

Lunch Menus

How to Use Our Menus

Mix and match the menu ideas in this guide to create a meal plan that suits you and your lifestyle. Pick between **400 calorie** and **600 calorie** meals for your lunch! We designed these menus to include options that are ideal for at home, in the office, or in the car.



Tip: Don't like all the products in our menu ideas? Click on the **product images** for product alternatives in the same food category!

400 calorie recipes

- Toasted Chicken Sandwich
- Flaky Salmon Veggie Bowl
- Herby Tuna Salad & Crackers
- Pesto Chicken Bowl
- Sweet & Salty Protein Pack
- Chocolate Protein Duo

600 calorie recipes

- Creamy Chicken Salad Sandwich
- Spicy Black Bean Burger
- Crunchy Chicken Salad & Crackers
- Tuna Salad & Dip Pack
- Nutty Crunch Protein Pack
- Chickfila Wrap



Lunch - 400 cal

Toasted Chicken Sandwich



- 1 - Applegate Chicken Patty
- 1 - Nature's Own Whole Wheat Hamburger Bun
- Lettuce/Tomato
- 1 Tbsp - Kraft Avocado Oil Mayonnaise
- 10 - Medium Baby Carrots
- 1 - Dannon Light & Fit Greek Yogurt



Flaky Salmon Veggie Bowl



- 1 Filet - Sea Cuisine Honey Chipotle Salmon
- 1/2 cup - Cooked - Green Giant Riced Veggies
- 1/2 cup - Cooked - Goya Low Sodium Black Beans
- 1 - Apple



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Lunch - 400 cal

Herby Tuna Salad & Crackers



- 1/2 Pkg - Dole Heart of Romaine Lettuce
- 8 - Cherry Tomatoes
- 2 - Chicken of the Sea Dill Tuna Pouch
- 2 Tbsp - Bolthouse Farms Avocado Green Goddess
- 8 Crackers - Triscuit Crackers (any flavor)
- 1 - Orange



Pesto Chicken Bowl



- 1 - Healthy Choice Power Bowl - Basil Pesto Chicken
- 15 - Grapes
- 1 Container - Dannon Oikos Pro Vanilla Greek Yogurt



Lunch - 400 cal

Sweet & Salty Protein Pack



- 1 - P3 Portable Protein Pack (Turkey/Colby/Almonds)
- 1 - Banana
- 1 - Oikos Strawberry Banana Yogurt Drink



Chocolate Protein Duo



- 1 - Premier Protein Shake
- 1 - Quest Double Chocolate Chunk Bar
- 1 - Apple



Lunch - 600 cal

Creamy Chicken Salad Sandwich



- 1/2 cup - Walmart Chicken Salad w/ Grapes
- 1 slice - Great Value Sliced Mozzarella Cheese
- 2 slices - Oroweat 12 Grain Bread
- Lettuce/Tomato
- 10 - Medium Baby Carrots
- 2 Tbsp - Sabra Classic Hummus



Spicy Black Bean Burger



- 1 - Morning Star Spicy Black Bean Burger
- 1 - Nature's Own Whole Wheat Hamburger Bun
- 1 Tbsp - Kraft Avocado Oil Mayonnaise
- Lettuce/Tomato
- 12 Pieces - Alexia Sweet Potato Fries
- 1 Container - Dannon Oikos Pro Vanilla Greek Yogurt
- 3/4 cup - Blueberries



Lunch - 600 cal

Crunchy Chicken Salad & Crackers



- 3/4 cup - Walmart Chicken Salad- Cranberry, Celery, Pecans
- 15 Crackers - Wheat Thin Crackers
- 2 - Cheese Head Light String Cheese
- 1 Container - Delmonte No Sugar Added Mixed Fruit



Tuna Salad & Dip Pack



- 1 - Bumblebee Snack on the Run Tuna Salad Kit with Crackers
- 2 - Snack Bag Carrots (18 Carrots)
- 2 oz - Sabra Snack Pack Roasted Red Pepper Hummus
- 1 Container - Dannon Oikos Pro Vanilla Greek Yogurt



Lunch - 600 cal

Nutty Crunch Protein Pack



- 1 - Premier Protein Shake
- 1 Pkg - Great Value Omega-3 Trail Mix
- 1 - Banana
- 16 Mini - Quaker Mini Rice Cakes



Chick-Fil-A Wrap



- 1 - Grilled Cool Wrap
- 1 - Berry Parfait

