



Dinner Menus for 1000 Calories Per Day

These menus give you healthy dinner options that are all approximately 400 calories

Dinner 1

Penne primavera - 402 cals

3 oz whole wheat penne pasta 270 cals
¼ cup tomato sauce 30 cals
1 cup sautéed broccoli 45 cals
½ cup sautéed zucchini 15 cals
1 oz cherry tomatoes 7 cals
1 tbs. parmesan cheese 35 cals
8 oz water, green tea or unsweetened iced tea

Dinner 2

Chicken and vegetable fajitas - 402 cals

2 oz chicken breast 92 cals
1 whole wheat tortilla 170 cals
1 oz green & red peppers 9 cals
¼ cup onions 15 cals
½ cup broccoli 23 cals
2 tbs. salsa 10 cals
¾ oz shredded cheddar cheese 83 cals
8 oz water, green tea or unsweetened iced tea

Dinner 3

Linguini with shrimp - 411 cals

4 large broiled shrimp 22 cals
2 oz whole wheat linguine 200 cals
1 tbs olive oil 120 cals
1 clove garlic 4 cals
¼ cup green peas 30 cals
1 tbs parmesan cheese 35 cals
8 oz water, green tea or unsweetened iced tea

Dinner 4

Beef, bison, or turkey burger & baked sweet potato fries - 404 cals

3 oz lean ground beef (no bun) 230 cals
¾ cup sweet potato fries (baked) 99 cals
4 cups garden salad 30 cals
1 tbs ginger vinaigrette dressing 45 cals
8 oz water, green tea or unsweetened iced tea



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Dinner 5

Quinoa salad - 406 cals

1 cup quinoa 180

1 oz sautéed spinach 19 cals

¼ cup red onion 17 cals

1 oz feta cheese 70 cals

1 tbs olive oil 120 cals

8 oz water, green tea or unsweetened iced tea

Dinner 6

Steak and potato - 391 cals

4 oz sirloin steak 199 cals

1 baked sweet potato with olive oil 162 cals

1 cup asparagus 30 cals

8 oz water, green tea or unsweetened iced tea

Dinner 7

Brown Rice and Beans - 390 cals

½ cup brown rice 103 cals

½ cup black beans 120 cals

½ cup stewed tomatoes 30 cals

1 oz red pepper 9 cals

¼ cup corn 33 cals

2 tsp olive oil 90 cals

1 oz cilantro 5 cals

8 oz water, green tea or unsweetened iced tea

Dinner 8

Salmon with brown rice and kale - 403 cals

4 oz salmon 187 cals

¾ cup brown rice 154 cals

¾ cup kale 62 cals

8 oz water, green tea or unsweetened iced tea