



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 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
2 oz cherry tomatoes 14 cals
1 cup sliced carrots 54 cals
1 tbs parmesan cheese 35 cals
8 oz water, green tea or unsweetened iced tea

Dinner 2

Chicken and vegetable fajitas - 494 cals

4 oz chicken breast 184 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 - 511 cals

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

3 ¼ oz lean ground beef (no bun) 288 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- 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