

Dinner Menus

How to Use Our Menus

Mix and match the menu ideas in this guide to create a meal plan that suits you and your lifestyle. Pick between various **600 calorie** meals for your dinner!

Tip: Don't like all the products in our menu ideas? Click on the **product images** for product alternatives in the same food category!

600 calorie recipes

- Crunchy Turkey Tacos
- Hearty Veggie Quinoa Bowl
- Crispy Fish & Chips
- Grilled Chicken Fajita Salad
- Roasted Tomato Spaghetti
- Turkey & Mozzarella Melt



Dinner - 600 cal

Crunchy Turkey Tacos



Ingredients	Calories Per Serving	Protein Per Serving
4 oz Jenny-O Turkey Breast	120	28
2 Ortega Whole Grain Taco Shells	120	2
1 McCormick 30% less Salt Taco Seasoning Mix	15	0
1 mini cup Wholly Guacamole	120	1
1/3 cup Kroger Reduced Fat Mexican Style Cheese	135	9
1 cup Bird's Eye Steamfresh Cauliflower Rice	30	1
1.25 cup Strawberries	60	0
Picante Sauce	0	0
Chopped Lettuce/Tomato	0	0
Total:	600	41

Directions :

1. Cook and season ground turkey.
2. Chop lettuce and tomato.
3. Steam Cauliflower Rice according to package instructions.
4. Assemble two tacos shells with ground turkey, guacamole, cheese, lettuce/tomatos. Add picante sauce to taste.
5. Enjoy!

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Dinner - 600 cal

Hearty Veggie Quinoa Bowl



Ingredients	Calories Per Serving	Protein Per Serving
1 cup Success Boil-in-Bag Quinoa	300	11
2/3 cup or 1/2 pkg Green Giant Simply Steam Mixed Veggies	50	2
1/2 cup Westbrae Chick Peas	110	6
1/2 cup Athenos Crumbles Reduced Fat Feta	50	5
1/2 cup Salsa	15	0
1 Dannon Oikos Triple Zero	90	15
Total:	615	39

Directions :

1. Cook quinoa according to package instructions.
2. Drain and rinse chickpeas and pat dry.
3. Steam Mixed Veggies according to package instructions.
4. Add cooked quinoa, mixed veggies, chickpeas, and feta cheese to bowl.
Add Salsa to taste.
5. Enjoy!



Dinner - 600 cal

Crispy Fish & Chips



Ingredients	Calories Per Serving	Protein Per Serving
4 Gorton's Fish Sticks	230	10
1 cup Alexia's Waffle Cut Sweet Potato Fries	130	2
1 cup Dole Avocado Ranch Salad Kit	120	3
1 cup Fairlife 2% Milk	120	13
Total:	600	28

Directions :

1. Bake fishsticks according to package instructions.
2. Bake sweet potato fries according to package instructions.
3. Assemble salad kit.
4. Serve with glass of milk.
5. Enjoy!



Dinner - 600 cal

Grilled Chicken Fajita Salad



Ingredients	Calories Per Serving	Protein Per Serving
2 cups Dole Very Veggie Salad Mix	25	1
4 oz John Soules Chicken Fajitas	150	25
1/2 cup Black Beans	110	7
1/2 of Avocado	160	0
1/4 cup Reduced Fat Mexican Style Cheese	80	7
1/4 cup Clints Salsa	10	0
12 Tostito's Baked Corn Chip	120	2
Total:	655	42

Directions :

1. Prepare chicken according to package instructions.
2. In a bowl, mix the Dole Very Veggie Salad Mix, chicken, black beans, avocado, cheese.
3. Add in the Salsa and chips or serve on the side.
4. Enjoy!



Dinner - 600 cal

Roasted Tomato Spaghetti



Ingredients	Calories Per Serving	Protein Per Serving
4 oz 93/7 Ground Beef	200	22
1/2 cup Classico Fire Roasted Tomato & Garlic Pasta Sauce	50	0
1 cup Barilla Whole Grain Spaghetti	180	8
1/2 cup Dole Classic Caesar Salad Kit	140	2
1 cup Dole No Sugar Added Pineapple Tidbits	40	0
Total:	610	32

Directions :

1. Cook the pasta according to the package instructions.
2. Season and cook the ground beef.
3. Add the pasta sauce to the ground beef once it has cooked.
4. Prepare the salad kit.
5. Grab a Dole No Sugar Added Pineapple Tidbits.
6. Enjoy!



Dinner - 600 cal

Turkey & Mozzarella Melt



Ingredients	Calories Per Serving	Protein Per Serving
1 patty Turkey Burger	150	20
1 slice of Mozzarella Cheese	50	5
1 Whole Wheat Bun	130	6
1 Tbsp Kraft Olive Oil Mayo	40	0
1/4 of Avocado	90	0
Lettuce or Tomato	-	0
18 Baby Carrots	70	0
2 Tbsp Sabra Classic Hummus	70	2
1 Container No Sugar Added Applesauce Cup	50	0
Total:	650	33

Directions :

1. Cook the Turkey Burger according to product instructions.
2. Prepare the toppings by slicing the tomato, avocado, and lettuce
3. Grab a whole wheat bun and spread the olive oil mayo onto the bun.
4. Serve with carrots, hummus, and a No Sugar Added Applesauce cup.
5. Enjoy!

