 cals
- ½ avocado 140 cals
- 1 whole red pepper 50 cals
- 1 tbs (½ oz) goat cheese 25 cals
- 1 ½ tbs raspberry vinaigrette 34 cals
- 8 oz water, green tea, or unsweetened tea