## Meals for Dinner

### American Food

- Shephard’s Pie
- 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
- Burgers (try on lettuce wraps)
- Steak and sides
- Baked ham
- Grilled chicken breasts
- Roasted whole chicken or turkey
- Ribs and sides
- Pork Loin and sides
- Grilled or boiled shrimp and sides
- Chicken and rice casserole

### Italian Food

- Manicotti
- Spaghetti and meatballs (try spaghetti squash noodles)
- Lasagna
- Baked ravioli
- Tortellini
- Homemade mac and cheese
- Lasagna rolls (try zucchini)
- Homemade pizza (load it with veggies)
- Chicken parmesan
- Beef stroganoff
- Garlicky shrimp zucchini pasta
- Chicken fettuccini Alfredo (try zucchini noodles)
- Tuna casserole

### Soups/Salads/Sandwiches

- Butternut squash soup
- Chicken noodle soup
- Tomato soup
- Potato soup
- Taco soup or chicken tortilla soup
- Sweet potato or carrot soup
- White chicken chili
- Chili
- Minestrone soup
- Corn chowder
- Stew
- Broccoli cheddar soup
- Cobb salad
- Paninis
- BLTs (try lettuce wraps)
- BBQ chicken salad
- Taco salad
- Grilled cheese sandwiches
- Meatball subs (use whole wheat buns)
- Spinach strawberry salad
- French dip or philly sandwiches
- Chicken salad sandwiches
- Greek gyros
- Egg salad sandwiches
- Wraps of any kind

### 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
Meals FOR DINNER

CROCKPOT DINNERS
- 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
- Pork chops

SIDES
- Roasted veggies
- Mashed potatoes
- Baked potatoes or sweet potatoes
- Sautéed spinach (we love it with raisins and walnuts)
- Steamed broccoli
- Glazed carrots
- Sautéed green beans
- Zucchini or squash noodles
- Salad
- Baked brussel sprouts
- Cauliflower mash
- Peas
- Rice
- French fries
- Fruit

TO USE LEFTOVERS OR MIX IT UP
- Loaded baked or sweet potatoes
- Chili
- Skillet hash or stirfry (add sauce or pesto to spice it up!)
- Soups
- Salads – throw in what you have!
- Omelets
- Snacky Dinner (veggies and dip, popcorn, fruit, cheese and crackers)
- Breakfast for dinner (eggs, french toast, pancakes, sausage, quiche)
- Grilled/baked foil packets (like you’re camping!)
- Homemade or store-bought chicken nuggets

VEGETARIAN OPTIONS
- Taco soup/chili without the meat
- Spaghetti (use zucchini noodles)
- Asian fried rice (try cauliflower rice)
- Quesadillas
- Homemade pizza without the meat
- Soup and salad
- Canned fish, mayo, and crackers
- Vegetarian lasagna
- Bean and veggie burritos
- Omelets
- Pesto noodles
- Homemade mac & cheese with veggies
- Crab cakes
- Rice and beans
- Loaded baked or sweet potatoes