



Dinner Menus for 1800 Calories Per Day

These menus give you healthy dinner options that are all approximately 550 calories

Dinner 1

Penne primavera - 544 cals

3 oz whole-wheat penne pasta 270 cals
¾ cup tomato sauce 90 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 - 549 cals

4 oz chicken breast 184 cals
1 whole-wheat tortilla 170 cals
3 oz green & red peppers 27 cals
½ cup onions 30 cals
1 cup broccoli 45 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 - 541 cals

5 large broiled shrimp 27 cals
3 ¼ oz whole wheat linguine 325 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 - 573 cals

3 ½ oz lean ground beef (no bun) 346 cals

3 slices tomato 12 cals

1 sweet potato fries (baked) 132 cals

5 cups garden salad 38 cals

1 tbs ginger vinaigrette dressing 45 cals

8 oz water, green tea or unsweetened iced tea

Dinner 5

Quinoa salad - 551 cals

1 ½ cup quinoa 270 cals

3 oz sautéed spinach 57 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 - 551 cals

6 oz sirloin steak 299 cals

1 baked sweet potato w olive oil 162 cals

2 cup asparagus 60 cals

4 cups garden salad no dressing 30 cals

8 oz water, green tea or unsweetened iced tea

Dinner 7

Brown Rice and Beans - 576 cals

¾ cup brown rice 154 cals

1 cup black beans 240 cals

¾ cup stewed tomatoes 45 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



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Dinner 8

Salmon with brown rice and kale - 551 cals

5 oz salmon 233 cals

1 cup brown rice 205 cals

1 cup kale 83 cals

4 cups garden salad no dressing 30 cals

8 oz water, green tea or unsweetened iced tea