



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