



Lunch Menus for 2000 Calories Per Day

These menus give you healthy lunch options that are all approximately 450 calories

Lunch 1

Grilled chicken, salmon or turkey burger over salad - 445 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 oz shredded cheddar cheese 55 cals

1 tbsp. balsamic vinaigrette 50 cals

8 oz water, green tea, or unsweetened tea

Lunch 2

Greek salad - 442 cals

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

1½ stuffed grape leaf 62 cals

1 tbs oil and vinegar dressing 60 cals

8 oz water, green tea, or unsweetened tea

Lunch 3

Soup and salad - 457 cals

2 cups minestrone or vegetable soup 180 cals

2 cups garden salad with garbanzo beans 247 cals

1 oz canned salmon or tuna 30 cals

8 oz water, green tea, or unsweetened tea

Lunch 4

Quinoa with grilled vegetables - 440 cals

1 cup quinoa 180 cals

3½ cups grilled vegetables, mushrooms, peppers, onions 224 cals

1 tbs parmesan cheese 35 cals

8 oz water, green tea, or unsweetened tea

Lunch 5

Pizza with vegetables - 465 cals

1 large slice pizza with vegetables 375 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 - 446 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
- 1 oz avocado 38 cals
- 8 oz water, green tea, or unsweetened tea

Lunch 7

Turkey or roast beef sandwich - 443 cals

- 5 slices (5 oz) turkey breast or 3 slices roast beef 150 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 - 445 cals

- 4 cups baby spinach 20 cals
- 7 large grilled shrimp 39 cals
- 1 cup red onion 67 cals
- ¾ avocado 210 cals
- 1 whole red pepper 50 cals
- 1 tbsp (½ oz) goat cheese 25 cals
- 1 ½ tbs raspberry vinaigrette 34 cals
- 8 oz water, green tea, or unsweetened tea