



# LIST OF DINNER IDEAS

- Spaghetti with marinara sauce & a side salad
- Grilled cheese sandwiches and tomato soup
- Baked chicken breasts with roasted vegetables
- Stir-fried vegetables and tofu with soy sauce
- One-pan baked salmon with lemon and herbs, served with rice
- Veggie omelet with a side of whole wheat toast
- Quesadillas filled with cheese, black beans, and corn
- Grilled chicken Caesar salad with homemade dressing
- Homemade pizza with your favorite toppings
- Lemon garlic shrimp served over pasta
- Creamy mushroom risotto
- Vegetable curry served with naan bread
- Pesto pasta with cherry tomatoes and pine nuts
- Beef or chicken kabobs with grilled vegetables



# EASY TO PREPARE INDIAN DINNER IDEAS

- **Dal Tadka**
- **Aloo Gobi**
- **Palak Paneer**
- **Chole (Chickpea Curry)**
- **Baingan Bharta**
- **Aloo Matar**
- **Pulao**
- **Poha**
- **Paneer Butter Masala**
- **Dahi Baingan**
- **Gajar Matar Aloo Sabzi**
- **Roti ki churi**
- **Masala Omelette**
- **Chickpea Salad**
- **Bread Upma**
- **Besan Chilla**
- **Tomato Rasam**
- **Bread Pizza**
- **Boiled Egg Curry**
- **Cucumber Raita**
- **Vegetable Upma**
- **Veggie Stir-Fry**
- **Egg Bhurji**
- **Tadka Khichdi**



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# LIST OF LOW CARB DINNER IDEAS

- Grilled Lemon Herb Chicken with Steamed Broccoli
- Baked Salmon with Asparagus Spears
- Turkey Lettuce Wraps with Avocado and Salsa
- Eggplant Parmesan with Side Salad
- Spinach and Feta Stuffed Chicken Breasts
- Grilled Steak with Roasted Brussels Sprouts
- Cabbage and Ground Beef Stir-Fry with Ginger & Garlic
- Chicken Caesar Salad with Bacon & Parmesan Crisps
- Thai Peanut Chicken Lettuce Wraps with Cucumber Salad
- Grilled Pork Chops with Roasted Cauliflower
- Tofu Stir-Fry
- Caprese Salad