Dinner at Home

After a long day, you may not have the motivation to prepare a meal for dinner. Use our Fork Friendly selection of most nutrient-dense products to help you build a well-rounded meal that is easy to assemble.

Choose from our 400 calorie menus or customize them appeal to your taste buds! Click on product images to see more options in that food group.

TIP: Use the colors to understand which food group an item belongs to.

Carb	Non-starchy Veggie	Protein	Fat	Fruit

400 Calorie Dinner Menus:

- Grilled Chicken Wrap
- Creamy Alfredo & Chicken
- Crispy Fish ‘n Chips
- Sesame-Ginger Teriyaki Salmon
- Roasted Tomato & Garlic Spaghetti
- Hearty Beef Chili
- Smoky Sausage BBQ
- Fiery Veggie Quinoa

Grilled Chicken Wrap















Amount	Ingredients	Calories Per Serving	Carbs Per Serving
1 flatbread	Atoira Whole Grain & Flax Flatbread	100	19
3 oz	HEB Sliced Seasoned Grilled Chicken Breast	110	3
1/2 cup	Dole Fresh Spinach	5	0
1/4 cup	HEB Reduced Fat Monterey Jack	90	1
2 tbsp	Sabra Classic Hummus	70	4
1 bag	Brothers Strawberry Fruit Crisps	30	7
	Total:	**405**	**34**

Directions :

1. Prepare grilled chicken breast per package instructions.
2. Spread hummus and shredded cheese onto the flatbread.
3. Add spinach and chicken.
4. Assemble into a wrap. Serve with fruit crips. Enjoy!

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Creamy Alfredo & Chicken















Amount	Ingredients	Calories Per Serving	Carbs Per Serving
1/2 cup cooked	Banza Chickpea Pasta Penne	190	11
1.5 oz	HEB Meal Simple White Meat Shredded Chicken	60	11
1/4 cup	Low Fat Cottage Cheese	45	7
2 tsp	HEB Grated Parmesan Cheese	20	2
1 cup	HEB Mootopia 2% Milk	30	3
2/3 cup	Green Giant Simply Steam Antioxidant Blend	50	2
	Total:	**395**	**36**

Directions :

1. Boil water and cook the pasta noodles according to package directions. Drain and set aside.
2. Prepare vegetable blend according to package directions and set aside.
3. In a pan, stir in cottage cheese and parmesan cheese over medium heat, stirring constantly until smooth. Slowly add in milk.
4. Add chicken to sauce and mix. Combine with pasta.
5. Assemble plate of alfredo pasta and veggies. Enjoy!

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Crispy Fish 'n Chips











Amount	Ingredients	Calories Per Serving	Carbs Per Serving
3 pieces	Van de Kamp's Crunchy Fish Sticks	115	12
1 cup	Alexia Sweet Potato Waffle Cut Fries	130	20
1/2 cup	Green Giant Broccoli Cuts	15	3
3/4 cup	HEB Sesame Sweet Asian Salad Kit	120	11
2 tbsp	Kam's Kettle Cooked Sweet & Spicy Chili Sauce	20	4
	Total:	**400**	**50**

Directions :

1. Bake fish sticks according to the package.
2. Bake sweet potato fries according to the package. Flip halfway for even cooking and browning.
3. Microwave broccoli cuts according to the package.
4. Portion out 1 cup of the salad kit and the components.
5. Assemble your plate of fish sticks, fries, veggies, and dipping sauce. Enjoy!

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Sesame-Ginger Teriyaki Salmon













Amount	Ingredients	Calories Per Serving	Carbs Per Serving
1 fillet	Sea Cuisine Teriyaki Sesame Salmon	240	10
1/2 cup	Bird's Eye Steamfresh Edamame in the Pod	75	5
1 cup	HEB Organics Vegetable Medley	25	6
1/3 cup	Minute Ready to Serve Brown	73	14
1/3 cup	Raspberries	20	5
	Total:	**433**	**40**

Directions :

1. Bake salmon according to package directions.
2. Microwave the vegetables and rice according to package directions.
3. Rinse raspberries.
4. Assemble your plate of salmon, veggies, rice, and raspberries. Enjoy!

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Roasted Tomato & Garlic Spaghetti











Amount	Ingredients	Calories Per Serving	Carbs Per Serving
4 oz	HEB Lean Ground Beef 93/7	170	0
1/4 cup	Classico Fire Roasted Tomato & Garlic Pasta Sauce	25	5
1/2 cup, cooked	Barilla Whole Grain Spaghetti	90	20
1 cup	Dole Classic Caesar Salad Kit	87	5
1	Dole No Sugar Added Pineapple Tidbits cup	40	10
	Total:	**412**	**40**

Directions :

1. Cook the pasta in boiling water, according to the package instructions.
2. Season and cook the ground beef.
3. Add the pasta sauce and pasta with the ground beef and heat through.
4. Prepare a portion of the salad kit.
5. Grab a Dole No Sugar Added Pineapple Tidbits, as a side.
6. Assemble your plate. Enjoy!

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Hearty Beef Chili





Amount	Ingredients	Calories Per Serving	Carbs Per Serving
4 oz	Kroger Lean Ground beef 93/7	170	0
1/2 cup	Goya Low Sodium Kidney Beans	110	19
1/2 cup	Hunt's Diced Tomatoes, canned	30	6
1 tsp	Mrs Dash Chili Seasoning	12	2
1/4 cup	Kraft Fat Free Cheddar Cheese, Shredded	45	2
2 Tbsp	Daisy Light Sour Cream	30	1
	Total:	397	**30**

Directions :

1. Brown beef until cooked through.
2. In a saucepan, add cooked beef, rinsed and drained beans, diced tomatoes, and seasoning.
3. Cook until well combined and heated through.
4. Add cheese and sour cream. Enjoy!

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Smoky Sausage BBQ











Amount	Ingredients	Calories Per Serving	Carbs Per Serving
3 oz	Holmes Smokehouse Pork & Vennison	185	2
1 Tbsp	Meyer's Original BBQ Sauce	3	1
1/2 cup	Bush's Best Zero Sugar Added, Brown Sugar Baked Beans	110	26
1/2 cup	Delmonte Cut Green Beans, No salt added	30	3
1	Too Good Vanila Low Fat Greek Yogurt	90	4
	Total:	**418**	**36**

Directions :

1. Cook sausage. Add BBQ sauce.
2. Warm up baked beans and green beans.
3. Assemble your plate with a side of yogurt. Enjoy!

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Fiery Veggie Quinoa















Amount	Ingredients	Calories Per Serving	Carbs Per Serving
1/2 cup	Goya Organics White Quinoa, cooked	112	20
1/3 cup	Green Giant Simply Steam Mixed Veggies	30	6
1/3 cup	Goya Organic Chickpeas	73	13
1/4 cup	Athenas Crumbles Fat Free Feta Cheese	30	0
1/4	Avocado, sliced	80	4
2 tsp	Lola's Fine Original Hot Sauce	0	0
1	Dannon Oikos Triple Zero Vanilla cup	90	7
	Total:	**416**	**50**

Directions :

1. Cook quinoa according to package instructions.
2. Drain and rinse chickpeas and pat dry.
3. Cook Mixed Veggies according to package instructions.
4. Assemble cooked quinoa, mixed veggies, chickpeas, feta cheese, and avocado in bowl. Add hot sauce to taste. Enjoy!

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