

What Do I Make For Dinner?

There are so many delicious and nutritious meal options to enjoy! These ideas may inspire you to try something new, find a similar meal, or customize it to fit your preferences. Start with a quality protein source, then mix and match your favorite sides for endless variety. Or, if you have tried-and-true favorites, stick with what you love! The key is finding meals that nourish your body and make you feel great while keeping things simple and enjoyable.

Chicken & Turkey:

- Grilled Lemon Herb Chicken with Roasted Vegetables – Served with olive oil and a side of cauliflower mash.
- Turkey and Avocado Lettuce Wraps – With tomatoes, cucumbers, and vinaigrette.
- Chicken and Vegetable Stir-Fry – Made with coconut aminos, ginger, and served over cauliflower rice.
- Baked Garlic Herb Chicken Thighs – Paired with steamed green beans and mashed sweet potatoes.
- Buffalo Chicken Salad – Shredded chicken tossed with avocado, lettuce, cucumbers, and a homemade ranch dressing.

Beef:

- Grass-Fed Beef and Roasted Brussels Sprouts – Served with a side of roasted carrots.
- Lettuce-Wrapped Burger – With avocado, caramelized onions, and a side of baked sweet potato fries.
- Steak and Grilled Asparagus – With a chimichurri sauce.
- Beef and Cauliflower Rice Stuffed Peppers – With diced tomatoes and Italian herbs.
- Ground Beef and Zucchini Noodles (Zoodles) Bolognese – Made with a homemade tomato sauce.

A little preparation goes a long way—spend just a few minutes planning, and you'll stay on track all week, no matter what life throws your way.

Seafood:

- Grilled Salmon with Avocado Salsa – Served with a side of roasted broccoli.
- Shrimp and Spinach Stir-Fry – With garlic, coconut aminos, and bell peppers.
- Baked Cod with Lemon and Dill – Paired with roasted zucchini and quinoa (optional).
- Tuna and Avocado Salad – With mixed greens, cucumbers, and a balsamic dressing.
- Coconut-Crusted Tilapia – Served with a side of mango salsa and roasted green beans.



More Dinner Ideas

Plant-Based:

- Chia Seed Pudding with Berries and Almond Butter – Sweetened with a touch of honey or cinnamon.
- Lentil and Vegetable Soup – With carrots, celery, and garlic.
- Quinoa and Black Bean Stuffed Peppers – Topped with avocado and fresh herbs.
- Cashew and Spinach Pesto Zoodles – With roasted cherry tomatoes.
- Roasted Chickpea and Kale Salad – Tossed in olive oil and lemon dressing.

Egg-Based:

- Vegetable Omelet with Avocado – Made with spinach, mushrooms, and bell peppers.
- Hard-Boiled Eggs with Nuts and Fresh Fruit – For a quick, balanced meal.
- Scrambled Eggs with Turkey Sausage and Sautéed Kale – A hearty and nutrient- dense breakfast.
- Poached Eggs Over Sweet Potato Hash – With onions and bell peppers.
- Egg Muffins with Spinach and Bell Peppers – Baked for a grab-and-go meal.

Healthy Snacks:

- Homemade Trail Mix – With almonds, walnuts, dried fruit, and cacao nibs.
- Hummus with Fresh Vegetables – Carrots, cucumber, and bell peppers.
- Avocado Slices with Hemp Seeds and Lemon – A simple, nutrient-packed snack.
- Coconut Yogurt with Berries and Flaxseeds – Dairy-free and packed with fiber.
- Nut Butter and Apple Slices – A great balance of protein and healthy fats.

Quick Start Guide

- Pick three meals you might like
- Add a few grab-and-go options from the healthy snack list so you can be prepared in case you don't have time to cook
- Make a quick grocery list
- Order the items online for pickup or delivery
- If you're doing the shopping, eat before you go to the store.

