

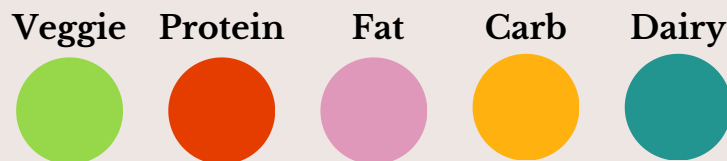


Dinner at Home

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. Find menus that appeal to your taste buds and stack ingredients based on your hunger levels or energy needs!



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



Dinner Menus:

- Ground Turkey Tacos
- Baked Chicken Breast and Sweet Potato
- Salmon & Quinoa Bowl
- Grilled Chicken Salad
- Turkey Burger
- Tuna Salad Sandwich
- Vegetable Stir Fry
- Vegan Sausage Spaghetti
- Basil Pesto Pasta
- Fish and Chips
- Shrimp & Vegetables



Ground Turkey Tacos

Light: 310/24
 Moderate: 410/25
 Complete: 685/39



Light Options!

Moderate options!

Complete options!

Calorie Options	Calories Per Serving	Carbs Per Serving	Ground Turkey Tacos
	120	0	4 oz. Jennie-O Ground Turkey Breast 99/1
	15	3	2 tsp McCormick Taco Seasoning
	120	16	2 shells Ortega Whole Grain Corn
	5	2	2 tbsp HEB Mild Pico de Gallo
300	50	3	1.5 Tbsp Wholly Guacamole
400	100	1	1/4 cup Kraft Mexican Style Shredded Cheese Blend
	60	0	Another 2 oz Jennie-O Ground Turkey Breast 99/1
	60	8	Another 1 shell Ortega Whole Grain Corn
	5	2	Another 2 tbsp Mild Pico De Gallo
	50	3	Another 1.5 Tbsp Wholly Guacamole
600	100	1	Another 1/4 cup Kraft Mexican Style Shredded Chese Blend
Total Carb		39	

Directions :

1. Heat skillet to medium-high heat and spray with Pam to prevent meat from sticking. Place the ground turkey breast on the skillet and lightly mash to crumble (around 14-16 mins).
2. Once crumbled and cooked, sprinkle taco seasoning over and stir until flavored.
3. Take a shell and sprinkle the desired amount of ground turkey on the bottom. Follow with some guacamole and pico de gallo.
4. Sprinkle shredded cheese blend on top and enjoy!



Baked Chicken Breast & Sweet Potato



Light: 326/28
Moderate: 466/36
Complete: 685/41



Calorie Options	Calories Per Serving	Carbs Per Serving	Baked Chicken Breast and Sweet Potato
	130	1	4 oz HEB Meal Simple Southwest Chicken Breast
	130	20	6 oz Baked Sweet Potato
	0	0	1 spray I can't Believe it's not Butter
	40	2	2 tbsp HEB Light Sour Cream
	1	0	1/8 cup cilantro, chopped
300	25	5	1/2 cup Green Beans, cooked
400	140	8	1 cup Taylor Farms Avocado Ranch Chopped Salad Kit
600	220	5	1 pc HEB Meal Simple Spicy Maryland Crab Cakes
Total Carb		41	

Directions :

1. Preheat oven to 375°F and cook chicken breast for about 18-20 mins, until cooked through.
2. On another pan, place sweet potato and pierce with a fork a few times. Bake at 425°F for about 20-25 mins or until soft inside when pierced.
3. In a pan, boil water over high heat and add in green beans. Once boiled, cover with a lid and cook for 3 minutes. Drain after and season to your taste.
4. Once the sweet potato is baked, slice the sweet potato down the middle about 3/4 the way through and open it up. Lightly fluff potato with a fork. Spray potato with I Can't Believe It's Not Butter pump for butter flavoring
5. Spread 2 tbsp of sour cream in the potato and then add chopped cilantro.
6. In a salad bowl, portion 1 cup of the Avocado Ranch salad kit and components and mix ingredients together. Store rest for later.
7. In an air fryer, cook the crab cake at 300°F for 12-14 mins.
8. Add chicken breast, sweet baked potato, green beans, and crab cake to the plate and salad on the side. Enjoy!



