

Lunch Ideas

Light Tuna Packed in Water (5 oz. can)
Whole Grain Bread (2 slices)
Low-fat Mayo (1 Tbsp.)
Chopped Apple (3/4 cup)
Lots of Sliced Celery, Bell Peppers and Cherry
Tomatoes

350 CAL, 5-10g FAT, 45g CARB, 12g fiber, 25g PRO
3 servings PRO; 3 servings CARB

Part-Skim Ricotta Cheese (1 Tbsp.)
Whole Wheat Cinnamon Raisin Bagel
(1/2 bagel)
Small Apple
Almonds (12 pieces)
Roasted Butternut Squash (unlimited)

350 CAL, 12g FAT, 45g CARB, 6g fiber, 10g PRO
1 servings PRO; 3 servings CARB

Grilled Chicken Breast (2 oz.)
Garbanzo Beans (1/2 cup)
Quinoa (1/2 c. cooked)
Crumbled Feta Cheese (2 Tbsp.)
Lots of Chopped Tomato, Red Onion,
Cucumber, Red Pepper and 5 Kalamata olives
Lemon juice (1 Tbsp.)
Olive oil (1 tsp.)

320 CAL, 15g FAT, 21g CARB, 7g fiber, 24g PRO
3 servings PRO; 1.5 servings CARB

Grilled Chicken Breast (2 oz.)
Black Beans (1/2 cup)
Corn (1/2 cup)
Pico de Gallo (1/2 cup)
Shredded Lettuce (unlimited)
Vinaigrette Dressing (1-2 Tbsp.)
Avocado Wedge (1/4 piece)
Tortilla Chips (10 chips)

450 CAL, 15g FAT, 45g CARB, 13g fiber, 30g PRO
4 servings PRO; 3 servings CARB

Grilled Chicken Breast (2 oz.)
Small Baked Potato
Low-fat Greek Yogurt (2 Tbsp.)
Salsa (unlimited)
Kale Chips (1 cup)

300 CAL, 3g FAT, 35g CARB, 8g fiber, 26g PRO
4 servings PRO; 2 servings CARB

Low-Sodium Deli Meat (3-4 oz.)
Whole Grain Bread (2 slices)
Lettuce, Tomato, Onion
Carrot Sticks (unlimited)
Hummus or Low-fat Dressing (1-2 Tbsp.)
Small Orange

400 CAL, 6g FAT, 45g CARB, 12g fiber, 30g PRO
4 servings PRO; 3 servings CARB

Grilled Chicken (1-2 oz.)
Whole Wheat Pocket Pita
Grapes (17 pieces)
Sunflower Seeds (1 Tbsp.)
Low-fat Dressing (1-2 Tbsp.)
Brown Rice (1/2 cup cooked)

450 CAL, 12g FAT, 35g CARB, 15g fiber, 30g PRO
4 servings PRO; 2 servings CARB



Ashley Wheeler, MS, RD, LD-N
naplesnutrition.com