



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 cal

3 oz whole-wheat penne pasta 270 cal
¾ cup tomato sauce 90 cal
1 cup sautéed broccoli 45 cal
1 cup sautéed zucchini 29 cal
3 oz cherry tomatoes 21 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 - 549 cal

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

5 large broiled shrimp 27 cal
3 ¼ oz whole wheat linguine 325 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



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Dinner 4

Beef, bison, or turkey burger & baked sweet potato fries - 573 cal

- 3 ½ oz lean ground beef (no bun) 346 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 - 551 cal

- 1 ½ cup quinoa 270 cal
- 3 oz sautéed spinach 57 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 - 551 cal

- 6 oz sirloin steak 299 cal
- 1 baked sweet potato w olive oil 162 cal
- 2 cup asparagus 60 cal
- 4 cups garden salad no dressing 30 cal
- 8 oz water, green tea or unsweetened iced tea

Dinner 7

Brown Rice and Beans - 576 cal

- ¾ cup brown rice 154 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 - 551 cal

5 oz salmon 233 cal

1 cup brown rice 205 cal

1 cup kale 83 cal

4 cups garden salad no dressing 30 cal

8 oz water, green tea or unsweetened iced tea