



# 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 cal**

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

## Dinner 2

### **Chicken and vegetable fajitas - 402 cal**

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

## Dinner 3

### **Linguini with shrimp - 411 cal**

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

## Dinner 4

### **Beef, bison, or turkey burger & baked sweet potato fries - 404 cal**

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



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### Dinner 5

#### **Quinoa salad - 406 cal**

- 1 cup quinoa 180
- 1 oz sautéed spinach 19 cal
- ¼ cup red onion 17 cal
- 1 oz feta cheese 70 cal
- 1 tbs olive oil 120 cal
- 8 oz water, green tea or unsweetened iced tea

### Dinner 6

#### **Steak and potato - 391 cal**

- 4 oz sirloin steak 199 cal
- 1 baked sweet potato with olive oil 162 cal
- 1 cup asparagus 30 cal
- 8 oz water, green tea or unsweetened iced tea

### Dinner 7

#### **Brown Rice and Beans - 390 cal**

- ½ cup brown rice 103 cal
- ½ cup black beans 120 cal
- ½ cup stewed tomatoes 30 cal
- 1 oz red pepper 9 cal
- ¼ cup corn 33 cal
- 2 tsp olive oil 90 cal
- 1 oz cilantro 5 cal
- 8 oz water, green tea or unsweetened iced tea

### Dinner 8

#### **Salmon with brown rice and kale - 403 cal**

- 4 oz salmon 187 cal
- ¾ cup brown rice 154 cal
- ¾ cup kale 62 cal
- 8 oz water, green tea or unsweetened iced tea