



# Lunch Menus for 2400 Calories Per Day

These menus give you healthy lunch options that are all approximately 525 calories

## Lunch 1

### **Grilled chicken, salmon or turkey burger over salad - 525 cal**

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

4 cups spring salad mix 30 cal

2 cups broccoli 60 cal

2 oz or ¼ cup shredded cheddar cheese 110 cal

1½ tbs. balsamic vinaigrette 75 cal

8 oz water, green tea, or unsweetened tea

## Lunch 2

### **Greek salad - 512 cal**

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

2 stuffed grape leaves 82 cal

2 tbs hummus 50 cal

1 tbs oil and vinegar dressing 60 cal

8 oz water, green tea, or unsweetened tea

## Lunch 3

### **Soup and salad - 517 cal**

2 cups minestrone or vegetable soup 180 cal

2 cups garden salad with garbanzo beans 247 cal

3 oz canned salmon or tuna 90 cal

8 oz water, green tea, or unsweetened tea

## Lunch 4

### **Quinoa with grilled vegetables - 538 cal**

1 cup quinoa 180 cal

4½ cups grilled vegetables, mushrooms, peppers, onions 288 cal

2 tbs parmesan cheese 70 cal

8 oz water, green tea, or unsweetened tea

## Lunch 5

### **Pizza with vegetables - 525 cal**

1 large slice pizza with vegetables 375 cal

1 ½ oz (24 chips) baked tortilla chips 150 cal

8 oz water, green tea, or unsweetened tea



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### Lunch 6

#### **Veggie burger - 515 cal**

- 1 veggie burger, or grilled vegetables 130 cal
- 1 slice low fat swiss cheese 50 cal
- 1 large whole wheat pita 170 cal
- 1/3 cup black bean and corn salad 69 cal
- 2½ oz avocado 96 cal
- 8 oz water, green tea, or unsweetened tea

### Lunch 7

#### **Turkey or roast beef sandwich - 518 cal**

- 5 slices (5 oz) turkey breast or 3 slices roast beef 150 cal
- 2 slice (2 oz) low fat cheese 96 cal
- 1 whole wheat hero 170 cal
- 3 slices tomato 12 cal
- 1½ cup health salad or cole slaw with vinegar (no mayo) 75 cal
- 1 tbs mustard 15 cal
- 8 oz water, green tea, or unsweetened tea

### Lunch 8

#### **Grilled shrimp or calamari over spinach salad - 509 cal**

- 4 cups baby spinach 20 cal
- 8 large grilled shrimp 44 cal
- 1 cup red onion 67 cal
- 1 avocado 210 cal
- 1 whole red pepper 50 cal
- 1 tbs (½ oz) goat cheese 25 cal
- 1 tbs raspberry vinaigrette 23 cal
- 8 oz water, green tea, or unsweetened tea