

Meals FOR DINNER

AMERICAN FOOD

Shepherd'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

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
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

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

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

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