

What's for Dinner? 215 Healthy Meal Ideas for Busy Moms

Working at
Homeschool's

What's for Dinner?

215 gluten-free meal ideas
for busy moms

*Trim Healthy Mama
Compliant*

by Jen Mason
workingathomeschool.com

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About the Author



Hi! I'm Jen from WorkingatHomeschool.com. I'm a work-at-home, stay-at-home mom of five kids. Just a few short years ago, I was drowning in housework, huge grocery bills, homeschool paperwork, and diapers. I've slowly learned some tips and tricks to make my life easier and to help me keep up with (mostly) everything.

You'll find lots of information at WorkingatHomeschool.com, from my failures and successes with homeschool curricula to meal plans, THM tips, and ideas to make life easier. I'm passionate about Bible-based homeschooling, streamlining my day, and eating healthy – which I've learned to do with the amazing book [Trim Healthy Mama](#). I lost thirty pounds with THM and kept it off easily, so I love helping others on their weight loss journeys. I love hearing from my readers, so please feel free to stop by and say hello!

It's Time to Eat!

Have you ever found yourself staring at the fridge at six o'clock, with no idea what to serve for dinner? Or maybe you're caught up in a project, or changing a diaper when your husband calls and asks what's for dinner...and you realize you've got nothing.

This has happened to me many times. And while I've developed lots of meal planning tips over the past several years, I still need meal *ideas* to make those meal plans work! I've gotten stuck looking at my blank meal planning worksheet, pen poised over the paper, just feeling like I can't come up with anything good...especially since one of my kids has Celiac Disease and needs to eat gluten-free.

One of my goals as a blogger at workingathomeschool.com is to provide resources that help you with every day living. I'm a busy homeschool mom, and I work two jobs from home to make ends meet. I just don't have a lot of time to brainstorm about meal ideas, and I bet you find yourself in the same boat sometimes, too.

That's why I created this short ebook to give you (and me!) meal ideas. By creating this list of meals, I've made a resource with clickable links to help you plan your family's meals and choose healthy options. Best of all, there are so many ideas here that I can realistically plan plenty of delicious meals without getting bored!

Remember, if you follow the Trim Healthy Mama way of eating, there are tons of meal ideas in all three Trim Healthy Mama books, too, so don't forget to utilize those! If you're not a Trim Healthy Mama, I really recommend learning about it...but don't sweat it. These meal ideas can work for anyone!

A few notes:

There is not a link for every single meal idea. Some of these ideas are pretty self-explanatory, and if you don't have a family recipe you like, you can check Pinterest.

The information provided in this ebook is not guaranteed to be accurate. If you find a link that doesn't work, please feel free to let me know and I will try to change it as soon as possible.

I'm a busy girl, and it took some time for me to put this list together, so please don't reproduce any portion of this ebook without permission.

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Yummy Breakfasts

Satisfying Breakfasts

1. Eggs (fried, scrambled, any way you prefer) (S)
2. Pumpkin Crumble Cereal (S) from Wonderfully Made and Dearly Loved
3. Sausage Breakfast Bake (S) from The Essential Family
4. Bacon and eggs, any style (S)
5. 5-Ingredient Waffles (S) from Briana Thomas
6. Turkey Sausage (Lean protein, could be used in an S or E) from Nana's Little Kitchen
7. Quick Spinach and Egg Breakfast (S) from Nana's Little Kitchen
8. Mom's Breakfast Casserole (S) from A Home with Purpose
9. Broccoli and Cheese Mini Muffins (S) from Skinny Taste
10. Simple Paleo Egg Cups (S) from Once a Month Meals
11. Lemon-Coconut Cake in a Mug (S) from Counting All Joy
12. Double Chocolate Blender Muffins (S) from All Day I Dream About Food
13. 2 scrambled eggs + 1/2 of an Oikos Triple Zero Greek Yogurt (S)
14. Coffee Cake (S) from Rohnda Sue
15. California Omelet (skip the cooking spray in the recipe and use real butter instead) (S) from Cooking Tip of the Day
16. 2 eggs scrambled with cottage cheese and veggies (S)
17. Trim Healthy Zucchini Muffins (S) from the Coers Family
18. Freezer Breakfast Burritos (S, with an E option) from WorkingatHomeschool.com (for a gluten-free option, check out Paleo tortillas)
19. Peanut Butter Blizzard (S) from WorkingatHomeschool.com
20. Sausage and eggs, any style (S) (check to make sure there is no added sugar in the sausage!)
21. Lemon Berry Buckle (S) from Wonderfully Made and Dearly Loved
22. Bacon, Cheddar, and Veggie Frittata (S) from Darcie's Dishes
23. Easy Egg Muffins (S) from Joy in our Journey
24. Fruit-filled Cream Cheese Tartlets (S) from Joy in our Journey
25. Pumpkin Muffins (S) from Darcie's Dishes
26. "Squashbrowns" (S) from Oh Sweet Mercy (You'll want to pair this with a protein source, like scrambled eggs)



