

Quick and Healthy Dinner Ideas



Dinner ideas include all food groups and are under 500 calories:

Option 1

- 4 oz. roast beef
- ½ cup potatoes
- 1 whole-wheat roll
- steamed carrots and cauliflower
- tossed salad with 2 tablespoons reduced-fat salad dressing
- 1 cup melon cubes

Option 3

- 4 oz. boneless, skinless chicken breast
- 2/3 cup cooked pasta with mushrooms, zucchini, pepper, 1 teaspoon olive oil
- green salad with 2 tablespoons reduced-fat salad dressing
- 17 small grapes

Option 5

- bean salad with ¼ cup grated low-fat cheese, ½ cup beans, tomato, onion, carrots, lettuce, cucumbers, 2 tablespoons reduced-fat ranch dressing and salsa
- 15 low-fat whole-grain crackers
- 1 medium banana

Option 2

- 4 oz. broiled fish
- 8-inch corn on cob or 1 cup whole kernel corn
- steamed broccoli
- 1 teaspoon butter for seasoning vegetables
- tossed salad with 2 tablespoons reduced-fat salad dressing
- nectarine

Option 4

- grilled chicken Caesar salad: romaine lettuce, 2 oz. boneless skinless chicken breast, mushrooms, peppers, 1 tablespoon Caesar dressing, ½ cup croutons, 1 tablespoon grated Parmesan cheese
- 1 cup low-sodium chicken noodle soup with 6 low-sodium saltine or 24 oyster crackers
- small pear

Option 6

- cheeseburger: 3 oz. lean ground beef, 1 slice low-fat cheese, 1 hamburger bun, onion, lettuce, tomato, 1 teaspoon mayonnaise, mustard
- green beans with 1 teaspoon margarine
- large kiwi fruit