Salmon & Quinoa Bowl

Light: 300/16
 Moderate: 415/37
 Complete: 655/42



Calorie Options	Calories Per Serving	Carbs Per Serving	Salmon & Quinoa Bowl
	240	5	1 fillet Sea Cuisine Citrus Herb Salmon
300	60	11	1/4 cup Ancient Harvest Quinoa cooked
	30	4	1 cup Green Giants Steamed Broccoli
	25	6	1 tbsp Honey Garlic Marinade
400	60	11	Another 1/4 cup Ancient Harvest Quinoa cooked
600	240	5	Another fillet of Salmon
Total Carb		42	

Directions :

1. Cook the quinoa as instructed on the box and steam broccoli in the microwave or over a low-heat pan.
2. Preheat oven to 400°F and coat a pan with a light layer of cooking oil. Once heated, bake the Cirus Herb Salmon for about 20-25 minutes.
3. Prepare a bowl with the 1/4 cup of quinoa and place the steamed broccoli on one side.
4. Gently add the baked salmon to the other side and drizzle some honey garlic marinade on top. Enjoy!

Note: Sprinkle with green onions or cilantro for an extra touch of flavor!



Grilled Chicken Salad

Light: 345/13
 Moderate: 405/21
 Complete: 620/43



Calorie Options	Calories Per Serving	Carbs Per Serving	Grilled Chicken Salad
	225	9	1/2 packet Dole Chopped Caesar Salad Kit
	120	4	1 Filet Kroger Grilled & Glazed Chicken Breast
300	35	3	2 tbsp President Fat-Free Feta Crumbles
	25	5	1/2 Cup Cherry Tomatoes
400	90	4	1/4 Avocado
	35	3	Another 2 tbsp President Fat-Free Feta Crumbles
600	90	15	9 Blue Diamond Multi-Seed Crackers
Total Carb		43	

Directions :

1. Take a medium bowl and section out 1/2 of the salad kit and 1/2 of the dressing and components of the kit. Store the remaining half of the ingredients for later use. Or prepare the salad kit as directed and store remaining half.
2. Add the chicken breast to the salad and mix it up.
3. For more, add 2 tbsp of Feta crumbles and 1/2 cup of cherry tomatoes and 1/4 of the avocado, sliced and combine all.
4. Sprinkle more feta crumbles on top and add crackers on the side. Enjoy!

Turkey Burger

Light: 300/26
Moderate: 460/39
Complete: 650/55



Calorie Options	Calories Per Serving	Carbs Per Serving	Turkey Burger
	150	0	1 Applegate Organic Turkey Burger
	130	24	1 Whole Wheat Hamburger Bun
300	20	2	1 piece Lettuce Leaf & Sliced Tomato
	60	1	1/4 Tbsp Cajun Blast Garlic Butter BBQ Sauce
400	100	12	8 pieces, Birds Eye Brocoli tots
	90	4	1/4 Avocado
600	100	12	Another 8 pieces, Birds Eye Brocoli tots
Total Carb		55	

Directions :

1. Heat a skillet over medium heat and place the Applegate burger on the pan and cook until well-browned on each side.
2. Separate the whole wheat bun and place the lettuce leaf and sliced tomato on the base side while drizzling the BBQ sauce on the other.
3. Gently add the cooked patty and sliced avocado on the base side and place the top over.
4. Using an air fryer or oven, cook the broccoli tots at 400°F for 12-14 minutes or until browned as desired.
5. Add tots to plate and enjoy!



Tuna Salad Sandwich

Light: 370/24
 Moderate: 460/28
 Complete: 645/57



Calorie Options	Calories Per Serving	Carbs Per Serving	Tuna Salad Sandwich
	150	0	1 can Safe Catch Wild Albacore Tuna
	140	24	2 slices Dave's Killer Thin Sliced 21 Grain Bread
300	80	0	2 tbsp Kraft Avocado Oil Mayo
400	90	4	1/4 Avocado, sliced
	105	21	1 1/2 cup Green Giant Simply Steam Garden Vegetable Medley
600	80	8	Dannon Light & Fit Strawberry Greek Yogurt Cup
Total Carb		57	

Directions :

1. Place tuna into a bowl and blend in mayo.
2. Toast the bread slices and place tuna salad between 2 bread slices
3. Add sliced avocado to sandwich.
4. Cook garden vegetable medley as instructed on the packet and portion out on the plate.
5. Add the Greek yogurt cup on the side and enjoy!



