

### Instructions for Delicious Lunch Meal!

This menu should help one decide what they can do for lunch meals. This information will contain a variety of meals with different calorie values for everyone to enjoy. The following are sample meals that are appropriate for any lunch:

#### 400 Calories Meal

**This is a breakdown of your meal:**

Ingredients	Calories
2 Cups of Spinach	20
2 Cups of mixed baby greens	20
1/2 Cup of Celery	10
1/2 Cup of Tomatoes	10
1/2 Cup of Cucumbers	10
1/2 Green Onion	10
12 baby Carrots	45
2-3 Strawberries	40
5-6 Almonds	50
1 tsp of Extra Virgin Olive Oil	40
3-4 oz of Chicken Breast	150
<b>Total:</b>	<b>405</b>

1. First obtain a large bowl that can be used for mixing, 2 table spoons, a large plate, 1 cup measuring cup, cutting board, knife, and teaspoon. This will be very useful when tossing the salad
2. We are going to pick 2 types of leafy greens of 2 cups each to put into the bowl. This salad is going to use 2 cups of Spinach and 2 Cups of Baby mixed Greens. Measure out these greens and place them in the large bowl. If you would like to mix up the greens choose something else, but use the same quantities

<b>Category 1 Vegetables</b>	
<b>Serving Size: 1/2 Cup</b>	
<b>1 Serving = approximately 10-25 calories</b>	
• Artichokes	• Eggplant
• Asparagus	• Green Beans
• Bamboo Shoots	• Mushrooms
• Bean Sprouts	• Okra

• Bell or other peppers	• Radishes
• Broccoli, Broccoflower	• Salsa (Sugar Free)
• Brussels sprouts	• Sea Vegetables (Kelp,etc.)
• Cabbage (all types)	• Snow Peas
• Cauliflower	• Sprouts
• Celery	• Tomatoes, tomato juice
• Chives, Onion, Leeks, Garlic	• Water Chestnuts (5 Whole)
• Cucumber	• Zucchini (Italian)
• Dill Pickles	• Yellow, Summer, Spaghetti Squash
• Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, Dandelion, Mustard, or beet greens	
• Lettuce/Mixed Greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory	

3. Now is the time to add our oil. We will not be using a traditional salad dressing, but an extra virgin olive oil. There are some very tasty oils out there and Whole Foods carries ones infused with flavor. The following is a list of oils that can be used if you would like a different taste. However, this salad will use extra virgin olive oil. Measure out 1 tsp. of extra virgin olive oil into the bowl. Then take two spoons and mix the leaves to wet all the greens. Then plate the greens on one large plate.

<b>Oils</b>
<b>Serving size: 1 tsp or as indicated</b>
<b>1 serving = approximately 40 calories</b>
*Oils should be cold pressed
• Flaxseed oil (refrigerate)
• Walnut oil
• Extra Virgin Olive Oil (Preferable)
• Canola oil for cooking

4. Next, add in your 4 different vegetables from the following table. Stick with the ½ cup servings for these vegetables so you can have variety. This meal we are going to pick Tomatoes, Celery, Green Onion, and Cucumber. If you feel like a different like having a different vegetable trade it out for another vegetable. Chop up the vegetables and place them on top of the plate of greens. Pre-sliced vegetables are available at Whole Foods.

<b>Category 1 Vegetables</b>	
<b>Serving Size: 1/2 Cup</b>	<b>Serving Amount: Unlimited</b>
<b>1 Serving = approximately 10-25 calories</b>	
• Artichokes	• Eggplant
• Asparagus	• Green Beans
• Bamboo Shoots	• Mushrooms
• Bean Sprouts	• Okra
• Bell or other peppers	• Radishes
• Broccoli, Broccoflower	• Salsa (Sugar Free)
• Brussels sprouts	• Sea Vegetables (Kelp, etc.)
• Cabbage (all types)	• Snow Peas
• Cauliflower	• Sprouts
• Celery	• Tomatoes, tomato juice
• Chives, Onion, Leeks, Garlic	• Water Chestnuts (5 Whole)
• Cucumber	• Zucchini (Italian)
• Dill Pickles	• Yellow, Summer, Spaghetti Squash
• Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, Dandelion, Mustard, or beet greens	
• Lettuce/Mixed Greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory	

5. Next, you are going to take 12 baby carrots and place them on the plate. These are a different type of vegetable and we do not eat as much of these. Again, this chart will give other options in case you want something different.

