

EAT WELL

Seven Low-Calorie Dinner Meals

Simple, colorful meals for a healthier evening routine

YOUR 7-DAY DINNER GUIDE

- Lean protein in every meal
- Plenty of colorful vegetables
- Whole grains and smart portions
- Approximately 320-400 calories



Calorie counts are approximate and may vary by portion size, preparation and ingredient brands.

Grilled Lemon Herb Chicken

with Broccoli, Carrots & Quinoa

390 CALORIES



WHAT YOU'LL NEED

- 4 oz chicken breast
- Broccoli and carrots
- 1/2 cup cooked quinoa
- Lemon, garlic and fresh herbs

MAKE IT

- 1 Season the chicken with lemon, garlic and herbs.
- 2 Grill until fully cooked; steam the broccoli and carrots.
- 3 Serve with warm quinoa and an extra squeeze of lemon.

SMART FLAVOR TIP

Build flavor with lemon, garlic, herbs and salt-free spices instead of extra salt.

Serving suggestion based on the source meal description. Cook proteins to a safe internal temperature.

Baked Salmon & Asparagus

with Sweet Potato

400 CALORIES



WHAT YOU'LL NEED

- 4 oz salmon fillet
- Roasted asparagus
- 1/2 small sweet potato
- Lemon, pepper and herbs

MAKE IT

- 1 Heat oven to 400 F. Season salmon and vegetables.
- 2 Bake salmon until it flakes easily; roast asparagus and sweet potato until tender.
- 3 Plate together and finish with fresh lemon.

SMART FLAVOR TIP

Build flavor with lemon, garlic, herbs and salt-free spices instead of extra salt.

Serving suggestion based on the source meal description. Cook proteins to a safe internal temperature.

Turkey & Vegetable Stir-Fry

over Brown Rice

370 CALORIES



WHAT YOU'LL NEED

- Lean ground turkey
- Broccoli and bell peppers
- Mushrooms, onion and garlic
- 1/2 cup cooked brown rice

MAKE IT

- 1 Brown the turkey in a nonstick skillet.
- 2 Add vegetables and garlic; saute until crisp-tender.
- 3 Serve over brown rice and season with salt-free spices.

SMART FLAVOR TIP

Build flavor with lemon, garlic, herbs and salt-free spices instead of extra salt.

Serving suggestion based on the source meal description. Cook proteins to a safe internal temperature.

Shrimp & Zucchini Noodles

with Tomatoes & Spinach

320 CALORIES



WHAT YOU'LL NEED

- Shrimp
- Zucchini noodles
- Cherry tomatoes and spinach
- Garlic, lemon and herbs

MAKE IT

- 1 Saute garlic and shrimp until the shrimp turn opaque.
- 2 Add tomatoes, spinach and zucchini noodles.
- 3 Cook briefly until just tender; finish with lemon.

SMART FLAVOR TIP

Build flavor with lemon, garlic, herbs and salt-free spices instead of extra salt.

Serving suggestion based on the source meal description. Cook proteins to a safe internal temperature.

Grilled Chicken Salad

with Avocado & Lemon Dressing

350 CALORIES



WHAT YOU'LL NEED

- Grilled chicken breast
- Mixed greens and cucumber
- Tomatoes, carrots and avocado
- Light olive oil-lemon dressing

MAKE IT

- 1 Arrange greens and vegetables in a large bowl.
- 2 Slice the grilled chicken and place it over the salad.
- 3 Drizzle lightly with olive oil-lemon dressing and toss.

SMART FLAVOR TIP

Build flavor with lemon, garlic, herbs and salt-free spices instead of extra salt.

Serving suggestion based on the source meal description. Cook proteins to a safe internal temperature.

Turkey-Stuffed Bell Pepper

with Cauliflower Rice

340 CALORIES



WHAT YOU'LL NEED

- 1 bell pepper
- Lean ground turkey
- Cauliflower rice
- No-salt-added tomatoes, onion and herbs

MAKE IT

- 1 Heat oven to 375 F and halve or hollow the pepper.
- 2 Cook turkey with onion; stir in cauliflower rice, tomatoes and herbs.
- 3 Fill the pepper and bake until tender and heated through.

SMART FLAVOR TIP

Build flavor with lemon, garlic, herbs and salt-free spices instead of extra salt.

Serving suggestion based on the source meal description. Cook proteins to a safe internal temperature.

Baked Cod

with Roasted Brussels Sprouts & Cauliflower

330 CALORIES



WHAT YOU'LL NEED

- 4 oz cod fillet
- Brussels sprouts
- Cauliflower florets
- Lemon, garlic and herbs

MAKE IT

- 1 Heat oven to 400 F. Season cod and vegetables.
- 2 Roast vegetables until browned and tender.
- 3 Bake cod until it flakes easily; serve with lemon.

SMART FLAVOR TIP

Build flavor with lemon, garlic, herbs and salt-free spices instead of extra salt.

Serving suggestion based on the source meal description. Cook proteins to a safe internal temperature.

Smart Dinner Habits

A few simple choices can make a healthy dinner easier, more flavorful and more satisfying.

1

Choose fresh herbs, garlic, lemon juice, vinegar and spices instead of salt for flavor.

2

Fill at least half your plate with non-starchy vegetables.

3

Bake, grill, steam or roast foods instead of frying.

4

Select lean proteins such as chicken breast, fish, shrimp, turkey, tofu or beans.

5

Use healthy fats sparingly, such as 1-2 teaspoons of olive oil.

BALANCED. COLORFUL. SATISFYING.

These dinners combine lean protein, fiber and nutrient-rich vegetables to support healthy weight management and heart health.