

30-Day

HEALTHY DINNER

Challenge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Grandma's One Pan Hamburger Helper + Peas	4	5 Dump-and-Bake Chicken Fajita Quinoa	6	7 5-Ingredient Garlic Parmesan Tilapia + Wholegrain bread or roll + Side Salad	8
9	10 Healthy Chicken Chow Mein	11	12 Lightened-Up Mini Meatloaf + Baked Potato + Side Salad	13	14 Dump-and-Bake Zucchini Pizza Casserole + Side Salad	15
16	17 Garlic Brown Sugar Pork Tenderloin + Steamed or Roasted Green Beans + Couscous	18	19 Slow Cooker Italian Chicken & Quinoa Soup + Wholegrain bread or Roll if desired	20	21 4-Ingredient Maple-Glazed Salmon + Brown Rice + Steamed Mixed Vegetables	22
23	24 One Skillet American Chop Suey + Wholegrain Pasta	25	26 Dump-and-Bake Honey Mustard Chicken + Quinoa + Steamed Broccoli	27	28 Balsamic-Glazed Pork Loin + Wholegrain Baguette or Roll + Steamed Broccoli	29
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