<b>Category 2 Vegetables</b>
<b>Serving Size: 1/2 Cup    Serving Amount: 1</b>
<b>1 Serving = approximately 45 calories</b>
• Beets
• Winter Squash (acorn & Butter Nut Squash)
• Carrots: Half a cup Cooked, 12 baby, 2 medium raw
• Sweet Potatoes or Yams, 1/2 medium baked

6. Fruit is another great component that is going to add some sweetness to the meal. Slice up 2-3 strawberries and place them on the plate. There are many other fruits to pick, but this meal is going to use strawberries.

<b>Fruit</b>	
<b>Serving Size: As indicated</b>	
<b>1 serving = approximately 80 calories</b>	
•Apple: 1 medium	•Grapes: 15
•Apricots: 3 medium	•Honeydew Melon: 1/4 Small
•Avocado: ¼	•Nectarines: 2 small
•Berries: Blackberries & Blueberries 1 Cup	•Olives: 8-10 medium
•Berries: Raspberries & Strawberries 1 1/2 Cup	•Orange: 1 Large
•Cantaloupe: 1/2 medium	•Peaches: 2 small
•Cherries: 15	•Pear: 1 medium
•Fresh Figs: 2	•Plums: 2 small
•Grapefruit: 1 Whole	•Tangerines: 2 small

7. Nuts and seeds are a nice addition to this meal. This meal is going to include 5-6 almonds and place them on a plate. The following is a chart of other nuts that you could have instead.

<b>Nuts and Seeds</b>
<b>Serving size as indicated</b>
<b>1 Serving = approximately 100 calories</b>
• Almonds or Hazelnuts, 10-12 whole nuts
• Walnut or Pecan halves 7-8
• Peanuts, 18 nuts or 2 tbsp
• Pistachios, sunflower, pumpkin, or sesame seeds 2 tbsp
• Nut Butter, 1 tbsp. made from above nuts

8. Now we are ready for our protein. This Meal is going to use chicken breast and this can be found at Whole Foods as well. We are going to use about 3-4 oz of chicken. This would be about half a chicken breast and then cut it up into bit size pieces. Place the cut up chicken on the plate. Again, if you would like variety add a different protein.

<b>Concentrated Protein</b>	
<b>Serving Size: 3oz</b>	
<b>1 serving = approximately 150 calories</b>	
• Meat, Poultry, and Fish should be grilled, baked, roasted: fish can be Poached	
• *Eggs: 2 whole or 3 Egg Whites Plus 1 whole egg	• Tempeh, 3oz or 1/2 cup
• Egg Substitute: 2/3 cup	• *Soy or Veggie Burger 4oz
• Fish, Shellfish, 3oz Fresh or 3/4 Cup Canned Water	• Cottage Cheese, nonfat or low fat 3/4 cup
• Poultry: <b>Chicken</b> or Cornish hen (breast only) Turkey	• Ricotta, part skim or nonfat, 1/2 cup
• Leg of Lamb, Lean Roast	• Mozzarella, part skim or nonfat, 2 oz
• Tofu, 8oz or 1 cup (Fresh), 3.5oz cube (Baked)	Or 1/2 cup of shredded
*If one has egg sensitivity use duck eggs as alternative	* If one has soy sensitivity eliminate

9. Sit and enjoy!

## 500 Calorie Meal

This is a breakdown of your meal:

