



## Dinner Menus for 1200 Calories Per Day

These menus give you healthy dinner options that are all approximately 450 calories

### Dinner 1

#### **Penne primavera - 459 cals**

3 oz whole-wheat penne pasta 270 cals  
½ cup tomato sauce 60 cals  
1 cup sautéed broccoli 45 cals  
½ cup sautéed zucchini 15 cals  
1 oz cherry tomatoes 7 cals  
½ cup sliced carrots 27 cals  
1 tbs parmesan cheese 35 cals  
8 oz water, green tea or unsweetened iced tea

### Dinner 2

#### **Chicken and vegetable fajitas - 448 cals**

3 oz chicken breast 138 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 - 461 cals**

4 large broiled shrimp 22 cals  
2½ oz whole-wheat linguine 250 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 - 437 cals**

3 oz lean ground beef (no bun) 230 cals  
1 sweet potato fries (baked) 132 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 - 442 cals**

1 cup quinoa 180  
2 oz sautéed spinach 38 cals  
½ cup red onion 34 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 - 441 cals**

5 oz sirloin steak 249 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 - 450 cals**

½ cup brown rice 103 cals  
¾ cup black beans 180 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 - 447 cals**

4 ½ oz salmon 210 cals  
¾ cup brown rice 154 cals  
1 cup kale 83 cals  
8 oz water, green tea or unsweetened iced tea