Vegetable Stir Fry

Light: 375/32
 Moderate: 470/42
 Complete: 690/58



Calorie Options	Calories Per Serving	Carbs Per Serving	Vegetable Stir Fry
	30	5	1 cup Baby Broccoli Normandy Blend
	180	6	6 oz Extra Firm Tofu
	25	5	1/2 cup Mushrooms, cooked
	20	4	1/2 cup Green Giant Cauliflower Rice
	30	8	2 Tbsp Kikkoman Less Sodium Teriyaki
300	90	4	1/4 Avocado, on side
	70	4	2 Tbsp Sabri Classic Hummus
400	25	6	1/2 cup baby carrots
600	130	12	1 cup Dole Chopped Sesame Asian Salad Kit
	90	4	1/4 Avocado, on the side
Total Carb		58	

Directions :

1. Remove tofu from packaging and press to remove any extra water, Let it sit for about 10 minutes then cube it as desired,
2. Heat a skillet over medium heat and drizzle some sesame oil. Place tofu cubes in there and cook, rotating sides as each turns. a light brown.
3. Cook cauliflower rice in the microwave as the package instructs and place in the bowl.
4. In another skillet, drizzle some cooking oil and cook the Normandy Blend and mushrooms, until slightly browning and tender.
5. Place sautéed vegetables and tofu over the cauliflower rice and drizzle with soy sauce. Add some cubed avocado on top and sprinkle with sesame seeds if desired.
6. Portion out the hummus and baby carrots on the side and make the Sesame Asian Salad Kit as instructed on the package. Enjoy!



Vegan Sausage Spaghetti



Light: 350/39
 Moderate: 480/46
 Complete: 700/57



Calorie Options	Calories Per Serving	Carbs Per Serving	Vegan Sausage Spaghetti
	120	26	2/3 cup Barilla Whole Grain Spaghetti
	100	6	1/2 cup Rao's Homemade Marinara Sauce
300	130	7	1/2 link Tofurky Spinach Pesto Sausage, chopped
400	130	7	Another 1/2 link Tofurky Spinach Pesto Sausage, chopped
	40	0	4 tbsp Kroger Grated Parmesan
600	180	11	1 1/2 cups Dole Avocado Ranch Salad Kit
Total Carb		57	

Directions :

1. In a pot, cook pasta as directed. Once cooked, drain and let it sit.
2. Heat pan to medium-high heat and spray with light oil to prevent sausage from sticking. Place chopped Tofurky sausage in pan and cook until brown (approx. 5-7 mins). Pour Marinara sauce over tofurky sausage once cooked.
3. Add spaghetti to the pan and stir well.
4. Place pasta in a bowl and sprinkle parmesan over it.
5. In a salad bowl, portion out 1 1/2 cups of the Avocado Ranch salad kit and the components; mix to combine the salad and store the rest for later. Enjoy!



Basil Pesto Pasta

Light: 319/34
 Moderate: 459/36
 Complete: 724/60



Calorie Options	Calories Per Serving	Carbs Per Serving	Basil Pesto Pasta
	114	19	3/4 cup Banza Penne pasta, cooked
	80	2	1/8 cup HEB Vegan Pesto Sauce
	60	0	1/3 cup HEB Frozen Medium Cooked Shrimp
	13	3	1/2 cup Cherry Tomatoes
	25	5	1/2 cup spinach, cooked
	2	0	2 tbsp Basil, chopped
300	25	5	1/2 cup Zucchini, cooked
	60	0	Another 1/3 cup HEB Frozen Medium Cooked Shrimp
400	80	2	Another 1/8 cup HEB Vegan Pesto Sauce
	30	0	1 tbsp Kraft Grated Parmesan
	2	0	1 tbsp Basil, chopped
	20	3	2 cups Dole Italian Blend
	13	3	1/2 cup Cherry Tomatoes, halved
	35	3	2 tbsp Président Feta Fat Free Crumbles
600	35	4	2 tbsp New York Texas Toast Garlic Butter Croutons
	80	8	2 tbsp Kens Steak House Lite Raspberry Walnut Vinaigrette
	50	3	2 pcs HEB Meal Simple Spinach Mozzarella Mushroom Stuffed Bites
Total Carb		60	