Ingredients	Calories
2 Cups of Spinach	20
2 Cups of mixed baby greens	20
1/2 Bell Peppers (any color)	10
1/2 Cup of Tomatoes	10
1/2 Cup of Cucumbers	10
1/2 Green or Red Onion	10
1 Chopped Clove of Garlic	10
12 Baby Carrots	45
1/4 Avocado	40
1 tbsp. sesame seeds	50
1 tsp of Extra Virgin Olive Oil	40
3-4 oz of Chicken Breast	150
1 Cup of Blackberries	80
<b>Total:</b>	<b>495</b>

1. First obtain a large bowl that can be used for mixing, 2 table spoons, a large plate, 1 cup measuring cup, cutting board, knife, and teaspoon. This will be very useful when tossing the salad
2. We are going to pick 2 types of leafy greens of 2 cups each to put into the bowl. This salad is going to use 2 cups of Spinach and 2 Cups of Baby mixed Greens. Measure out these greens and place them in the large bowl. If you would like to mix up the greens choose something else, but use the same quantities

Category 1 Vegetables	
Serving Size: 1/2 Cup	
1 Serving = approximately 10-25 calories	
• Artichokes	• Eggplant
• Asparagus	• Green Beans
• Bamboo Shoots	• Mushrooms
• Bean Sprouts	• Okra
• Bell or other peppers	• Radishes
• Broccoli, Broccoflower	• Salsa (Sugar Free)
• Brussels sprouts	• Sea Vegetables (Kelp,etc.)

• Cabbage (all types)	• Snow Peas
• Cauliflower	• Sprouts
• Celery	• Tomatoes, tomato juice
• Chives, Onion, Leeks, Garlic	• Water Chestnuts (5 Whole)
• Cucumber	• Zucchini (Italian)
• Dill Pickles	• Yellow, Summer, Spaghetti Squash
• Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, Dandelion, Mustard, or beet greens	
• Lettuce/Mixed Greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory	

3. Now is the time to add our oil. We will not be using a traditional salad dressing, but an extra virgin olive oil. There are some very tasty oils out there and Whole Foods carries ones infused with flavor. The following is a list of oils that can be used if you would like a different taste. However, this salad will use extra virgin olive oil. Measure out 1 tsp. of extra virgin olive oil into the bowl. Then take two spoons and mix the leaves to wet all the greens. Then plate the greens on one large plate.

<b>Oils</b>
<b>Serving size: 1 tsp or as indicated</b>
<b>1 serving = approximately 40 calories</b>
*Oils should be cold pressed
• Flaxseed oil (refrigerate)
• Walnut oil
• Extra Virgin Olive Oil (Preferable)
• Canola oil for cooking

4. Next, add in your 4 different vegetables from the following table. Stick with the ½ cup servings for these vegetables so you can have variety. This meal we are going to pick Tomatoes, Bell Peppers, Garlic, Green or Red Onion, and Cucumber. If you feel like a different like having a different vegetable trade it out for another vegetable. Chop up the vegetables and place them on top of the plate of greens. Pre-sliced vegetables are available at Whole Foods. Crushed Garlic is available as well.

<b>Category 1 Vegetables</b>	
<b>Serving Size: 1/2 Cup</b>	<b>Serving Amount: Unlimited</b>
<b>1 Serving = approximately 10-25 calories</b>	
• Artichokes	• Eggplant
• Asparagus	• Green Beans
• Bamboo Shoots	• Mushrooms
• Bean Sprouts	• Okra
• Bell or other peppers	• Radishes
• Broccoli, Broccoflower	• Salsa (Sugar Free)
• Brussels sprouts	• Sea Vegetables (Kelp,etc.)
• Cabbage (all types)	• Snow Peas
• Cauliflower	• Sprouts
• Celery	• Tomatoes, tomato juice
• Chives, Onion, Leeks, Garlic	• Water Chestnuts (5 Whole)
• Cucumber	• Zucchini (Italian)
• Dill Pickles	• Yellow, Summer, Spaghetti Squash
• Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, Dandelion, Mustard, or beet greens	
• Lettuce/Mixed Greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory	

5. Next, you are going to take 12 baby carrots and place them on the plate. These are a different type of vegetable and we do not eat as much of these. Again, this chart will give other options in case you want something different.

