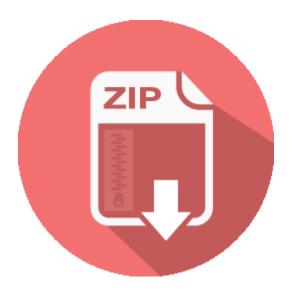
## WHAT TO EAT FOR LUNCH TO LOSE WEIGHT



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Lunch Keep Lunch Lean (between 12.30pm and 1pm), A healthy lunch keeps the energy levels up for the rest of the day. It s recommended to sticking to no more than 450 calories.

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RELATED: The Best Lunch Habit for Weight Loss Roast 1 1/2 cups of shredded Brussels sprouts. Add a palm-sized portion of grilled chicken, 1 strip of cooked bacon, and cherry tomatoes to taste.

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#### What to Eat for Lunch to Lose Weight NDTV

Don't skip your lunch! Just as breakfast gives you an instant energy boost in the morning, eating good lunch fuels the second half of your day.

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#### **Exactly How Many Calories You Should Eat at Lunch to Lose**

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We've enlisted the expertise of two nutritionists Stephanie Clarke, R.D., and Willow Jarosh, R.D., of C&J Nutrition to share the perfect equation for how to make a delicious and satisfying lunch that will help you lose weight. Follow their advice below to start seeing results. Calories If you're trying to lose weight, aim for the 400-to-450 range. If you're trying to maintain your weight, especially if you work out, aim closer to 500 calories.

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### What Lunch to Eat to Help With Weight Loss POPSUGAR

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