

Dinner Ideas

©Hevil's Healthy Devil

Whole Wheat Tortilla

Turkey Ham

Cheese

Side: fruit & cookie

Cubed sweet potatoes
w/ steamed veggies and
turkey sausage

Side: fruit or cookie

Brown Rice/ Qui-
noa

Chicken/Tofu

Steamed Veggies

Salad:

Spinach leaves, Roasted
chickpeas, Craisins ,
Dressing, Feta cheese

Side: Sweet potato

Whole Wheat
Pasta

w/ added veggies
and black beans

Veggie Burger

Toppings: lettuce, avoca-
do, tomato, cheese,
ketchup

Side: Sweet Potato Fries

Whole Wheat
Mac and
Cheese

Whole Wheat Pizza

Cheese

Spinach

Any kind of sauce

Roasted Sweet Potato
Veggies

Ground Turkey/chicken/
Beef

with mrs. Dash seasoning

Brown Rice Fried
Rice

Homemade Baked
Eggroll