



# Dinner Menus for 1600 Calories Per Day

These menus give you healthy dinner options that are all approximately 525 calories

## Dinner 1

### **Penne primavera - 514 cals**

3 oz whole wheat penne pasta 270 cals  
½ cup tomato sauce 60 cals  
1 cup sautéed broccoli 45 cals  
1 cup sautéed zucchini 29 cals  
3 oz cherry tomatoes 21 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 - 523 cals**

4 oz chicken breast 184 cals  
1 whole wheat tortilla 170 cals  
3 oz green & red peppers 27 cals  
¼ cup onions 15 cals  
¾ cup broccoli 34 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 - 516 cals**

5 large broiled shrimp 27 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



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### Dinner 4

#### **Beef, bison, or turkey burger & baked sweet potato fries - 515 cal**

3 ¼ oz lean ground beef (no bun) 288 cal  
3 slices tomato 12 cal  
1 sweet potato fries (baked) 132 cal  
5 cups garden salad 38 cal  
1 tbs ginger vinaigrette dressing 45 cal  
8 oz water, green tea or unsweetened iced tea

### Dinner 5

#### **Quinoa salad - 532 cal**

1 ½ cup quinoa 270 cal  
2 oz sautéed spinach 38 cal  
½ cup red onion 34 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 - 521 cal**

6 oz sirloin steak 299 cal  
1 baked sweet potato with olive oil 162 cal  
2 cup asparagus 60 cal  
8 oz water, green tea or unsweetened iced tea

### Dinner 7

#### **Brown Rice and Beans - 525 cal**

½ cup brown rice 103 cal  
1 cup black beans 240 cal  
¾ cup stewed tomatoes 45 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



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Dinner 8

**Salmon with brown rice and kale - 521 cal**

5 oz salmon 233 cal

1 cup brown rice 205 cal

1 cup kale 83 cal

8 oz water, green tea or unsweetened iced tea