- 27. Strawberry Cheesecake Smoothie (S due to the cream cheese) from Dashing Dish (skip the graham cracker topping)
- 28. Egg White Omelet (S or E) from Oh Sweet Mercy

Energizing Breakfasts

- 29. Pumpkin Spice Granola (E) from WorkingatHomechool.com
- 30. Trim Healthy Mama Oatmeal Cups (E) from Healthy Spoonful of Goodness
- 31. Caramel Apple Pie Oatmeal (E) from Joy in our Journey
- 32. Blueberry Muffins (E) from A Home with Purpose
- 33. Caramel Apple Yogurt (E) from Oh Sweet Mercy
- 34. Easy Granola (E) from Briana Thomas
- 35. Apple Pie Smoothie (E) from Sheri Graham
- 36. Scrambled egg whites with 3/4 cup quinoa, 1 tsp butter, and seasoned with salt and pepper (E)
- 37. Baked Blueberry Oatmeal (E) from A Home with Purpose
- 38. Pumpkin Pie Baked Oatmeal (E) from Savvy Homemaking
- 39. Baked Oatmeal Revised (E) from Stacy Makes Cents
- 40.
- 41. Chocolate Banana Bread (E) from Coers Family – this one is gluten-free if you use gluten-free oat bran flour
- 42. Peach Cobbler Protein Shake (E) from Dashing Dish (please use fresh or frozen peaches unless you can find a canned option with no sugar)
- 43. Apple Oat Cakes (E) from Rohnda Sue
- 44. Apple Cranberry Steel Cut Oatmeal (E) from Gwen's Nest
- 45. Peach Spice Overnight Oatmeal (E) from Briana-Thomas.com

Fuel Pull Breakfasts

- 46. Overnight Oatmeal (FP) from The Sunny Patch
- 47. Peppermint Patty Protein Shake (FP) from DashingDish.com (FP if you use low-fat cottage cheese)
- 48. Shamrock Shake (FP) from DashingDish.com – I omit the sugar-free pudding mix
- 49. 0% Greek yogurt sweetened with stevia and served with berries (FP)
- 50. Low-fat cottage cheese & berries (FP)

