

FIT.NOT.RIPT: QUICK & HEALTHY DINNER IDEAS FOR BUSY WOMEN & EDUCATORS

DINNER DONE RIGHT — UNDER 30 MINUTES, FAMILY-FRIENDLY, AND STRESS-FREE



PROTEIN OPTIONS

- ☐ Chicken breasts or thighs (grilled, roasted, or skillet)
- ☐ Ground turkey or beef → lean options
- ☐ Salmon, cod, or tilapia fillets (can be baked or pan-seared)
- ☐ Eggs → frittata, scrambled, or baked
- ☐ Canned beans or lentils → 1 cup = ~15g protein

(Tip: cook extra once, use for lunch next day)

VEGGIES & FIBER

- ☐ Roasted or steamed broccoli, cauliflower, zucchini, green beans
- ☐ Mixed greens or spinach → add to frittatas or skillet meals
- ☐ Bell peppers, carrots, mushrooms → stir-fries or sheet pans
- ☐ Sweet potato or squash cubes

(Tip: pre-chop veggies and put in measured storage bags or containers on Sunday to save time)

HEALTHY CARBS

- ☐ Brown rice, quinoa, or lentils
- ☐ Whole-grain pasta or noodles
- ☐ Sweet potato or roasted root veggies
- ☐ Cauliflower rice (low-carb option)

(Tip: aim for ½ plate veggies, ¼ protein, ¼ carb)

HEALTHY FATS

- ☐ Olive oil (for cooking or drizzling)
- ☐ Avocado slices or guacamole
- ☐ Nuts or seeds → sprinkle on salads or roasted veggies
- ☐ Cheese → sprinkle on baked dishes or salads

(Tip: premeasure and put in storage containers on Sunday...no cheese tax, lol)

TIME SAVING TIPS

- ☐ Cook in batches → use leftovers for lunch
- ☐ One-pan meals → minimize dishes
- ☐ Frozen veggies → just as nutritious as fresh
- ☐ Simple seasoning → olive oil, garlic, herbs, lemon juice