



Dinner Menus for 2200 Calories Per Day

These menus give you healthy dinner options that are all approximately 675 calories

Dinner 1

Penne primavera - 682 cal

- 4 oz whole wheat penne pasta 360 cal
- 1 cup tomato sauce 120 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 ½ tbs parmesan cheese 53 cal
- 8 oz water, green tea or unsweetened iced tea

Dinner 2

Chicken and vegetable fajitas - 671 cal

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

Dinner 3

Linguini with shrimp - 664 cal

- 6 large broiled shrimp 33 cal
- 3 ¼ oz whole wheat linguine 325 cal
- 1 tbs olive oil 120 cal
- 3 cloves garlic 13 cal
- 1 cup green peas 120 cal
- 1 ½ tbs parmesan cheese 53 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 - 673 cal

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

Dinner 5

Quinoa salad - 676 cal

2 cups quinoa 360 cal
3 oz sautéed spinach 57 cal
½ cup red onion 34 cal
1 ½ oz feta cheese 105 cal
1 tbs olive oil 120 cal
8 oz water, green tea or unsweetened iced tea

Dinner 6

Steak and potato - 667 cal

6 oz sirloin steak 299 cal
1 baked sweet potato w olive oil 162 cal
2 cup asparagus 60 cal
6 cups garden salad 46 cal
2 tbs balsamic vinaigrette dressing 100 cal
8 oz water, green tea or unsweetened iced tea

Dinner 7

Brown Rice and Beans - 667 cal

1 cup brown rice 205 cal
1 cup black beans 240 cal
¾ cup stewed tomatoes 45 cal
2 oz red pepper 19 cal
¼ cup corn 33 cal
1 tbs olive oil 120 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 - 664 cal

6 oz salmon 280 cal

1 cup brown rice 205 cal

1 ¼ cup kale 104 cal

4 cups garden salad 30 cal

2 tbs raspberry vinaigrette 45 cal

8 oz water, green tea or unsweetened iced tea