



# Lunch Menus for 2200 Calories Per Day

These menus give you healthy lunch options that are all approximately 500 calories

## Lunch 1

### **Grilled chicken, salmon or turkey burger over salad - 500 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  
2 oz or ¼ cup shredded cheddar cheese 110 cals  
1 tbs balsamic vinaigrette 50 cals  
8 oz water, green tea, or unsweetened tea

## Lunch 2

### **Greek salad - 487 cals**

1 large Greek salad w lettuce, onions, cucumbers, tomatoes, olives, feta, peppers 320 cals  
2 stuffed grape leaves 82 cals  
1 tbs hummus 25 cals  
1 tbs oil and vinegar dressing 60 cals  
8 oz water, green tea, or unsweetened tea

## Lunch 3

### **Soup and salad - 487 cals**

2 cups minestrone or vegetable soup 180 cals  
2 cups garden salad with garbanzo beans 247 cals  
2 oz canned salmon or tuna 60 cals  
8 oz water, green tea, or unsweetened tea

## Lunch 4

### **Quinoa with grilled vegetables - 506 cals**

1 cup quinoa 180 cals  
4 servings grilled vegetables, mushrooms, peppers, onions 256 cals  
2 tbs parmesan cheese 70 cals  
8 oz water, green tea, or unsweetened tea

## Lunch 5

### **Pizza with vegetables - 495 cals**

1 large slice pizza with vegetables 375 cals  
1 oz (19 chips) baked tortilla chips 120 cals  
8 oz water, green tea, or unsweetened tea



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### Lunch 6

#### **Veggie burger - 504 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
- 2 ½ oz avocado 96 cals
- 8 oz water, green tea, or unsweetened tea

### Lunch 7

#### **Turkey or roast beef sandwich - 493 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 cup health salad or cole slaw with vinegar (no mayo) 50 cals
- 1 tbs mustard 15 cals
- 8 oz water, green tea, or unsweetened tea

### Lunch 8

#### **Grilled shrimp or calamari over spinach salad - 504 cals**

- 4 cups baby spinach 20 cals
- 7 large grilled shrimp 39 cals
- 1 cup red onion 67 cals
- 1 avocado 210 cals
- 1 whole red pepper 50 cals
- 1 tbs (½ oz) goat cheese 25 cals
- 1 tbs raspberry vinaigrette 23 cals
- 8 oz water, green tea, or unsweetened tea