



Dinner Menus for 1400 Calories Per Day

These menus give you healthy dinner options that are all approximately 500 calories

Dinner 1

Penne primavera - 493 cal

3 oz whole-wheat penne pasta 270 cal
½ cup tomato sauce 60 cal
1 cup sautéed broccoli 45 cal
½ cup sautéed zucchini 15 cal
2 oz cherry tomatoes 14 cal
1 cup sliced carrots 54 cal
1 tbs parmesan cheese 35 cal
8 oz water, green tea or unsweetened iced tea

Dinner 2

Chicken and vegetable fajitas - 494 cal

4 oz chicken breast 184 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 - 511 cal

4 large broiled shrimp 22 cal
3 oz whole-wheat linguine 300 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 - 495 cal

3 ¼ oz lean ground beef (no bun) 288 cal
1 sweet potato fries (baked) 132 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- 487 cals

- 1 ¼ cup quinoa 225 cals
- 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 - 489 cals

- 5 ½ oz sirloin steak 274 cals
- 1 baked sweet potato w olive oil 162 cals
- 1 ¾ cup asparagus 53 cals
- 8 oz water, green tea or unsweetened iced tea

Dinner 7

Brown Rice and Beans - 510 cals

- ½ cup brown rice 103 cals
- 1 cup black beans 240 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 - 498 cals

- 4 ½ oz salmon 210 cals
- 1 cup brown rice 205 cals
- 1 cup kale 83 cals
- 8 oz water, green tea or unsweetened iced tea