

28 Day Challenge Family Dinner Starter Ideas

COOKED CHICKEN (CUBED OR SHREDDED)

- low carb
enchiladas
- chicken tacos
- salad
- casserole
- chicken chili
- soup
- fajitas

COOKED GROUND BEEF OR TURKEY

- chili
- tacos
- taco salad
- spaghetti sauce
- cheeseburger casserole
- pizza casserole
- egg roll in a bowl

COOKED VEGETABLES

- buttered and seasoned
veggie side dish
- big bowl of scrambled
eggs and veggies
- soup
- stir-fry

SHREDDED PORK OR BEEF

- carnitas
- crockpot
sandwiches
- burritos
- salads
- wraps

COOKED CHICKEN OR STEAK (BONE-IN PIECES)

- easy when
seasoned or
marinated for main
dish
- stews
- soups

Tip: If you prep ahead any of the main ingredients listed, you'll have a quick dinner starter to put into one of the suggested dishes on a busy night.

28 Day Challenge Meal Prep Bowl Ideas

perfect for work or make ahead single serve lunches!

E-FRIENDLY BOWLS

- baked sweet potatoes, cooked chicken, and frozen veggies (add seasoning and heat before serving)
- cooked ground turkey, salsa, sweet potatoes, frozen veggies, 0% Greek yogurt (add seasoning and heat everything but the yogurt before serving)
- Tacos: cooked chicken, 2 corn tortillas, salsa (add seasoning and heat before serving)
- Burrito Bowls: Brown rice, beans, shredded chicken, salsa (add seasoning and heat everything but the salsa before serving)
- Sliced chicken breast or turkey breast, microwaveable or pre-cooked quinoa or brown rice, side salad (add seasoning and heat everything but the salad before serving)

S-FRIENDLY BOWLS

- steak, frozen veggies, and side salad (add seasoning and heat everything but the salad before serving)
- cooked ground beef, steak, or chicken over a big salad (add seasoning and heat meat, then place over salad before serving)
- Tacos: cooked ground beef, 1 low-carb tortilla, shredded lettuce or cabbage, salsa (add seasoning and heat everything but salsa and veggies before serving)
- Burrito Bowls: Cauliflower rice, shredded chicken, steak, or ground beef, avocado, fresh veggies, salsa (add seasoning and heat everything but the salsa before serving)

*These are just a few ideas to help you get started -
there are endless possibilities!*