<b>Category 2 Vegetables</b>
<b>Serving Size: 1/2 Cup    Serving Amount: 1</b>
<b>1 Serving = approximately 45 calories</b>
• Beets
• Winter Squash (acorn & Butter Nut Squash)
• Carrots: Half a cup Cooked, 12 baby, 2 medium raw
• Sweet Potatoes or Yams, 1/2 medium baked



6. Avocado will add a nice flare to the meal. Slice up 1/4 of Avocado and place them on the plate. There are many other fruits to pick, but this meal is going to use Avocado. Also, you can measure up 1 cup of Blueberries and place them on the plate as well.

<b>Fruit</b>	
<b>Serving Size: As indicated</b>	
<b>1 serving = approximately 80 calories</b>	
•Apple: 1 medium	•Grapes: 15
•Apricots: 3 medium	•Honeydew Melon: 1/4 Small
•Avocado: 1/4	•Nectarines: 2 small
•Berries: Blackberries & Blueberries 1 Cup	•Olives: 8-10 medium
•Berries: Raspberries & Strawberries 1 1/2 Cup	•Orange: 1 Large
•Cantaloupe: 1/2 medium	•Peaches: 2 small
•Cherries: 15	•Pear: 1 medium
•Fresh Figs: 2	•Plums: 2 small
•Grapefruit: 1 Whole	•Tangerines: 2 small

7. Nuts and seeds are a nice addition to this meal. This meal is going to include 1 tbsp of Sesame seeds. Measure out 1 tbsp and sprinkle them around the plate. . The following is a chart of other nuts and seeds that you could have instead.

<b>Nuts and Seeds</b>
<b>Serving size as indicated</b>
<b>1 Serving = approximately 100 calories</b>
• Almonds or Hazelnuts, 10-12 whole nuts
• Walnut or Pecan halves 7-8
• Peanuts, 18 nuts or 2 tbsp
• Pistachios, sunflower, pumpkin, or sesame seeds 2 tbsp
• Nut Butter, 1 tbsp. made from above nuts

8. Now we are ready for our protein. This Meal is going to use chicken breast and this can be found at Whole Foods as well. We are going to use about 3-4 oz of chicken. This would be about half a chicken breast and then cut it up into bit size pieces. Place the cut up chicken on the plate. Again, if you would like variety add a different protein.

<b>Concentrated Protein</b>	
<b>Serving Size: 3oz</b>	
<b>1 serving = approximately 150 calories</b>	
• Meat, Poultry, and Fish should be grilled, baked, roasted: fish can be Poached	
• *Eggs: 2 whole or 3 Egg Whites Plus 1 whole egg	• Tempeh, 3oz or 1/2 cup
• Egg Substitute: 2/3 cup	• *Soy or Veggie Burger 4oz
• Fish, Shellfish, 3oz Fresh or 3/4 Cup Canned Water	• Cottage Cheese, nonfat or low fat 3/4 cup
• Poultry: <b>Chicken</b> or Cornish hen (breast only) Turkey	• Ricotta, part skim or nonfat, 1/2 cup
• Leg of Lamb, Lean Roast	• Mozzarella, part skim or nonfat, 2 oz Or 1/2 cup of shredded
• Tofu, 8oz or 1 cup (Fresh), 3.5oz cube (Baked)	
*If one has egg sensitivity use duck eggs as alternative	* If one has soy sensitivity eliminate

9. Sit and enjoy

## 600 Calorie Meal

This is a breakdown of your meal:

