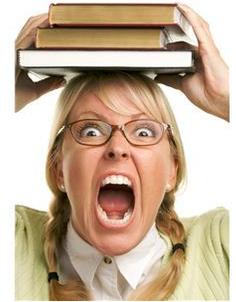


# Simple Dinner Ideas

## What's For Dinner?

Whatever sounds good? Whatever I can find? Who knows?

Those answers sound like you don't have a plan. Plan ahead so that you save time and money. Pick out 3-4 meals each week and shop specifically for those meals. Don't wait until the last minute to figure out what you're going to eat; waiting will make you a CRAZY hungry person who relies on fast food all the time!



## Fast Skillet Meals: Mix it all up in a skillet for a super-fast meal

- Mexican skillet dinner: ground hamburger, salsa, Mexican spice blend, cooked brown rice, and shredded cheese
- Tacos: ground skinless chicken and black beans sautéed with salsa as the filling, top soft or hard tacos with Greek yogurt, shredded cheese, salsa and diced green onions
- Stir fry: diced skinless chicken or frozen shrimp, canola oil, minced garlic, a bag of frozen Asian veggies and teriyaki sauce or soy sauce; serve with cooked brown rice
  - Add ginger, powder or fresh
  - Add a splash of orange juice or a scoop of orange juice concentrate
  - Mix soy sauce with corn starch to make a thick sauce

## Enhanced Frozen Foods

- Frozen pizza with a bagged salad
- Frozen pre-cooked chicken strips with a vacuum sealed pouch of precooked brown rice, quinoa or kasha (get from Trader Joe's or Sunflower) and a bag of frozen mixed vegetables
- Frozen burrito with salsa and sautéed zucchini and bell pepper strips (or a salad)

## Get a Grill (or an oven would work too)

- Shish Kebobs (meat/chicken and vegetables, marinated in lemon juice, olive oil, and garlic), served over brown rice
- Cover skinless chicken breasts with barbecue sauce, grill and serve with frozen green peas and a sweet potato "baked" in the microwave
- Grilled pork chops with apple sauce, cooked frozen or fresh carrots and frozen oven fries (or make your own by cubing white or sweet potato, toss with olive oil and bake at 450 until soft)
- Chicken, turkey or salmon burger grilled and served with fresh or frozen corn on the cob, coleslaw (from a bag) and watermelon

## Chicken of the Sea (canned light tuna and canned wild salmon)

- Tuna or salmon mixed with white beans, olive oil, minced garlic, and Italian spice blend on top of salad greens with 100% whole grain crackers
- Tuna or salmon mixed into cooked quinoa or brown rice pilaf made with diced celery and carrots, almonds, raisins and olive oil
- Tuna or salmon salad made with mayonnaise, mustard, diced celery and walnuts and served on top of salad greens with 100% whole grain crackers

## Balanced Pasta and Potato Meals

- 100% whole wheat rotini, diced chicken sausage, frozen veggies, olive oil and minced garlic (throw veggies into the boiling water for 3 minutes; use jarred minced garlic)
- Small shell pasta tossed with canned lentils, jarred tomato sauce, frozen spinach and minced garlic
- Loaded potato: "bake" a potato in the microwave, top with cottage cheese and broccoli, or tuna, olive oil and oregano, or cheese, salsa and Greek yogurt; serve with a salad

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## Soups and Stews

- A carton of chicken broth, a bag of frozen bell pepper strips, a can of black beans, a jar of salsa and your favorite spice blend
- In the Crock Pot place diced chicken, a bag of frozen broccoli, a can of white beans and a can of diced tomatoes; cover with vegetable or chicken broth

## Fancy Salads

- Spinach with toasted almonds or sunflower seeds, fresh or frozen strawberries, canned wild salmon and raspberry vinaigrette
- Mixed greens with diced cooked chicken (leftovers or canned) with orange segments, pumpkin seeds, cucumber slices and honey mustard dressing
- Romaine lettuce with canned black beans, salsa, shredded cheese, olives, avocado and tortilla chips
- Mixed greens with sliced deli turkey, a hardboiled egg, avocado and ranch dressing with 100% whole grain crackers