Directions :

1. In a pot, cook pasta as directed. Once cooked, drain and let it sit.
 2. In another pot, bring the water to a boil and place the shrimp in. Allow shrimp to cook till it has curled and formed "C" shape (approx. 10 mins)
 3. In a skillet, sauté the spinach, and zucchini with seasonings of your choice until tender and lightly browned. Add in the pasta, shrimp, and pesto sauce over light heat and stir until combined.
 4. Place pasta in a bowl and sprinkle some basil and parmesan.
 5. In a salad bowl, combine Dole Italian blend, cherry tomatoes, croutons, and feta. Drizzle over dressing and mix.
 6. Preheat oven to 400°F and cook mushroom bites for 10-15 minutes, until tender and the top is goey.
- Enjoy!



Fish and Chips

Light: 305/43
 Moderate: 425/48
 Complete: 621/60



Calorie Options	Calories Per Serving	Carbs Per Serving	Fish and Chips
	115	11	3 Van de Kamp's Crunchy Fish Sticks
	130	20	1 cup HEB Alexia Sweet Potato Waffle Cut Fries
	40	8	4 tbsp Kam's Kettle Cooked Sweet & Spicy Chili Sauce
300	20	4	1 cup Green Giant Broccoli cuts
400	120	5	1 cup HEB Italian Chopped Salad Kit
	76	7	Another 2 Van de Kamp's Crunchy Fish Sticks
600	120	5	Another 1 cup HEB Italian Chopped Salad Kit
Total Carb		60	

Directions :

1. Place fish sticks on the rack and cook at 400°F for 8-10 mins till golden brown and crispy.
2. Place sweet potato waffle cut fries into the air fryer and cook at 360°F for 8-10 mins, shaking the basket halfway for even cooking and browning.
3. Microwave broccoli cuts as instructed on the packet
4. In a salad bowl, portion out 1 cup of the Italian Chopped salad kit and the components. Store the rest for later.
5. Add the fish sticks, sweet & spicy chili sauce, and broccoli cuts to your plate and the salad bowl as your side. Enjoy!.



Shrimp & Vegetables

Light: 352/37
 Moderate: 408/48
 Complete: 526/66



Calorie Options	Calories Per Serving	Carbs Per Serving	Shrimp & Vegetables
	220	20	3 pcs HEB Meal Simple Jumbo Coconut Shrimp
	30	5	1 cup Baby Broccoli Normandy Blend, cooked
	30	8	2 Tbsp Kikkoman Less Sodium Teriyaki
300	20	4	1/2 cup Green Giant Cauliflower Rice
	73	7	1 pc HEB Meal Simple Jumbo Coconut Shrimp
	20	2	Another 1/4 cup Green Giant Cauliflower Rice
400	15	2	3 Scallion chopped
	73	7	Another 1 pc HEB Meal Simple Jumbo Coconut Shrimp
	15	3	Another 1/2 cup Baby Broccoli Normandy Blend, cooked
600	30	8	Another 2 tbsp Kikkoman Less Sodium Teriyaki
Total Carb		66	

Directions :

1. Cook the pieces of Jumbo Coconut Shrimp in the air fryer at 350°F for 8-10 mins.
2. In a pan, sauté the broccoli normandy blend until tender and add in the teriyaki sauce.
3. Cook the cauliflower rice in microwave as directed and add to the pan.
4. Once shrimp is cooked, add to the pan as well and mix all ingredients together.
5. Place in bowl and add scallions on top. Enjoy!