<b>Ingredients</b>	<b>Calories</b>
2 Cups of Spinach	20
2 Cups of Romaine	20
1/2 Artichokes	10
1/2 Cup of Tomatoes	10
1/2 Cup of Cucumbers	10
1/2 Green or Red Onion	10
1 Chopped Clove of Garlic	10
1/2 Cup of Zucchini	10
Olives 8-10 medium	40
2 tbsp of Pistachios	100
12 Baby Carrots	45
1 tsp of Extra Virgin Olive Oil	40
3-4 oz of Chicken Breast	150
2 oz Mozzarella Cheese	150
<b>Total:</b>	<b>605</b>

1. First obtain a large bowl that can be used for mixing, 2 table spoons, a large plate, 1 cup measuring cup, cutting board, knife, and teaspoon. This will be very useful when tossing the salad
2. We are going to pick 2 types of leafy greens of 2 cups each to put into the bowl. This salad is going to use 2 cups of Spinach and 2 Cups of Romaine Lettuce. Measure out these greens and place them in the large bowl. If you would like to mix up the greens choose something else, but use the same quantities.

<b>Category 1 Vegetables</b>	
<b>Serving Size: 1/2 Cup</b>	
<b>1 Serving = approximately 10-25 calories</b>	
• Artichokes	• Eggplant
• Asparagus	• Green Beans
• Bamboo Shoots	• Mushrooms
• Bean Sprouts	• Okra
• Bell or other peppers	• Radishes
• Broccoli, Broccoflower	• Salsa (Sugar Free)

• Brussels sprouts	• Sea Vegetables (Kelp, etc.)
• Cabbage (all types)	• Snow Peas
• Cauliflower	• Sprouts
• Celery	• Tomatoes, tomato juice
• Chives, Onion, Leeks, Garlic	• Water Chestnuts (5 Whole)
• Cucumber	• Zucchini (Italian)
• Dill Pickles	• Yellow, Summer, Spaghetti Squash
• Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, Dandelion, Mustard, or beet greens	
• Lettuce/Mixed Greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory	

3. Now is the time to add our oil. We will not be using a traditional salad dressing, but an extra virgin olive oil. There are some very tasty oils out there and Whole Foods carries ones infused with flavor. The following is a list of oils that can be used if you would like a different taste. However, this salad will use extra virgin olive oil. Measure out 1 tsp. of extra virgin olive oil into the bowl. Then take two spoons and mix the leaves to wet all the greens. Then plate the greens on one large plate.

<b>Oils</b>
<b>Serving size: 1 tsp or as indicated</b>
<b>1 serving = approximately 40 calories</b>
*Oils should be cold pressed
• Flaxseed oil (refrigerate)
• Walnut oil
• Extra Virgin Olive Oil (Preferable)
• Canola oil for cooking

4. Next, add in your 4 different vegetables from the following table. Stick with the ½ cup servings for these vegetables so you can have variety. This meal we are going to pick Tomatoes, Artichokes, Garlic, Green or Red Onion, Zucchini, and Cucumber. If you feel like a different like having a different vegetable trade it out for another vegetable. Chop up the vegetables and place them on top of the plate of greens. Pre-sliced vegetables are available at Whole Foods. Crushed Garlic is available as well.

<b>Category 1 Vegetables</b>	
<b>Serving Size: 1/2 Cup</b>	<b>Serving Amount: Unlimited</b>
<b>1 Serving = approximately 10-25 calories</b>	
• Artichokes	• Eggplant
• Asparagus	• Green Beans
• Bamboo Shoots	• Mushrooms
• Bean Sprouts	• Okra
• Bell or other peppers	• Radishes
• Broccoli, Broccoflower	• Salsa (Sugar Free)
• Brussels sprouts	• Sea Vegetables (Kelp,etc.)
• Cabbage (all types)	• Snow Peas
• Cauliflower	• Sprouts
• Celery	• Tomatoes, tomato juice
• Chives, Onion, Leeks, Garlic	• Water Chestnuts (5 Whole)
• Cucumber	• Zucchini (Italian)
• Dill Pickles	• Yellow, Summer, Spaghetti Squash
• Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, Dandelion, Mustard, or beet greens	
• Lettuce/Mixed Greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory	

5. Next, you are going to take 12 baby carrots and place them on the plate. These are a different type of vegetable and we do not eat as much of these. Again, this chart will give other options in case you want something different.