Quick, Delicious Lunches

Satisfying Lunches

51. Salami, artichokes, olives, and sliced cucumbers (S)
52. Turkey and 1/2 avocado rolled up in lettuce w/ sliced tomatoes and cucumbers (S)
53. Canadian Bacon Pizzas (S or FP) from WorkingatHomeschool.com
54. Egg salad w/ cut-up veggies (S)
55. Salad with baked or grilled chicken (S or FP, depending on ingredients)
56. Salad w/ lettuce, veggies, lunch meat, cheese (S)
57. Tuna w/ mayo scooped onto romaine lettuce leaves (S)
58. Lunch meat, cream cheese, and dill pickle roll-ups (S)
59. Salad with tuna and vinaigrette (S)
60. Pizza Poppers (S) from RealFoodCarolyn.com
61. Antipasta Platter (S) I usually choose just a few items from FoodNetwork.com to make my plate. My favorite is a few slices of salami, a few slices of cappicola ham, fresh mozzarella, and a few olives
62. Salad with boiled eggs and ranch (S)
63. Chicken Salad in Tomato Cups (S) – if this seems like too much effort for lunch, sometimes I just skip the tomato altogether.
64. Trim Healthy Mama Waffle Bread Sandwiches (S) from Sheri Graham
65. Amazing Cottage Cheese Salad (S – if you omit olives and olive oil, then it would be FP)**This recipe calls for a seasoning that can be hard to find, but you can make your own with this recipe from Alton Brown**
66. Holy Grail Pizza with grilled chicken (S)
67. Chicken Bacon Ranch Pizza & Breadsticks (S) from MealsandMesses.Blogspot.Com
68. Mason Jar Salads (S or FP, depending on ingredients and dressing) from OrganizeYourselfSkinny.com
69. Everything Bagel Dogs (S) (not a super quick recipe, but so good I had to include it! I usually save this one for Saturday when I know I'll have more time).
70. Easiest Ever Broccoli Soup (S, E, or FP)
71. Taco Bowl (S) from MarksDailyApple.com. I usually use leftovers to make different variations of this if I don't feel up to making kale chips.
72. Organic hot dogs with veggie sticks (S)
73. Asparagus, egg, and bacon salad (S) from SkinnyTaste.com

- 74. Grilled salmon with mixed baby greens (S)
- 75. Feta Avocado Chicken Salad (S – omit corn) from ChefinTraining.com
- 76. Crustless Quiches (S, I substitute almond milk for half-and-half) from KristaandJess.Wordpress.com
- 77. Avocado Egg Salad (S) SkinnyTaste.com
- 78. Greek Salad (S) from LaundryMoms.com

Energizing Lunches

- 79. Chicken-n-Rice for One (E) from A Home with Purpose**note: This is a single serving recipe, so you'll need to multiply it if you're sharing.
- 80. Cucumber Chickpea Bruschetta (E) from GlutenFreeEasily.com
- 81. Greek Quinoa Salad (E) from SkinnyTaste.com
 **note: To keep this an "E", I use only 5 kalamata olives sliced thinly instead of 10. That way the fat is reduced, but you still get a little of the olive taste. This is a favorite!
- 82. Quinoa and Chickpea Salad (omit avocado for an E) from SkinnyTaste.com
- 83. Salad with grilled chicken, black beans, and salsa (E)
- 84. Baked sweet potato with 1 tsp butter, cinnamon, and Just Like Brown Sugar w/ 1/2 cup fat-free cottage cheese and berries (E)
- 85. Tuna salad w/ apples and Greek Yogurt (E) from [Counting All Joy](http://CountingAllJoy.com)
- 86. Comforting Chicken Noodle Soup (E) - with brown rice option from Darcie's Dishes
- 87. Sweet Potato Skillet Meal for One (E) from A Home with Purpose



Fuel Pull Lunches

- 88. Cottage Cheese Boats (FP) from WorkingatHomeschool.com
- 89. Blueberry cheesecake protein shake (FP) from DashingDish.com (I make sure I go easy on the berries and use the laughing cow wedge option)

