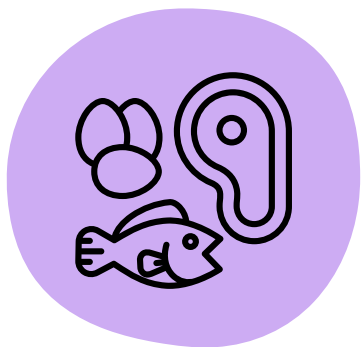




LAZY GIRL'S GUIDE TO EASY HEALTHY DINNERS



1

PROTEIN (Pick 1)



2

VEGGIE (Pick 1+)



3

BASE (Pick 1)



4

SAUCE (Pick 1)

Grilled chicken breast
(3 oz)

Ground turkey
(3 oz)

Baked cod or tilapia
(3 oz)

Hard-boiled eggs
(2)

Cottage cheese
(Low-fat - 1/2 cup)

Tofu
(3 oz)

Black beans
(1/2 cup)

Shrimp
(3 oz)

Steamed broccoli
(1 cup)

Sautéed spinach
(1 cup)

Brussels sprouts
(1 cup)

Grilled zucchini
(1 cup)

Cauliflower rice
(1 cup)

Edamame
(1/2 cup shelled)

Mixed greens salad
(2 cups)

Sliced cucumber
(1 cup)

Sweet potato
(1/2 cup, mashed)

Quinoa
(1/2 cup cooked)

Brown rice
(1/2 cup cooked)

Cauliflower rice
(1 cup)

Whole wheat pita
(1/2)

Butternut squash
(1/2 cup roasted)

Spaghetti squash
(1 cup cooked)

Sredded cabbage
(1 cup, sautéed)

Salsa
(2 tbsp)

Low-fat Greek yogurt
(2 tbsp)

Chimichurri sauce
(2 tbsp)

Hot sauce
(1 tbsp)

Soy sauce
(1 tbsp low sodium)

BBQ sauce
(2 tbsp)

Marinara sauce
(1/2 cup)

Tzatziki sauce
(2 tbsp)

LAZY DINNER COMBOS TO STEAL:

Ground turkey + spaghetti squash + marinara sauce + side salad

Baked cod + roasted butternut squash + cucumber + tzatziki

Black beans + quinoa + mixed greens + salsa + Greek yogurt

Cottage cheese bowl: sweet potato mash + brussels + BBQ drizzle

Shrimp + edamame + brown rice + soy + cucumber (poke bowl vibes)

Tofu stir-fry: tofu + broccoli + cabbage + soy sauce on quinoa