

## 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 cal**

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

4 cups spring salad mix 30 cal

¾ cup broccoli 23 cal

1 tbs balsamic vinaigrette 50 cal

8 oz water, green tea, or unsweetened tea

### Lunch 2

#### **Greek salad - 341 cal**

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

1 stuffed grape leaf 41 cal

1 tbs oil and vinegar dressing 60 cal

8 oz water, green tea, or unsweetened tea

### Lunch 3

#### **Soup and salad - 351 cal**

1½ cup minestrone or vegetable soup 135 cal

1¾ cup garden salad with garbanzo beans 216 cal

8 oz water, green tea, or unsweetened tea

### Lunch 4

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

1 cup quinoa 180 cal

2 cups grilled vegetables, mushrooms, peppers, onions 128 cal

1 tbsp parmesan cheese 35 cal

8 oz water, green tea, or unsweetened tea

### Lunch 5

#### **Pizza with vegetables 360 cal**

1 medium slice pizza with vegetables 300 cal

½ oz (9 chips) baked tortilla chips 60 cal

8 oz water, green tea, or unsweetened tea

Lunch 6

**Veggie burger - 350 cal**

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

Lunch 7

**Turkey or roast beef sandwich - 341 cal**

- 3 slices (3 oz) turkey breast or 2 slice roast beef 90 cal
- 2 slice (2 oz) low fat cheese 96 cal
- $\frac{3}{4}$  whole wheat hero 128 cal
- 3 slices tomato 12 cal
- 1 tbs mustard 15 cal
- 8 oz water, green tea, or unsweetened tea

Lunch 8

**Grilled shrimp or calamari over spinach salad - 350 cal**

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