Delicious Dinners

Satisfying Dinners

90. Chicken Tacos (S)- I cook and shred chicken breasts and sauté with 1 can of diced tomatoes, 1 Tablespoon cumin and salt and pepper to taste. Then pile it up on lettuce with cheese, sour cream, and homemade guacamole!
91. Salmon, green beans, and Caprese salad (S) from Working at Homeschool
92. Whole Crockpot Chicken w/ steamed broccoli and cheese (S)
93. Steak, Alton Brown Style (I've written about this before, because it's our favorite!) w/ non-starchy veggies (S)
94. Green Chile Chicken from Pioneer Woman (skip the rice, beans, and tortillas to keep this an S)
95. Grilled Cheesy Buffalo Chicken (S) w/ green salad from Peanut Butter and Peppers
96. Stuffed Chile Rellenos Casserole (S) from Counting All Joy
97. Healthy Chicken A La King (S) from Grassfed Mama
98. Steak with Garlic Butter and green beans (S)
99. Low Carb Pizza crust w/ ground beef and sausage, sugar-free pizza sauce, and cheese (S) ** This makes one small/medium pizza depending on how thin you spread your "dough". For us, it's easy to just cut six slices and give one to each person, then fill up with a salad on the side.
100. Chicken and broccoli with Alfredo Sauce (S)– Cook chicken breasts until done, steam frozen broccoli
101. Chicken Cobb Salad (S) (I use dark leafy greens instead of iceberg lettuce, and dress the salad individually with 2 parts Ken's Ranch Dressing mixed with 1 part water).
102. Carne Asada Steak w/ avocado, sour cream, and cheese (S)
103. Baked Spaghetti Squash with Pioneer Woman's Alfredo Sauce (S)
104. Chicken Fajitas – use butter lettuce instead of tortillas (S)
105. Chili Pork Chops (S) w/ salad from Sister Uglie
106. Shakshuka – Eastern Egg Dish (S)



107. The Very Best Fish Recipe Ever with frozen buttered peas (S) from Living Well Spending Less
108. Ham, Cheese, and Cauliflower Au Gratin (S) from Joy in Our Journey
109. Frittata (S)
110. Chicken Club Salad (S)
111. Crockpot Carnitas (S) (This is a family favorite! It's still delicious without tortillas. You can use 1/4 cup Bai 5 Clementine instead of the orange, or omit it)
112. Alice Springs Chicken Casserole (S) from Kalyn's Kitchen
113. Caprese Salad with Chicken and Avocado (S) from Iowa Girl Eats
114. Paleo Mediterranean Chicken (S)
115. Ground beef tacos wrapped in lettuce (S)
116. Cheeseburgers with no bun and green beans (S)
117. Whole roasted chicken with Cheesy Spaghetti Squash (Ignore the goldfish suggestion)(S)
118. Fried Eggs over Spinach (S)
119. Lemon-Rosemary Chicken Thighs and Salad (S)
120. Sour Cream Beef Enchiladas (S) from Mrs. Criddle's Kitchen (this is one of my family's favorites!)
121. Baked chicken drumsticks w/ big salad (S)
122. Baked skin-on chicken thighs with brussels sprouts (S)
123. Spaghetti Squash Picchi Pacchi style w/ grilled chicken (S)
124. Grilled Chicken, Bacon, and Avocado Salad (S) from Gimme Some Oven
125. Grilled steak with roasted brussel sprouts (S)
126. Italian sausages & green beans (S)
127. Grilled chicken & broccoli w/ cheese (S)
128. Baked turkey breast w/ Roasted Sweet Potatoes (E) from Rhonda Sue
129. Caesar salad w/ grilled chicken (S)
130. Baked chicken and artichokes (S) from Life's Ambrosia
131. Pot roast & veggies (S) from Pioneer Woman
132. Baked chicken thighs and green beans (S)
133. Asian Chicken Salad Three Ways (S, E, or FP) from Working at Homeschool
134. Low Carb Shake n Bake Chicken (S) from Working at Homeschool
135. Green Chile Chicken Casserole (S) from Mrs. Criddle's Kitchen
136. White Chicken Lasagna (S) from Mrs. Criddle's Kitchen
137. Chicken Lettuce Wraps (S, E, or FP) from Mrs. Criddle's Kitchen
138. Fried Chicken Tenders (S) from A Home with Purpose
139. Paprika Chicken (S) from A Home with Purpose
140. Easy Mediterranean Chicken Bake (S) from All Day I Dream About Food
141. Ground beef taco salad w/ lime dressing (S) from Working at Homeschool

