



30 Days of Healthy Dinners



Picky-Eater-Approved!



1 Mediterranean Turkey Stir Fry	2 Healthy Burger Bowl	3 Turkey and Black Bean Enchiladas	4 Air Fryer Buffalo Chicken Bites	5 Easy Tostadas
6 Turkey and Veggie Pesto Pasta	7 Healthy Sloppy Joe Bowls	8 Teriyaki Salmon Bowls	9 Turkey Chili	10 Roasted Zoodles
11 Oven-Baked Meatballs	12 Pasta Primavera	13 One-Pot Chicken Sausage Orzo With Broccoli	14 Spaghetti With Veggie-Loaded Sauce	15 Ground Chicken Lettuce Wraps With Peanut Sauce
16 Chicken and Kale Skillet	17 Slow Cooker Mediterranean Chicken	18 Loaded Bell Pepper Nachos	19 Artichoke Chicken Pesto Bake	20 Quinoa and Chicken Skillet
21 Ground Turkey Meatballs With Lemon-Dill Rice	22 Slow Cooker Chicken and Rice Bowls	23 Creamy Veggie and Italian Sausage Pasta	24 Veggie Tostadas	25 Chicken Noodle Soup
26 Slow Cooker Salsa Lime Chicken	27 Whole Grain Pasta Bake	28 Zucchini Boats	29 Sheet Pan Fajitas	30 Veggie Chili