

# WHAT'S FOR DINNER?

*15 Quick & Easy Meal Ideas  
for Lunch or Supper*



Spaghetti & Meatballs

Baked Parmesan-crusting Pork Chops

Honey-glazed Salmon

Creamy Parmesan Garlic Mushroom  
Chicken

Apricot-glazed Pork Tenderloin

Shrimp Alfredo with Garlic

Lemon Pepper Tilapia with Butter

White Macaroni and Cheese

Mussel Fried Rice

Pesto Shrimp Mushroom Pasta

Beef and Green Bean Stir-fry

Beef Stroganoff

Garlic Butter Steak Bites

Spaghetti Carbonara

Pan-seared Chicken