142. Mexican chicken thighs w/ green salad (S)
143. Korean Beef (sub Just Like Brown Sugar for brown sugar and Bragg's Liquid Aminos for soy sauce to taste), to serve with salad (not rice for THMs, but I served rice to the kids) (S)
144. Crockpot Café Rio Chicken (FP, but I add cheese and avocado to make it an S) (To tweak this to THM, I use chicken breasts and substitute this ranch dressing mix from Gwen's nest instead of a ranch packet)
145. Tomato Zucchini Frittata with a side salad (S) from Skinny Taste
146. Chicken Taco Pizza (S) from Unbreaded
147. Velvet Scrambled Eggs with Fresh Herbs and Green Salad (S) (sub heavy cream for milk)
148. Crockpot Pulled Chicken (S) w/ no bun, SF BBQ sauce, and salad
149. Sausage and frozen veggies (S) - cook both according to package directions
150. One Pot Cheesy Taco Skillet (S) from Sweet C Designs
151. General Tso's Meatballs from I Breathe I'm Hungry (I use Truvia as the sugar replacement) (S)
152. Big Mac Salad from Now I Can Have My Cake and Eat it Too (S)
153. Ground Beef Stuffed Zucchini from Katrina Runs (S)
154. Paleo Chipotle Meatballs with Guacamole (S) from The Paleo Home
155. Cheesy Cauliflower Shepherd's Pie (S) from AllDayIDreamAboutFood
156. Beef and Mushroom Meatballs with Stroganoff Sauce (S) from AllDayIDreamAboutFood
157. Taco Stack-Ups from Working at Homeschool (S) (#21 under the "Dinners" section)
158. Chicken with Olives (S - skip the pasta, and use chicken broth instead of wine) from Pioneer Woman
159. Mega Meatballs (S) from The Coers Family
160. Meat Roma Pie (S) from A Home with Purpose
161. Coney Island Casserole (S) from Mrs. Criddle's Kitchen
162. Mozzarella Filled Mini Meatloaves (S) from The Coers Family
163. Stuffed Bell Peppers in a Pot (S) from Mrs. Criddle's Kitchen
164. Cilantro-lime shrimp w/ salad (S) from Skinny Taste
165. Spaghetti Squash Carbonara (S)
166. Bruschetta Chicken (S) from Domestic Superhero
167. Grain-free Burrito Bake (S) from Simply Healthy Home
168. Steak fajitas (S) - skip tortillas
169. Garlic, mushroom & chive spaghetti squash (S) from Oh Sweet Mercy

170. Beef Stew with Mushrooms (S) (substitute flour with baking blend, substitute cooked spaghetti squash for noodles or just skip the noodles and serve with veggies; I also sub 1/2 cup beef broth for red wine)
171. Sizzling S Bombs w/ salad (S) from Run Amok Mama
172. Loaded Spaghetti Squash (S) from A Home with Purpose
173. Chicken Sausage Gumbo (S) from Mrs. Criddle's Kitchen
174. Chicken Divan Casserole (S) from Working at Homeschool
175. Pot roast w / salad and green beans (S)
176. Crockpot Sausage and Peppers (S)
177. Grilled protein of your choice (salmon, chicken, or steak) w/ Bacon Tomato Cucumber Salad from Simply Healthy Home and Cheddar Biscuits(S)
178. Loaded Buffalo Chicken Casserole (S) from Nana's Little Chicken
179. Creamy Southwestern Taco Soup (S)
180. THM Creamy Chicken Soup (S) from Mrs. Criddle's Kitchen
181. Harvest Stew (S) from Mrs. Criddle's Kitchen

