



## Dinner Menus for 2000 Calories Per Day

These menus give you healthy dinner options that are all approximately 650 calories

### Dinner 1

#### **Penne primavera - 664 cals**

4 oz whole wheat penne pasta 360 cals  
1 cup tomato sauce 120 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 - 671 cals**

4 oz chicken breast 184 cals  
1 whole-wheat tortilla 170 cals  
3 oz green & red peppers 27 cals  
1 cup onions 60 cals  
1 cup broccoli 45 cals  
4 tbs salsa 20 cals  
1 ½ oz shredded cheddar cheese 165 cals  
8 oz water, green tea or unsweetened iced tea

### Dinner 3

#### **Linguini with shrimp - 646 cals**

6 large broiled shrimp 33 cals  
3 ¼ oz whole-wheat linguine 325 cals  
1 tbs olive oil 120 cals  
3 cloves garlic 13 cals  
1 cup green peas 120 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 - 673 cals**

6 oz lean ground beef (no bun) 461 cals  
3 slices tomato 12 cals  
1 sweet potato fries (baked) 132 cals  
3 cups garden salad 23 cals  
1 tbs ginger vinaigrette dressing 45 cals  
8 oz water, green tea or unsweetened iced tea

### Dinner 5

#### **Quinoa salad - 641 cals**

2 cups quinoa 360 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 - 651cals**

6 oz sirloin steak 299 cals  
1 baked sweet potato w olive oil 162 cals  
2 cup asparagus 60 cals  
4 cups garden salad 30 cals  
2 tbs balsamic vinaigrette dressing 100 cals  
8 oz water, green tea or unsweetened iced tea

### Dinner 7

#### **Brown Rice and Beans - 657 cals**

1 cup brown rice 205 cals  
1 cup black beans 240 cals  
¾ cup stewed tomatoes 45 cals  
1 oz red pepper 9 cals  
¼ cup corn 33 cals  
1 tbs olive oil 120 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 - 643 cals**

6 oz salmon 280 cals

1 cup brown rice 205 cals

1 cup kale 83 cals

4 cups garden salad 30 cals

2 tbs raspberry vinaigrette 45 cals

8 oz water, green tea or unsweetened iced tea