

95+ Healthy Dinner Meal Ideas

Classic Meal Ideas

- Shephard's Pie (try cauliflower or sweet potato topping)
- Pot Pie
- Meatloaf
- Pork chops
- Pan baked bell pepper, sausage, and potato
- Fish (salmon, cod, etc) and sides
- Kabobs
- Meatballs with rice or noodles (try whole wheat noodles)
- Sloppy Joes (try on sweet potato)
- Hot dogs or brats (put on sweet potato buns)
- Burgers (try on lettuce wraps)
- Steak and sides
- Grilled chicken breasts (marinade in Italian dressing, Ranch, or Dijon mustard)
- Roasted whole chicken or turkey
- Ribs and sides
- Pork Loin and sides
- Grilled or boiled shrimp and sides
- Chicken and rice casserole

Mexican Food

- Tacos (use lettuce wraps, stuffed peppers or zucchini boats)
- Tostadas
- Fajitas (try lettuce wraps)
- Nachos (try sweet potato chips)
- Enchiladas (try zucchini enchilada boats)
- Burritos
- Taquitos
- Taco soup
- Stuffed peppers
- Black bean and rice bowls
- Quesadillas

Italian Food

- Manicotti
- Spaghetti and meatballs (try spaghetti squash noodles)
- Lasagna with veggie sides
- Lasagna rolls (try zucchini instead of noodles)
- Homemade pizza (load it with veggies)

- Chicken parmesan (use whole wheat noodles)
- [Garlicky shrimp zucchini pasta](#)
- Chicken alfredo (try zucchini noodles)

Soups

- [Butternut squash soup](#) (our all-time favorite)
- Chicken noodle soup (you can take out the noodles!)
- Tomato soup
- Potato soup
- Taco soup
- Carrot soup
- Sweet potato soup
- White chicken chili
- Chili
- Minestrone soup
- Corn chowder
- Stew
- Chicken tortilla soup
- Broccoli cheddar soup
- [Chicken potato soup](#)

Salads & Sandwiches

- Cobb salad
- Panini (on whole wheat bread)
- BLT (try lettuce wraps)
- BBQ chicken salad
- Taco salad
- Grilled cheese sandwiches
- Meatball subs (use whole wheat buns)
- Our FAVORITE [spinach strawberry salad](#)
- French dip sandwiches (on whole wheat buns)
- Philly Sandwiches (on whole wheat buns)
- Chicken salad sandwiches
- Egg salad sandwiches
- Pulled pork sandwiches

Related Post: [11 Delicious Green Salad Recipes](#)

Crockpot ideas

- Chili
- Honey sesame chicken
- Pulled pork
- Beef and broccoli

- Pot roast
- Chicken tortilla soup
- Salsa chicken (chicken breast with broth, salsa, & taco seasoning - great Mexican food filling!)
- Fajitas
- Whole chicken in the crockpot
- Chicken potato soup (pictured above)

Vegetarian Dinners

- Taco soup/black bean chili without the meat
- Spaghetti (use zucchini noodles)
- Asian fried rice (try cauliflower rice)
- Quesadillas (use whole wheat tortillas)
- Homemade pizza without the meat (try whole wheat pita bread for a SUPER fast version!)
- Soup (pick from above!) and salad
- Rainbow stew (Read [this book FIRST](#) with the kids and make it a fun family project!)
- Vegetarian lasagna
- Pesto noodles
- Homemade mac & cheese with peas
- Rice and beans
- Loaded baked or sweet potatoes (without meat)

Use What You've Got

- Loaded baked or sweet potatoes
- Chili
- Skillet hash or stir-fry (add sauce or pesto to spice it up!)
- Soups – throw in leftover veggies!
- Salads - throw in what you have in the fridge!

Shake it up

- Snacky Dinner (veggies and dip, popcorn, fruit, cheese, meat, and crackers)
- Breakfast for dinner
- Grilled/baked foil packets (like you're camping!)
- Homemade chicken nuggets