



Dinner Menus for 2400 Calories Per Day

These menus give you healthy dinner options that are all approximately 750 calories

Dinner 1

Penne primavera - 772 cals

5 oz whole wheat penne pasta 450 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 ½ tbs parmesan cheese 53 cals
8 oz water, green tea or unsweetened iced tea

Dinner 2

Chicken and vegetable fajitas - 763 cals

6 oz chicken breast 276 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 - 741 cals

6 large broiled shrimp 33 cals
3 ¼ oz whole wheat linguine 325 cals
1 ½ tbs olive oil 180 cals
3 cloves garlic 13 cals
1 cup green peas 120 cals
2 tbs parmesan cheese 70 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 - 779 cals

6 oz lean ground beef (no bun) 461 cals
1 slice Swiss cheese 106 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 - 766 cals

2 ½ cups quinoa 450 cals
3 oz sautéed spinach 57 cals
½ cup red onion 34 cals
1 ½ oz feta cheese 105 cals
1 tbs olive oil 120 cals
8 oz water, green tea or unsweetened iced tea

Dinner 6

Steak and potato - 765 cals

8 oz sirloin steak 398 cals
1 baked sweet potato w olive oil 162 cals
2 cup asparagus 60 cals
6 cups garden salad 46 cals
2 tbs balsamic vinaigrette dressing 100 cals
8 oz water, green tea or unsweetened iced tea

Dinner 7

Brown Rice and Beans - 750 cals

1 ¼ cup brown rice 256 cals
1 cup black beans 240 cals
¾ cup stewed tomatoes 45 cals
2 oz red pepper 19 cals
½ cup corn 66 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 - 767 cal

6 oz salmon 280 cal

1 ½ cup brown rice 308 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