<b>Category 2 Vegetables</b>
<b>Serving Size: 1/2 Cup    Serving Amount: 1</b>
<b>1 Serving = approximately 45 calories</b>
• Beets
• Winter Squash (acorn & Butter Nut Squash)
• Carrots: Half a cup Cooked, 12 baby, 2 medium raw
• Sweet Potatoes or Yams, 1/2 medium baked

6. Olives will add a nice zest to the meal. Pick 8-10 Olives out of a jar and place them on the plate. There are many other fruits to pick, but this meal is going to use Olives.

<b>Fruit</b>	
<b>Serving Size: As indicated</b>	
<b>1 serving = approximately 80 calories</b>	
•Apple: 1 medium	•Grapes: 15
•Apricots: 3 medium	•Honeydew Melon: 1/4 Small
•Avocado: ¼	•Nectarines: 2 small
•Berries: Blackberries & Blueberries 1 Cup	•Olives: 8-10 medium
•Berries: Raspberries & Strawberries 1 1/2 Cup	•Orange: 1 Large
•Cantaloupe: 1/2 medium	•Peaches: 2 small
•Cherries: 15	•Pear: 1 medium
•Fresh Figs: 2	•Plums: 2 small
•Grapefruit: 1 Whole	•Tangerines: 2 small

7. Nuts and seeds are a nice addition to this meal. This meal is going to include 2 tbsp of Pistachios. Measure out 2 tbsp and sprinkle them around the plate. . The following is a chart of other nuts and seeds that you could have instead.

<b>Nuts and Seeds</b>
<b>Serving size as indicated</b>
<b>1 Serving = approximately 100 calories</b>
• Almonds or Hazelnuts, 10-12 whole nuts
• Walnut or Pecan halves 7-8
• Peanuts, 18 nuts or 2 tbsp
• Pistachios, sunflower, pumpkin, or sesame seeds 2 tbsp
• Nut Butter, 1 tbsp. made from above nuts

8. Now we are ready for our protein. This Meal is going to use chicken breast and this can be found at Whole Foods as well. We are going to use about 3-4 oz of chicken. This would be about half a chicken breast and then cut it up into bit size pieces. Place the cut up chicken on the plate. Also, we are going to add 2 oz. of Mozzarella Cheese to the meal. Slice of a piece and put it on the plate. Again, if you would like variety add a different protein.

<b>Concentrated Protein</b>	
<b>Serving Size: 3oz</b>	
<b>1 serving = approximately 150 calories</b>	
• Meat, Poultry, and Fish should be grilled, baked, roasted: fish can be Poached	
• *Eggs: 2 whole or 3 Egg Whites Plus 1 whole egg	• Tempeh, 3oz or 1/2 cup
• Egg Substitute: 2/3 cup	• *Soy or Veggie Burger 4oz
• Fish, Shellfish, 3oz Fresh or 3/4 Cup Canned Water	• Cottage Cheese, nonfat or low fat 3/4 cup
• Poultry: <b>Chicken</b> or Cornish hen (breast only) Turkey	• Ricotta, part skim or nonfat, 1/2 cup
• Leg of Lamb, Lean Roast	• <b>Mozzarella, part skim or nonfat, 2 oz</b>
• Tofu, 8oz or 1 cup (Fresh), 3.5oz cube (Baked)	Or 1/2 cup of shredded
*If one has egg sensitivity use duck eggs as alternative	* If one has soy sensitivity eliminate

9. Sit and enjoy!

**Take a look at some sample dishes!**