Energizing Dinners

182. Santa Fe Style Quinoa Salad (E) - I omit corn or add scant 1/4 cup of corn; you can also add diced cooked chicken breast
183. Baked chicken breasts (no oil) with baked sweet potatoes w/ 1 tsp butter and Just Like Brown Sugar (E)
184. Arroz Con Pollo (E) from Graceful Abandon
185. Chicken Broccoli Quinoa Bake (E) (To make this THM-compliant and gluten-free, I skip the breadcrumbs and omit the cheese on my portion) from Domesticate-Me
186. Mexican Baked Eggs (E) (To make this THM-compliant and gluten-free, I skip the tortillas and only eat the egg whites with mine. The kids have the whole egg with cheese) from Kalyn's Kitchen
187. Crockpot Rice and Beans (E) from Stacy Makes Cents
188. Chicken Tikki Masala (E) (To make this THM-friendly, I omit the butter, use fat-free Greek yogurt, sub "Just Like Brown Sugar", and serve it over rice) from The Iron You
189. Chilled Quinoa and Salmon Salad (E) from Joy in Our Journey
190. Aidell's Sausage (I buy a low-carb flavor at Costco) and salad (S)
191. Loaded Sweet Potatoes (omit optional cheese) (E) from Love and Lemons
192. Pulled Pork, Acapulco Slaw from All Day I Dream About Food (S)
193. Chicken "Fried Rice" Quinoa (E) from Simply Healthy Home
194. White Chicken Chili (E)

195. Slow Cooker Black Bean Soup (E) from Budget Bytes
196. Iron-Man Frittata (S) from allrecipes.com - sub heavy cream for milk
197. Pan Roasted Lemon Chicken w/ frozen veggies cooked in butter (S)
198. Burrito Bowls (E)
199. Easy Black Bean Chicken Salad (E) from Working at Homeschool
200. Pineapple Ginger Chicken (E) from Wonderfully Made and Dearly Loved
201. Fiesta Quinoa Chicken Skillet (E) from Darcie's Dishes
202. Mexican Stuffed Peppers (E) from Darcie's Dishes
203. Sweet and Spicy Stir-Fry (E) from Darcie's Dishes
204. Zesty Salsa Chicken and Black Bean Casserole (E) from Darcie's Dishes
205. Peachy Crockpot Chicken (E) from Briana Thomas
206. Creamy Chicken Rice Casserole (E) from Briana Thomas
207. Salsa Verde Chicken Soup (E) from Briana Thomas
208. Easy Mexican Casserole (S or E) from A Home with Purpose
209. Taco Salad (E) from Mrs. Criddle's Kitchen
210. Crockpot Lemon Chicken with Brown Rice (E) from The Coers Family
211. Brown rice with chicken breasts and steamed veggies (E)
212. Black Bean Mexican Stew (E) from Counting All Joy
213. Easy Crockpot White Bean Chicken Soup (E) from Mrs. Criddle's Kitchen
214. Southwest Crockpot Chicken (E) from The Coers Family
215. Quick Cajun Dirty Rice (E) from Gwen's Nest

Whew! That list is pretty comprehensive, and don't forget, there are TONS of meal ideas and recipes in the Trim Healthy Mama books. Please be sure to refer back to this ebook for notes that make these meals THM-Compliant. If you need snack ideas, I have lots of options listed here at [31 THM snack Ideas](#) and [Snack Ideas for a Trim and Healthy Road Trip](#).

If you would like to purchase the Trim Healthy Mama books (workingathomeschool.com is listed as a resource in the Trim Healthy Mama Plan book, which is pretty exciting!) or Trim Healthy Mama products like low-carb sweeteners or gluten-free Baking Blend, you can buy them at the [Trim Healthy Mama Store](#).

The low-carb brown sugar I referenced in the meal lists above is available at netrition.com.

You may also find these links helpful:

[How I Started Trim Healthy Mama for \\$8](#)

[My Top Tips for Starting \(or re-committing to\) Trim Healthy Mama](#)

[Menus and Meal Plans](#)

[Recipes](#)

[Printable Trim Healthy Mama Shopping Lists](#)

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I hope this serves as a helpful resource for you. I'll continue to post new meal ideas, resources, and tips on workingathomeschool.com. I hope you are blessed by this free ebook! If you like what you read, please share workingathomeschool.com with your friends - they might enjoy it, too!

Warmly,

Jen