



Main Dinner Ideas

From Full Armor Fitness

1. Simple Organization

Don't feel like you need to do something NEW every week! Rotate through a generic schedule, even if for one month so there is less thinking about what to prepare and make.

Crockpot Mondays, Taco Tuesdays, Whatever Wednesdays, Leftover Thursdays, Out to eat Fridays, Order-in Saturdays, Family Meal Sundays

Craving Something Specific? Mexican, Italian, American, Greek, French, Asian, etc. Sometimes this can immediately trigger a certain foods you can whip up, or dial for.

2. Decide what type of night it will be.

<u>Make Your Own</u> Potato bar Tacos Salad	<u>Outside</u> Grill Picnic Open fire	<u>Got Time to Prepare</u> Crock pot Bake night prior
<u>Breakfast For Dinner</u> Scrambled eggs Omelets Breakfast casserole	<u>Take Turns Making Dinner</u> Kids make dinner Spouse makes dinner Family makes dinner	<u>Got No Time to Prep</u> Crock pot Store bought prep items

3. Write It Down

Simply write down what a simple week could look like for your dinners, then KEEP that paper and use it next week or the week after. After two-three weeks of keeping your meals, you have yourself a plan that works for you and your family.

On the next page you will find a list of healthier go-to dinner options. These are the choices I use the most, and they are relatively easy, quick, and healthy. There isn't grilled cheese or mac-and-cheese...in fact there isn't too much cheese at all. You can always add whatever you and your family chooses to make it work for you.

4. Dinner Ideas - Once you master the recipes, reference this chart for quick meal ideas!

<p><u>On The Grill</u> Burgers Hotdogs Sausage Links Shish-k-bobs Chicken Tofu Fish Pork chops Pork tenderloin Steaks Beef Vegetables</p> <p><u>Take the Meat & Make:</u> Sliders Tacos Enchiladas Quesadillas Cold wraps Sandwiches Fajitas</p> <p><u>Stove Top & Skillet</u> Saute Shrimp Boiled Shrimp Rice, beans, sausage Red beans & rice Spaghetti - beef Spaghetti - chicken Jambalaya Seasoned rice Rice pilaf</p>	<p><u>Sandwiches & Wraps</u> Any type of wraps Chicken wraps Bacon Lettuce Tomato Sloppy Joes Reubens Chicken salad Tuna salad Chicken-strip wraps</p> <p><u>Use:</u> Bread Pita Flat bread Wrap</p> <p><u>Salads</u> Taco salad Fruit salad Egg salad Tuna salad Spinach salad</p> <p><u>Soups (stove or crock pot)</u> Black bean soup Split pea & ham soup Vegetable Potato Soup Beef stew Taco soup chicken noodle Chicken and Dumplings Goulash</p>	<p><u>Crockpot Meals</u> Pulled Chicken Pulled Beef Roast & vegies Spaghetti & Meatballs Meatball subs Spaghetti sauce Chili Chili dogs Lasagna Chicken Enchilada Italian pot roast Santa Fe Chicken Salsa Chicken Chicken Fajitas</p> <p><u>Baked (night prior?)</u> Chicken: with dressing Chicken: with seasonings Tilapia Salmon Flank steak Chicken strips Pepper steak Meatloaf Teriyaki Grilled Chicken Baked Ham Pot roast Baked coconut shrimp Chicken parmesan Spaghetti Mexican Lasagna Chicken & pasta Stuffed shells Veggie pizza Beef enchiladas Chicken enchiladas Fish enchiladas Chicken curry Chicken, ginger, honey Chicken & wild rice</p>
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